

Business Excellence Award Finalist and AGM

The Chamber of Commerce Business Excellence Awards are an annual celebration that recognizes outstanding businesses in the region in a dozen categories. This year Silver Threads Service was nominated in the Non-Profit category. The Awards were held on May 10th at the Empress. Silver Threads Service was announced as a finalist (and the runner up). Congratulations to the Greater Victoria Housing Society for the well-deserved win!

As part of the nomination process a short video was produced on our organization, you can check it out at <https://youtu.be/WKE090lfy6M> (control + click in your email version of the newsletter). It was a lovely evening and we enjoyed the event! Thank you to all who supported Silver Threads and our nomination for the Award.

Annual General Meeting

The Annual General Meeting will be held on Wednesday, June 20th starting at 4:30pm and followed by the Guess Who's Coming to Dinner at 5:00pm. As a not-for-profit society, Silver Threads Service is guided by a volunteer board that establishes policy, and is responsible for the governance, strategic planning and financial health of the organization. We will review 2017-18 and our results this past year. Find out more about Silver Threads Service then enjoy a delicious meal followed by wonderful entertainment.



"Alone we can do so little, together we can do so much" Helen Keller

Guess Who's Coming to Dinners

June 6th

Sponsored by Royal Bank

Chicken Cordon Bleu, Chicken Gravy, Scallop Potatoes, Vegetable. Fresh Fruit Jell-O & Whipped Cream

Entertainment: Jean Bedard



June 20th

**Silver Threads Service
Annual General Meeting**

Chicken Penne Pasta in Pesto Cream Sauce,
Green Salad and Garlic Bread.
Fruit Crumble with Vanilla Sauce
Entertainment: Group Therapy

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

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

June 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

Enjoying My Community—June Topics

Enjoy this social group with weekly topics and speakers.

Monday June 4th, “**Why We Do What We Do**”

Monday June 11th, “**Your Elusive Creative Genius**”

Monday June 18th, **Lunch at the Malahat Chalet****

Monday June 25th, “**Alzheimer’s: Red Flag or False Alarm**”

Time: 1:00pm to 2:30pm (except June 18th)

Cost: No charge (except June 18th)

**Details for June 18th Outing

Responsible for cost of lunch plus \$5 for travel.

Transportation Limited, pre-registration required.

Afternoon at the Movies

Enjoy movies on the big screen TV, complete with free popcorn.

Wednesday June 6th, “**The Post**”

Wednesday June 20th, “**Wonder**”

Time: 1:30pm to 3:30pm

Cost: No charge

Enhanced Road Assessment Information Session

Come and learn all about ICBC’s new Enhanced Road Assessment. The ERA is given to drivers whom RoadSafetyBC determines need a functional road assessment regarding their medical fitness to drive safely.

Date: Wednesday June 13th

Time: 1:00pm to 2:00pm

Cost: No charge

Blood Pressure Clinics

Our Registered Nurse will provide BP readings and individualized health and wellness information.

Date: Monday, June 11th (Saanich Centre)

Friday June 15th (Victoria Centre)

Time: 10:00am to 1:00pm (Saanich Centre)

10:00am to 1:00pm (Victoria Centre)

Cost: No charge

Painted Clay Pot Workshop

Join Margo for this fun workshop to paint your own decorative clay pot. There will be several sample designs that you can choose from or you can get creative and design something unique! All materials supplied.



Date: Friday, June 15th

Time: 10:00am to 11:30am

Cost: \$5.25 (members) \$7.35 (non-members) includes GST

Chair Yoga

Space still available! 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: 5 sessions: \$43.75 (members) \$65.75 (non-members) includes GST. No class on June 7th.



Strength and Stretch:

Date: Mondays and Thursdays

Time: 10:00am to 11:00am

Balance and Mobility

Date: Mondays

Time: 1:00pm to 2:00pm

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

Highlights from May

Silver Threads Membership Prize Winners

Congratulations to our two 2018-2019 Membership Prize winners, Margo B. (Saanich Centre) and Ron D. (Victoria Centre). Both Silver Threads Members won \$100 gift certificates to Hillside Mall.



Key Seniors Roundtable Hosted by Silver Threads

On May 10th the Victoria Centre hosted a Roundtable on the Social and Economic Inclusion of Seniors. The Honorable Jean-Yves Duclos, Minister of Children, Families and Social Development was in attendance along with the Honorable Ron McKinnon, Member of Parliament for Coquitlam - Port Coquitlam. Participants included leaders from a variety of Senior-serving agencies from around the region, including our own Tracy Ryan.

