

You belong at Silver Threads!



Where else can you laugh out loud with great, fun loving people? That's just one of the benefits of taking an Annual Membership at Silver Threads!

Membership runs from April 1st to March 31st and you can sign up or renew now. Membership is \$55 (includes 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 cookie).
- A sense of community belonging.

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

Income Tax Clinics

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
Thursdays: 12:30pm to 3:10pm
Wednesdays: 9:00am to 11:40am

Cost: No charge

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

Guess Who's Coming to Dinner in March

Wednesday, March 13th

St. Patrick's Menu: Corned beef with Colcannon potatoes (cabbage, onion, bacon), Guinness mustard sauce, soda bread. Sticky toffee pudding for dessert

Entertainment: Eric McQuillan

Wednesday, March 27th

Spring Dinner Menu: Gnocchi primavera with spinach, asparagus, and cherry tomatoes, light parmesan cream sauce, Garlic bread, Caesar salad. Tiramisu for dessert.

Entertainment: Rosie and Corinne

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

March 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 March 4th,

“Ocean Falls – A Nourishment of Nostalgia”

Date: Monday March 11th,

“How to Comfort Someone Who is Hurting”

Date: Monday March 18th, **“Stirrings of Spring”**

Date: Monday March 25th, **“How to Deal with Cranky People”**

Time: 1:00pm to 2:00pm

Cost: No charge

Afternoon at the Movies

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

Date: Wednesday March 13th, **“Adrift”**

Date: Wednesday March 27th, **“Won’t You be My Neighbour”**

Time: 1:30pm to 3:30pm

Cost: No charge

Where in the World Travel Series: “Journey to Namu”

Join ultra-marathon swimmer Susan Simmons as she shares stories of her adventures swimming through the Great Bear Rainforest. In this inspiring talk, Susan will tell us how swimming is one way that she manages her Multiple Sclerosis.

Date: Wednesday March 20th

Time: 1:00pm to 2:00pm

Cost: No charge

Beginner Line Dancing: 6 sessions, Tuesdays, February 26th to April 2nd, 12:30pm to 1:45pm

Pet Portrait Painting: 5 sessions, Fridays, March 1st to March 29th, 10:00am to 12:00pm

Somatic Yoga: 6 sessions, Fridays, March 8th to April 12th, 9:00am to 10:00am

Zumba Gold: 6 sessions, Thursdays, March 7th to April 11th, 1:00pm to 2:00pm

Victoria Centre

Emergency Preparedness Workshop

The City of Victoria is offering a free workshop to educate residents on: the types of hazards that can affect our region, how to prepare an emergency kit, tips for everyday preparedness.

Date: Tuesday, March 5th

Time: 1:00pm to 2:30pm

To register call 250-920-3373 or email emvic@victoria.ca

National Advance Care Planning Day

Join us to learn about some of the more complex aspects of Advance Care Planning. Dustin Marnell, Lawyer from Horne Coupar will facilitate a discussion on Advanced Directives, Representation Agreements and Enduring Power of Attorney.

Date: Tuesday, April 16th

Time: 1:00pm to 3:00pm

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

Blood Pressure Clinics

Saanich Centre Monday, March 11th
10:00am to 12:00pm

Victoria Centre Friday, March 15th
10:00am to 12:00pm

February Highlights

February Guess Who's Coming to Dinner, Chinese New Year and Valentine's Day....



None of which actually happened due to snow. Disappointing but better to be safe, warm and accident free! Fingers crossed that spring is on the way.

TIME Program receives Island Health Donation

The Victoria Centre has received a donation of parallel bars from Island Health to support the TIME (Together in Movement and Exercise). This trademarked program is tailored to people who are able to walk 10 metres (about 30 feet) with or without a walking aid and who live with conditions such as stroke, multiple sclerosis, acquired brain injury, or weakness after a hospital stay.



The program runs Mondays and Thursdays from 1:00 to 2:00pm. Call 250 388-4268 for more information.

