

## Your body on walking

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body, and mind. So what are you waiting for? Now that spring is here and the weather is warmer, consider the following health facts related to walking.

**Heart health:** 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.

**Bones:** 4 hours a week can reduce the risk of hip fractures by up to 43%.

**Weight:** a daily one-hour walk can cut your risk of obesity in half.

**Health Prevention:** logging 3,500 steps a day lowers your risk of diabetes by 29%.

**Mood:** 30 minutes a day can reduce symptoms of depression by 30%.

**Brain:** just two hours of walking a week reduces your risk of strokes by 30%.

**Longevity:** 75 minutes a week of brisk walking can add almost 2 years to your life.

Are you convinced yet? If you feel like maybe a weekly, moderate walking group would be a good place to start – Silver Threads Service has existing and emerging walking groups. At the Saanich Centre a group meets Wednesday morning at 10:00am with a leader to take you on walks in the Tillicum area, including the Colquitz River Trail. For those in the Victoria/Jubilee area, the Victoria Centre is gathering input to start a group. For further information, please call the Saanich Centre 250 382-3151 or the Victoria Centre 250 388-4268. Happy trails to you!



*“An early morning walk is a blessing for the whole day” Henry David Thoreau*

## Guess Who’s Coming to Dinners

**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**

**NOTE: Reservation cut-off is 11:00am on the Monday before the dinner**

## May 2018 Programs & Events

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

**Saanich Centre**  
Call 250 382-3151

**Victoria Centre**  
Call 250 388-4268

### 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

May 4<sup>th</sup> to June 8<sup>th</sup>

**Time:** 9:00am to 10:00am

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



### Portrait Painting: Paint Your Own Masters' Portraits

This course involves reproducing famous portraits through the ages. 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, May 2<sup>nd</sup> to June 6<sup>th</sup>

**Time:** 10:00am to 12:00pm

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

### Walking Group

Get some exercise along local trails in a fun and social setting. The group walks for about an hour. Meets Wednesdays at 10:00am.



### Hanging Basket Workshop

Enjoy making your own beautiful hanging basket in this fun and social workshop. All Materials supplied, No experience necessary.



**Date:** Friday, May 11th

**Time:** 10:00am to 12:00pm

**Cost:** \$26.25 plus GST

### Chair Yoga

A yoga class where you don't have to get down on the floor. Standing and seated exercises for core strength, spinal health and breathing for deep relaxation.

**Date:** Thursdays (*new day*), May 24 to June 28th

**Time:** 1:00pm to 2:00pm

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

### Strength and Stretch:

Isabel will lead you through a variety of strength training exercises using light weights and resistance tubing.

**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 that are performed while seated or using a chair for balance. For all fitness levels.

**Date:** Mondays

**Time:** 1:00pm to 2:00pm

**Cost:** \$3.70 (members) \$5.80 (non-members), includes GST

If you are interested in starting a **Walking Club** at the Victoria Centre call Jen at the Victoria Centre. We would love to have your input.

## Highlights from April

### World Table Tennis Day

World Table Tennis Day is held around the globe annually on April 6. This was the 4th year of the event worldwide and the first year for Silver Threads to take part. It was a day to bring people together to play for fun and enjoy the sport. Players came out in costume and enthusiastically played on 4 tables scattered around the Saanich Centre Activity Area. A huge thanks to member Paul Martin who got the ball rolling on this event... or is that the ball bouncing?!



### Canada 150 Saanich Time Capsule

We were pleased to have Councillor Vicki Sanders at our April Guess Who's Coming to Dinner with the Saanich Canada 150 Time Capsule. The capsule is a waterproof vessel that will be enclosed and sealed at the entrance to Saanich Municipal Hall for 50 years. A plaque will instruct staff to open the capsule in 2067. Guess Who diners enjoyed writing messages on postcards about why they are proud to be Canadian and #Grateful4Saanich.