Hanging Basket Workshop

Maureen taught a group of 10 enthusiastic ladies how to make moss-hanging baskets on May 11th at our Victoria Centre. The baskets are modelled after the City of Victoria ones, and will continue to fill out and bloom throughout the summer!



Afghan Fundraising Raffle

Congratulations to Julie, winner of the afghan raffle drawn on May 1st. Many, many hours and balls of yarn went into crocheting this New Mexico style afghan. Special thanks to Pat F. from the Victoria Crafters and Knitters for her time and generosity in creating this piece for Silver Threads' raffle.



New Frozen Take Away Meals

Starting June 1st we will be offering a new line of frozen Take Away Meals and individual Frozen Soup at the both Centres! The meals will be \$6.50 and the soup \$4.50. The serving sizes are generous, and are fresh and very good. They are prepared by Souper Meals (an Island Health Funded Program).

This month the menu will include:

Liver & Onions

Shepherd's Pie

Chili on Rice with Cornbread

Chicken Salisbury Steak on Mash with Mushrooms



Soups are:

Creamy Tomato

French Onion

Split Pea & Ham



Summer Events—Save the Dates!

Save the date for these great summer events

Canada Day Cake — Friday, June 29th

Celebrate an early Canada Day at both centres with cake. Wear red and white!

Time: 10:00am to 1:00pm **Cost:** No charge

Strawberry Social — Wednesday, July 11th

Beat the heat with strawberry treats at both centres!

Time: 11:00am to 1:00pm **Cost:** No charge

Victoria Centre Bar-b-que — Friday, August 17th

Time: 11:00am-1:00pm

Cost: \$8.00 per person

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.

A 6 week Summer Brain Camp Series will start July 23rd to August 31st. A great time to try the program!

To honor Father's day, here are some words to unscramble related to

Fathers and Father figures:

- | | |
|-------------|---------------|
| 1. DEEVDTO | 6. BRENELISPO |
| 2. LTGEEN | 7. RLEECV |
| 3. SIEW | 8. TRPOSS NAF |
| 4. OSDAEHNM | 9. EACHTREE |
| 5. RGOSTN | 10. YHDAN |

Answers

- | | |
|---------------|------------|
| 1. DEVOTED | 5. STRONG |
| 2. GENTLE | 4. HANDSOM |
| 3. WISE | 3. WISE |
| 4. HANDSOM | 2. GENTLE |
| 5. STRONG | 1. DEVOTED |
| 6. BRENELISPO | 5. STRONG |
| 7. RLEECV | 4. HANDSOM |
| 8. TRPOSS NAF | 3. WISE |
| 9. EACHTREE | 2. GENTLE |
| 10. YHDAN | 1. DEVOTED |

Travel & Entertainment Events

Where in the World Travel Series: Malawi

Learn more about this landlocked country in Southeast Africa with Rev. Laura Kavanagh.

Date: Wednesday June 27th

Time: 1:00pm to 2:30pm

Location: Saanich Centre

Cost: No charge, but please call to reserve a spot.

Chemainus Theatre Outing

Enjoy "Grease" at the Chemainus Theatre and lunch in the Playbill Dining Room.

Date: Sunday July 29th

Time: 9:45 am to 6:30 pm

Cost for the show, lunch and transportation: \$110

(members), \$140 (non-members), includes GST.

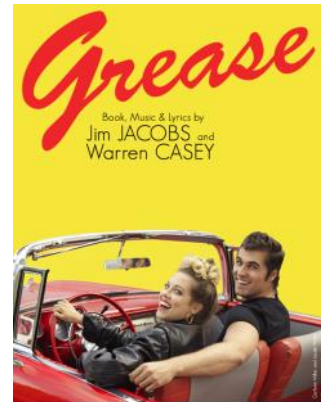
Reserve your seat: 250-382-

3151 (reservations will be taken

for **Silver Threads members**

only during the month of

June. Non-members may reserve as of July)



June 8 to September 1

Canada Day Closure - Please note that both of our centres will be closed on Monday, July 2nd.

Our Saanich location, however, will be open on Saturday June 30th (9:00am to 12:00pm).

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

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

