

Thank you Volunteers!



National Volunteer Week is held every year in April as a way to celebrate and thank Canada's 12.7 million volunteers. This year the theme is "The Volunteer Factor – Lifting Communities."

The Volunteer Factor celebrates and recognizes the exponential impact of volunteers and how they lift our communities. The beautiful image of the hot air balloons of different sizes, shapes and colours reflects the diversity of community volunteers. It illustrates that when people volunteer together, the sky is the limit, in terms of what they can achieve.

Silver Threads Service is governed by a Volunteer Board of Directors, our Programs, Services and Events are supported by many volunteers. All totaled, we have over 100 different individuals who collectively and generously give over 9,000 hours of their time each year to support our community of seniors. We thank each and every one of you!

If you have thought about volunteering, consider one of the many opportunities in a variety of areas and include short and longer term commitment. If you are interested talk to one of the staff and we would be happy to provide further information.

Guess Who's Coming to Dinner

Wednesday, April 17th Sponsored by **TELUS Home Health**

Easter Menu: Honey glazed ham, scalloped potatoes, creamed corn, green beans.

Fruitcake bread pudding and caramel sauce for dessert.

Entertainment: Bob Meikle



Wednesday, May 15th

Sponsored by **NexGen**

Victoria Day Menu: Roast pork loin with apple stuffing, glazed beets and carrots, green peas.

Lemon meringue pie for dessert.

Entertainment: Hampton Singers and Saanich Songmen

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

April 2019 Programs & Events

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

All prices include GST where applicable

Saanich Centre

Enjoying My Community

Enjoy this social group with weekly topics and speakers.

Date: Monday April 1st, “**Bloopers, Jokes and April Fools Fun**”

Date: Monday April 8th, “**What’s the Big News?**”

Date: Monday April 15th, “**Taking care of your 2nd Brain—the Gut Microbiome**”

Date: Monday April 29th, “**Fall Prevention**”

Time: 1:00pm to 2:00pm

Cost: No charge

Afternoon at the Movies

Enjoy movies on the big screen TV, and popcorn.

Date: Wednesday April 17th, “**Man on Wire**”

Time: 1:30pm to 3:30pm

Cost: No charge

Where in the World Travel Series: “India”

Join Laura Kavanagh as she explores India journeying through rural areas to the famous Taj Mahal.

Date: Wednesday April 24th

Time: 1:00pm to 2:00pm

Cost: No charge

Ukulele

Date: Wednesdays, April 3rd to May 8th

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

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

Instructor: Patrick

Beginner Line Dancing:

Date: Tuesdays, April 9th to May 14th

Time: 12:30 pm to 1:45 pm

Cost: 6 sessions: \$44.10 (members); \$56.70 (non-members)

Instructor: Vicky McCulloch

Victoria Centre

Ping Pong for Parkinson’s

Ping Pong encourages neuroplasticity and is a great way for people with Parkinson’s to stay active. All abilities welcome.

Date: Mondays

Time: 2:15 to 3:30pm

Cost: \$1.60 members \$4.75 non-members

Spring Craft Workshops:

Intarsia in Tunisian Crochet

Dela Wilkins, the Railway Knitter will teach you how to incorporate different colours into your Tunisian Crochet work to create patterns or shapes.

Date: Friday, April 12th

Time: 10:00am to 12:00pm

Cost: \$7.35 (members) \$10.50 (non-members)

Hanging Baskets

Make your own beautiful hanging flower basket modelled after the iconic City of Victoria baskets. All materials supplied, no experience necessary.

Date: Friday, May 10th

Time: 10:00am to 12:00pm

Cost: \$36.75 (members) \$47.25 (non-members)



Fairy Gardens

Anything goes in these whimsical and tiny little gardens that are perfect for a balcony, patio or even indoors. Bring your creativity and leave with a unique creation for yourself or to give as a gift.

Date: Friday, April 26th

Time: 10:00am to 12:00pm

Cost: \$7.35 (members) \$10.50

Blood Pressure Clinics

Saanich Centre Monday, April 8th
10:00am to 12:00pm

Victoria Centre Friday, March 12th
10:00am to 12:00pm

March Highlights

St Patrick's Dinner

There was a lot of "wearing of the green" at our St. Patrick's Guess Who's Coming to Dinner. Chef Lisa prepared a tasty Irish inspired meal and Eric McQuillan kept the place hopping with authentic tunes.