TELUS Home Health



Thank you to TELUS for their \$3,500 contribution to Silver Threads Service as part of the Cause Marketing Campaign held this fall that featured their LivingWell Companion products. We appreciate your support!

Guess Who's Coming to Dinner 2019 Dates & Themes

Just a reminder of our Dinner dates for this year. Join us on Wednesdays, 5:00 to 7:00pm at the Saanich Centre.

March 13th - St. Patrick's

March 27th - Spring

April 17th - Easter

May 15th - Victoria Day

June 19th - AGM

July 17th - BBQ

August 21st - Summer

September 18th - Autumn

October 9th - Thanksgiving

October 23rd - Oktoberfest

November 20th - French Canadian

December 18th - Christmas*

*Reservations for members start as of November 1st
For reservations call: 250-382-3151 by 11:00am the Monday before the dinner

Dinner Sponsors

We are grateful to our Corporate Sponsors who provide a financial contribution to Silver Threads for sponsoring our Guess Who's Coming to Dinner events.

This support helps us bridge the gap between ticket prices and increasing food and other costs to host the dinners.

Thank you to the 2018 sponsors:

Amica Senior Lifestyles

Connect Hearing

NexGen Hearing

RBC Royal Bank

Revera Retirement Living

TELUS Home Health

We Care Home Health Services

March 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 March we have:

Liver and Onions

Slow Cooked Pork with Polenta

Baked Ham and Potato Gratin

Butter Chicken on Brown Rice

Parmesan Chicken Meatballs

Meatloaf with Mash and Gravy

Victoria Computer Club

Tip of the month: Photo Management

Do you have hundreds of photos on the C: drive of your computer or laptop that you copied from an SD Card after a vacation, or used a program that installed them in a folder and you aren't sure how to find them?

Many people put their photos in the cloud on OneDrive, Drop Box, Google Photos, etc. Do you ever go in and delete bad shots or duplicates? Do you know how to move files in File Explorer – copy, move, delete, paste?

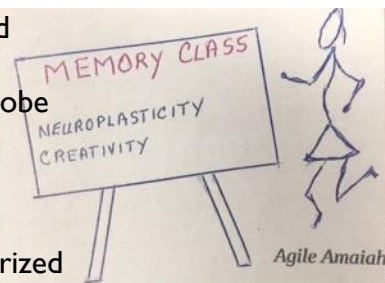
Drop down to the Victoria Computer Club to learn about File Management. We have lots of help to offer you at the Saanich Centre. Check out the website at <https://victoriacomputerclub.org> or call 250 382-3151.

Memory PLUS Poetry

We are always open to feedback about our programs—and especially when the feedback is expressed by poetry! Flo summed up her experience at Memory PLUS with this:

'Memory Classes' stated the ad
Maybe I should give it a whirl
A little voice in my temporal Lobe
Whispered 'Go for it Girl'
So off I went to my first class
Not knowing if I'd be spooked
Names with monikers I memorized
But if seating changed, I'd be hooped

In second class I learned a lot
As around the brain we did roam
Then drew this picture to depict
The essence of my poem



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.

Celebrate St. Patrick's Day with an all Irish word scramble!

3-letter words:

IGJ , LEF , OBG, LEA, EKG, EWE

4-letter words:

LESI , FURT, WEST, NITP, WBER, KUCL

5-letter words:

SIHRI , LYLJO , DWETE, ESIPP, SAFET, STHOG

6-letter words:

LAGICE, DAGNER , UNTOMT, LOLYJ, LATIRU, HIKGTN

Wishing you the luck of the Irish:
"Wherever you go and whatever you do,
May the luck of the Irish be there with you"

GAELIC, GARDEN, MUTTON, JOLLY, RITUAL,
6-letter words:
IRISH, JOLLY, TWEED, PIPES, FEAST, GHOST
5-letter words:
ISLE, TURF, STEW, PINT, BREW, LUCK
4-letter words:
JIG, ELF, BOG, ALE, KEG, WEE
3-letter words:
Answers:

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

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
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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