### Spring Cleaning & Craft Sale

Thanks to all the volunteers, vendors, customers and staff who made the April 21st Spring Cleaning and Craft Sale a success! Along with beautiful handmade items by our Victoria Centre knitters and crafters, we sold heaps of yarn and piles of fabric and raised almost \$600 to support Silver Threads Programs and Services! We have cleared space now and reclaimed the "Card Room" at the Victoria Centre. We hope to get a Cribbage group going soon. Speak to Jennifer if you are interested.

## Guess Who's Coming to Dinner Prices

Effective June 1st our prices for the Dinners will increase to \$15 members and \$18 non-members. Special themed Dinner (Christmas) will be \$18 members and \$20 non-members.

Silver Threads Service remains committed to providing food services at the Guess Who's Coming to Dinner as well as our Daily Service. Due to rising food prices we find it necessary to increase the prices to cover our costs of hosting these events.

We are undertaking new ways of operating our kitchen to ensure that food service is sustainable, serves our members and participants, and provides good value and quality.

If you have any questions or require further information please contact Tracy or Anne.

### Volunteer Recognition Party

April 15th to 21st was National Volunteer Recognition Week.

We had a wonderful time celebrating with 65 of our 100 volunteers here at Silver Threads. Our theme this year was "Volunteers Put the Wind in our Sails". In keeping with this "nautical theme"

chef Brian Penner prepared delicious Seafood Vol Au Vents with Maritime musical entertainment by Steve Peabody. We thank all of our volunteers for their time, talents and dedication!



### Memory PLUS Spring 2018 Sessions

A fun and interactive program designed for individuals to learn tools and specific strategies to help improve brain function and memory. Memory PLUS is offered as a two-hour program that runs in 12 weeks at a time in different locations in Greater Victoria.

**Cost:** 12 weeks \$78.75 (single), \$110.25 (family) GST included.

Some Spring classes still have space!

**For more information call: (250) 382-3151**

## 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. **In honor of Mother's Day, here's a baker's dozen of our favorite things about Mom:**

- |                  |                  |
|------------------|------------------|
| 1. RIPSGINNI     | 8. NATIPET       |
| 2. VETISOPI      | 9. SHONET        |
| 3. ALLOY         | 10. GLONIV       |
| 4. BLONEERSIPS   | 11. NDKI         |
| 5. RATONIEMINTED | 12. STEMPASONCAO |
| 6. HOWSUTTRTRY   | 13. UNFYN        |
| 7. IRETACEV      |                  |

### Answers

- |                  |                   |
|------------------|-------------------|
| 1. INSPIRING     | 8. PATIENT        |
| 2. POSITIVE      | 9. HONEST         |
| 3. LOYAL         | 10. LOVING        |
| 4. RESPONSIBLE   | 11. KIND          |
| 5. DETERMINATION | 12. COMPASSIONATE |
| 6. TRUSTWORTHY   | 13. FUNNY         |
| 7. CREATIVE      |                   |

## Shiny Lost and Found Story ...

Here's a really happy Lost and Found story from our Silver Threads Saanich Centre. Recently Vicky McCulloch, one of our *Line Dancing* instructors, saw a small shiny object on the auditorium floor just as she was about to start her class. She picked up the object which she surmised could be a diamond! Vicky asked all of her students if it was out of one of their rings. They all quickly



examined their jewelry and said that it did not belong to any of them. Vicky turned the shiny stone in to the front desk at Silver Threads, where staff put it in safe keeping, recording date and place where it was found. Two weeks later a member of the *Fun and Fitness* class came to the desk and asked if anyone had found

a diamond in the past few weeks. Staff presented her with the found gem, which was indeed hers! She could not believe her eyes as she figured the gem was gone forever — and she almost didn't even bother asking about it.

After having the diamond re-set in her engagement ring, she came back to show off the intact ring that she had worn for over 65 years and will continue to wear for many more years!

**Silver Threads Service Annual General Meeting will be Wednesday, June 20th 4:30pm at the Saanich Centre, followed by the Guess Who's Coming to Dinner at 5:00pm.**

### 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*  
**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](mailto: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*

