

Silver Threads Annual Membership Drive

It is that time of year again! Our Annual Membership Drive. If you are a member of Silver Threads Service or think you want to join – now is the time! Our membership runs from April 1st to March 31st and you can sign up now. If you register by April 30th you will be entered in a draw to win one of 2 \$100 Gift Cards for Hillside Centre. Membership is \$50 (plus GST) and you will receive:

- Full access to Silver Threads Service programs offered at both the Saanich and Victoria centres.
- Preferential (reduced) members program fees for centre activities and events.
- Priority registration for space limited programs, outings or other seasonal special events.
- Courtesy calls for program changes or cancellations.
- Annual Coupon for 1 complimentary coffee break (good for a hot beverage and a baked good).
- A sense of community belonging.

Visit the reception desks at our Centres to sign up today!

February Highlights

A lovely Valentine's Day Concert with Bob Meikle.

Two Guess Who Dinners attended by 129 guests — including a surprise snowfall on the 21st while we were all enjoying the dinner!

Chinese New Year Celebration with the Happy Drum Dancers.



Guess Who's Coming to Dinners

March 7th

Roast beef with mushroom sauce, Roasted potatoes, Cauliflower,
Chocolate Mousse

Entertainment: Eric McQuillan

March 21st

Easter Dinner: Baked honey mustard ham, Cheddar mashed potatoes,
Carrots and turnips, Assorted sweets

Entertainment: Andy McCormack

April 17th

Chicken Breast with white wine mushroom sauce, Herbed almond rice, Honey glazed carrots, Strawberry shortcake

Entertainment: Rosie and Corrine: Just Us

Cost \$12 for members and \$15 for non-members.

Easter Dinner Cost \$15 for members and \$18 for non-members

Call our Saanich Centre at 250-382-3151 to make your reservation.

Dinners are Wednesday from 5:00pm to 7:00 pm Seating begins at 4:30pm

Reservation cut-off is 4:00pm on the Monday before the dinners. Come out and make new friends.

March 2018 Programs & Events

Complete information is available in our Program Guide and on our website.

Saanich Centre Call 250 382-3151

Cribbage

Enjoy a weekly game of Cribbage starting March 1st; a fun card / board game for 2 – 3 players

Date: Thursdays

Time: 9:30am to 11:30am

Cost: \$1.60 (members), \$4.75 (non-members), Includes GST

Gentle Somatic Yoga

Gentle Somatic Yoga is performed slowly and is mostly floor-based but also done standing and seated if required. Somatic Yoga, using both Hatha and Raja yoga practices, focuses on brain to muscle awareness. It increases the body's energy efficiency and works to eliminate pain.

Date: Fridays – March 9th to April 20th

Time: 9:00am to 10:00am

Cost: 6 sessions: \$52.50 (members), \$78.75 (non-members), Includes GST

Beginning Ukulele (Various Levels)

Learn to play the ukulele or improve your ukulele skills in these 6-part sessions. Come out and enjoy this popular and fun instrument. Students must provide their own instrument and tuner.

Date: Wednesdays, March 7th to April 11th

Time: 9:00am to 10:00am (Level II: Continuation)

10:15am to 11:15am (Level IV: Experienced)

11:30am to 12:30pm (Level I: Brand New Players)

Cost: 6 sessions: \$52.50 (members), \$78.75 (non-members), Includes GST

Portrait Painting Through the Ages

This course involves reproducing famous portraits from Michelangelo to Picasso. Students will be guided by artist Rosa Benjamin to recreate a copy of the original portrait. No experience of drawing or painting is necessary.

Date: Wednesdays, March 14th to April 18th

Time: 10:00 am to 12:00 pm

Cost: 6-sessions: \$21 (members), \$42 (non-members), plus cost of supplies. Includes GST

Victoria Centre Call 250 388-4268

Strength and Stretch:

Isabel will lead you through a variety of strength training exercises using light weights and resistance tubing. This class will help to maintain bone density and build strength, enabling you to do your daily tasks with ease.

Date: Mondays and Thursdays

Time: 10:00am to 11:00am

Cost: \$3.70 (members). \$5.80 (non-members). Includes GST

Balance and Mobility

Join Kay for an hour of exercises designed to improve balance, mobility, strength and flexibility. Most exercise are performed while seated or using a chair for balance support. Suitable for all fitness levels.

Date: Mondays

Time: 1:00pm to 2:00pm

Cost: \$3.70 (members). \$5.80 (non-members). Includes GST

New Class to try this month at the Victoria Centre!

Chair Yoga

Finally a yoga class where you don't have to get down on the floor! This class focuses on breathing and stretches for back care and spinal health. Gentle standing poses focus on core strength and balance to build stability and bone density. Deep relaxation techniques end each class to help calm and support a healthy nervous system.

Instructor: Janice Arnot, Certified Yoga Therapist and BCRPA Older Adults Fitness Specialist

Special Demonstration Class:

Date: Tuesday March 20

Time: 1:00pm to 2:00pm

Cost: \$3.70 (members). \$5.80 (non-members). Includes GST. Please call 250- 388-4268 to reserve your space for this demonstration.

International Women's Day March 8

International Women's Day is held annually on March 8 around the world. According to the United Nations, it is "a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities."

<http://www.un.org/en/events/womensday/>

Mary

Mary H. grew up on a farm outside of Kipling in Southern Saskatchewan. She credits her rural upbringing, as well as being born during the Depression, in helping to make her and her 4 siblings hard working and resilient. Mary's grandparents were first generation immigrants to Canada from Hungary.



