



April 2018

NEWSLETTER

We can help you with Spring Cleaning

It's that time of year when we get the urge to tidy, sort and clean our living spaces. For many of us, this can be a daunting task. Whether there's an impending move or you plan to stay put for as long as possible, decluttering can enrich your life. By letting go of the things you no longer need, you'll have less to keep track of, whilst gaining precious time, money, and space! Join us at the Victoria Centre for the "Clearing out the Clutter" workshop with Sarah Tudway-Cains, Trained Professional Organizer. To get started here are 5 Simple Steps to Tackle Clutter

1) Get ready. Gather bins or bags for **Keep, Donate, Relocate, Toss, and Recycling** categories. Start as soon as possible, even if you have to use temporary piles for a category or two.

2) Start somewhere. Don't overthink your starting point. Pick a spot and try working clockwise around the room from there, or clearing one surface at a time.

3) Set a realistic goal. Try setting a timer for 15 minutes, filling one donation bag at a time, or working for the duration of your favourite music album.

4) Question and sort. If I were shopping right now, would I buy this?

Is this worth the cost to move it or store it?

If I were to group all the items together that serve this purpose, is this one my favourite? Does it work well or fit right?

Did I remember I had it? Do I remember where it came from?

Is this adding value to my life?

5) Wrap it up. Tie or tape bags or boxes. Take out the trash and recycling.

Drop off donations, or make arrangements for them to be picked up or.....

**Finally, consider renting a table to sell your stuff at
the Spring Cleaning and Craft Sale—information on Page 3!**



Guess Who's Coming to Dinners

April 18th

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

Entertainment: Rosie and Corrine: Just Us

May 2nd

Sponsored by Amica at the Gorge

Roast beef, Baked Potatoes, Ice Cream

Entertainment: Saanich Songmen and Hampton Singers



May 16th

Sponsored by Nex Gen Hearing

Pork Loin with herb cream sauce, Apple pie

Entertainment: Mark Davies



Cost \$12 for members and \$15 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.

April 2018 Programs & Events

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

Saanich Centre Call 250 382-3151

Somatic Yoga Sample Session

Come and try a one-time session of Gentle Somatic Yoga and discover it's wonderful benefits. 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: Friday April 27th

Time: 9:00am to 10:00am

Cost: 1 session: \$10.50 (members), \$15.75 (non-members), includes GST

Portrait Painting Art Show

Come and see the works of art produced by Rosa Benjamin's Portrait Painting class. The students have been reproducing famous portraits through the ages from Renaissance to Modern.

Date: Wednesday April 18th

Time: 10:00 am to 12:00pm

Cost: Free

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, April 25th to May 30th

Time: 9:00am to 10:00am (Continuing)

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

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

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

Hampton Concert Orchestra Spring Concert at the Saanich Centre

Enjoy a concert of beautiful music by our own Hampton Concert Orchestra.

Performance to include pieces by Beethoven, Haydn and Mendelssohn

Dates: Sunday April 22nd 2:00pm or Monday April 23rd at 7:30pm

Cost: By donation.

Victoria Centre Call 250 388-4268

NexGen Hearing Clinic

Hearing Screening and/or Hearing Aid Cleaning from the professionals at NexGen hearing.

Date: Monday April 23rd

Time: 1:00 to 3:00pm

Cost: Free

Chair Yoga

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

Date: Tuesdays April 10th to May 15th

Time: 1:00 to 2:00pm

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

Chinese Brush painting

We have a very talented new Brush painting Instructor. Lucia Xu is new to Victoria having recently completed her BA in Traditional Chinese Painting at the ChengDu Academy of Fine Arts in China. She will be leading a 6 week session for people of all skill levels. Lucia starts each class with a demonstration and then students have a chance to apply what they have learned to their own piece. Supplies required.

Date: Fridays April 13th to May 18th

Time: 1:00 to 2:30pm

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



Spring Cleaning

Continued from front cover.....

Victoria Centre
Call 250 388-4268

Clearing Out the Clutter Workshop
with Sarah Tudway-Cains,
Trained Professional Organizer

Come explore the vital elements of downsizing and decluttering. You'll learn all the expert tips and practical knowledge to get you motivated and confident to tackle your clutter! Participants will be entered to win a gift certificate for a free 2 hour "Organizing Session" with Sarah! Space is limited.