Spring Dinner

Our Spring Guess Who's Coming to Dinner was the abundance of seasonal vegetables and the flowery personalities of Rosie and Corinne.

New signage



Thanks to Saanich Parks Department for new signage to identify the Les Passmore Centre and Silver Threads. This will make it easier to find us!

Upcoming Tournaments at Saanich

World Table Tennis Day

Come and celebrate World Table Tennis Day by taking part in our Second Annual friendly, all inclusive game. All equipment will be provided.

Date: Saturday April 6th

Time: 9:30am to 11:30am

Cost: No charge



Pickleball Jamboree

Enjoy a full day of Pickleball with fun competitions and a noontime Pot-Luck lunch.

Date: Saturday May 4th

Time: 9:00am to 2:00pm

Cost: \$10.50 (members), \$21 (non-members)



Good bye to Jennifer

We are sad to announce that our Victoria Centre Manager Jennifer Jakobsen will be leaving this month. She has been a tremendous asset to Silver Threads, developing new centre based and outreach programs including regular offerings at Kiwanis Housing, improving procedures and systems. As well as growing membership and participation numbers and building relationships with individuals and organizations. We consider ourselves lucky to have had her on our staff team and wish her much success in her new position at Saanich Recreation.



Income Tax Clinics April appointments still available

Starting March 4th volunteers will prepare taxes for seniors with a maximum single gross income level of \$35,000 (\$45,000 couples). For an appointment, call our centres. Appointments are available to April 30th.

Saanich Centre:

Tuesdays 1:00pm to 3:00pm

Thursdays 10:00am to 12:00pm

Fridays 10:00 am to 3:00 pm

Victoria Centre:

Tuesdays 12:30pm to 3:10pm

Wednesdays: 9:00am to 11:40am

Thursdays: 12:30pm to 3:10pm

Cost: No charge

"The hardest thing in the world is to understand the income tax."

Albert Einstein

April Take Away Meals

The frozen take away meals are available at the Saanich Centre. The meals are \$6.50 and can be picked up during regular hours. For those who are attending the Guess Who's Coming to Dinner you can purchase at the end of the evening. During April we have:

Butter Chicken on Rice

Meatloaf on Mash

Shepherd's Pie

Baked Ham with Potato Gratin

Liver and Onions on Mash

Macaroni and Cheese and Ham

Beef Stroganoff

Chicken Salisbury Steak with Mushroom Gravy

Victoria Computer Club

Tip of the month:

Windows 10, Google and Apple

Are you frustrated trying to learn the many Windows 10, Google or Apple features?

There are many very useful and easy to learn features of each product which you can learn at your pace. We teach many useful classes on Windows, Google and Apple either in our classes throughout the month, or you can have a one-on-one session if you belong to the computer club.

Drop down to the Victoria Computer Club to learn about these features. We have lots of help to offer you at the Saanich Centre.

Check out the website at <https://victoriacomputerclub.org> or call 250 382-3151.

Hampton Concert Orchestra

Spring Concert

Charles Encell, Conductor

Come and enjoy the music of Beethoven, Schubert and Mozart. At the Saanich Centre. Admission by donation.

Sunday April 14th, 2:30pm

Monday April 15th, 7:30pm



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 Program Coordinator

Sandy Firth Bookkeeper

Donene Eve Food Services Coordinator

Susan Bauer Outreach Worker

Amy Little Receptionist

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, Spring session begins mid April.

Cost: 12 sessions \$78.75 (individual) \$110.25 (family)

Call 250 382-3151 for information.

Celebrate April with a Spring word scramble!

soobmls

rlyutfetb

ichsck

rsags

apslet

anlstp

sdpedlu

wabnrio

“Easter is the only time of year when it is safe to put all your eggs in one basket.”

Peter Rabbit

Easter Closure

Our Centres will be closed for Easter on Friday, April 19th and Monday, April 22nd. We will reopen on Tuesday, April 23rd.



Answers:
Blossom, Butterfly, Chicks, Grass, Petals,
Plants, Rainbow

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