Her father was a farmer and her mother ran the house and worked on the farm, as did Mary and her siblings. During her schooling, Mary developed an interest in Chemistry. When considering post secondary education, she didn't see a future for herself in the field of Chemistry itself, instead she enrolled in the College of Pharmacy at the University of Saskatchewan - following in the footsteps of her older sister.

Mary was one of 6 women in her class of 36 students at the university. She said that there was no differentiation between men and women in her cohort. The expectations of all the students in the Pharmacy program were the same – they all had to learn the same subjects and qualify to do the same job, at the same pay! There was no gender bias.

After 4-years of studies, the Class of 1958 graduated 16 Pharmacists, with Mary graduating at the top of her class. With the choice of where to work, Mary chose to broaden her horizons and moved to Kingston, Ontario. She worked at the Kingston General Hospital as a hospital pharmacist, which was a burgeoning field at the time. As a 22-year old recent graduate, she wondered about advising doctors but soon realized that her opinion was valued.

Mary speaks of her career with pride and compassion. She is an inspiring role model as a trailblazer in the field of Pharmacy.

Carol

Carol E. was born and educated in Victoria. At school she was always good at math but didn't specifically seek a career using numbers. Carol says that she more so "fell into" the career of stock broking after moving to Vancouver.



Carol trained for 3 years at the stock broking firm of Burns and Denton, becoming the first female stock broker on the floor of the then Vancouver Stock Exchange (VSE). The VSE merged into the Canadian Venture Exchange in 1999. Although she was the lone woman at the Exchange, she said she was always treated well by her male counterparts who knew she was their equal.

Carol loved her career as a stock broker and talks of the energy on the floor of the Stock Exchange and the highs and lows of investing. She felt invigorated by the profession and its continuous fluidity. She said she had a good intuition of what to invest in and enjoyed the thrill of helping make money for people.

Carol soon started to train other stock brokers, becoming a "Certified Instructor of Communication Dynamics". She excelled at this and was presented with an International Training in Communications trophy.

In time, however, the long and early hours of stock broking business no longer worked for Carol and she sought a new career path. She became a paralegal and worked for 10 years for a lawyer in Vancouver. Carol eventually moved back to Victoria where she shifted careers once again and became the owner of a B&B.

Carol is now retired but remembers fondly her early career as a stock broker. She feels it was her resilient and rebellious nature that drew her to taking up a profession that, at the time, was considered to be "non-traditional" for women; thus setting the stage for future generations of women.

"What, after all is the purpose of a woman's life? The purpose of a woman's life is the same as the purpose of a man's life: that she may make the best possible contribution to the generation in which she is living."

Louise McKinney

Memory PLUS Challenge

Practice, Laughter, and Useful Strategies

Memory PLUS is a Silver Threads Service program for those 55+ who would like to increase their memory in an active and social group setting. The PLUS stands for Practice, Laughter, Useful Strategies. The 12-week program is offered in various locations in Greater Victoria. This month the scramble is all about the reasons to exercise!

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Answers

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| 5. Chair Yoga | 10. Disease Prevention |
| 4. Fall Prevention | 9. Independence |
| 3. Bone Density | 8. Active Aging |
| 2. Strength | 7. Core |
| 1. Balance | 6. Mobility |

4 Quick Tips for Brain Health:

Rediscover your passions and learn about things that interest you

Grow and continue to build close connections and strong relationships

Move your body daily – a strong walk in nature is always good for the body, mind and soul

Laugh, love, and learn every day – as much as possible.

Welcome Jennifer Jakobsen Victoria Centre Manager

We are pleased to welcome Jennifer Jakobsen to the staff of Silver Threads Service in the position of Victoria Centre Manager. Her education background includes a BA in Recreation and Health Education, she is a trained Yoga, Pilates and Group Fitness Instructor and is continuing her education in Policy and Project

Management. Jennifer's employment experience has been at Esquimalt Parks and Recreation in a variety of roles, including Aquatic and Rec Programmer, Fitness Coordinator and most recently as the Arts and Culture Program Supervisor. In this role she supervised the Senior Centre Programs and Services. Jennifer is on the Board of the Westshore Parks and Rec Society and Chairs the Parks and Rec Advisory Committee. She will be a great asset to our organization and we are pleased to welcome her to our team!

Do you have an idea or suggestion for a program that you would like to see offered at the Victoria Centre? Contact our new Manager, Jennifer Jakobsen at jenjakobsen@silverthreads.ca or by phone at 250-388-4268



Silver Threads Service Staff

Tracy Ryan - Executive Director
Anne Nelson - Saanich Centre Director
Jennifer Jakobsen - Victoria Centre Manager
Ro Fife - Saanich Centre Assistant
Christine Hagen - Victoria Centre Assistant
Amaiah Paradine - Receptionist
Toby Schnoor - Program Coordinator
Maureen Brouwer - Programmer
Brian Penner - Saanich Centre Chef
Debi Stoness - Bookkeeper
Jo-Anne Silverman - Outreach Worker
Kristy Brugman - Outreach Worker

Silver Threads Service Locations

Saanich Centre
286 Hampton Road
Victoria, BC V8Z 1H1
Phone: 250 382-3151

Victoria Centre
2340 Richmond Road
Victoria, BC V8R 4R9
Phone: 250 388-4268

For general inquiries please email:

reception@silverthreads.ca

Our Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

stay active • stay healthy • stay connected