Date: Monday April 16th

Time: 1:00 to 2:30pm

Cost: \$5.25 (members) or \$7.35 (non-members)

Includes GST

Spring Cleaning and Craft Sale

We are cleaning out our cupboards and will be selling craft supplies, fabric, yarn, household goods as well as beautiful crafts made by our members!

Rent a table for \$10 to sell your stuff. Or come and shop!

Date: Saturday April 21st

Time: 12:00 to 4:00pm

Admission is Free

World Table Tennis Day



Come and celebrate World Table Tennis Day at the Saanich Centre by taking part in this friendly, all-inclusive game. We'll have players on hand to show you the ropes if you've never played before or haven't played for a long time. All equipment will be provided. Feel free to wear a fun costume too! There will be free goodies, hot beverages and prizes for the best costume!

Date: Friday April 6th

Time: 10:00am to 12:00pm

Cost: Free

Farewell Maureen

We are sad to say that Programmer, Maureen Brouwer will be leaving at the end of March to pursue family, fun and other things. She has been a real asset to Silver Threads and has been instrumental in establishing the new community program at Viewmont Gardens, leading Enjoying my Community and regenerating the Victoria Memory PLUS.



Her hard work, creativity and dedication to STS is very much appreciated. We will miss her caring and positive approach, but will still see her smiling face at the Victoria Centre! A talented crafter, Maureen will be sharing her skills and staying involved by facilitating craft workshops. Her first one will be a Moss Hanging Basket Workshop scheduled for May 11th. For all the folks she has touched in her time at Silver Threads, consider joining her for what will be a thoroughly enjoyable afternoon. Thank you Maureen and all the best in your "retirement."

Memory PLUS Spring 2018 Sessions

A program designed for individuals to learn tools and specific strategies to help improve brain function and memory.

Memory PLUS is a weekly two-hour program that runs year-round in different locations in Greater Victoria. Participants learn in an interactive and fun group setting led by qualified facilitators. In our comfortable learning environment, the participants connect with peers, explore techniques, try games and challenges to increase cognitive function.

Dates: 12 weeks (April to July) Classes start week of April 17th

Times and locations: Vary- contact Saanich Centre for session options and availability.

Cost: \$78.75 (single), \$110.25 (family) GST included

Registration opens: April 3rd

For more information call: (250) 382-3151

"If you want to get rid of stuff, you can always do a good spring cleaning. Or you do what I do. Move."

Ellen DeGeneres

"Happiness is the place between too little and too much."

Finnish Proverb

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 Spring!

1. SLOWFRE
2. MINTRIPSEG
3. HOSESALG
4. RUBEFTLYT
5. ARDHITBB
6. EARBLEWRHOW
7. SHOREIDUB

Answers

1. FLOWERS
2. SPRINGTIME
3. GALOSHES
4. BUTTERFLY
5. BIRDBATH
6. WHEELBARROW
7. BIRDHOUSE

Beware of Taxpayer Scams

From the Canada Revenue Agency Website (<https://www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html>)

Taxpayers should be vigilant when they receive, either by telephone, mail, text message or email, a fraudulent communication that claims to be from the Canada Revenue Agency (CRA) requesting personal information such as a social insurance number, credit card number, bank account number, or passport number.

These scams may insist that this personal information is needed so that the taxpayer can receive a refund or a benefit payment. Cases of fraudulent communication could also involve threatening or coercive language to scare individuals into paying fictitious debt to the CRA.

For further information pick up a handout at our Front Desks.

Volunteer Recognition- Income Tax Service



Bruce

The Victoria Centre is very fortunate to have two dedicated Volunteers that have helped with the Community Volunteer Income Tax program for more than 15 years. Bruce Forsyth and Ted Semmens have helped members of the community prepare their annual tax returns. In an average year they prepare more than 100 returns for our seniors at the Victoria Centre. That means more than 1,500 Tax Returns over the course of their time here as volunteers. This is such an important and valuable contribution to our community. Thanks Bruce and Ted! There are just a few spaces still available for tax preparation, so be sure to book soon.



Ted

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

Brian Penner Saanich Centre Chef

Brian Peterson Saanich Centre Cook

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

