



February 2015

NEWSLETTER

Be a Sweetheart to a Senior Saturday, February 14th, 2015

At Silver Threads, we love people – especially seniors, and our Valentine's Day gift to you is another, unforgettable, free concert at The Victoria Centre. What better way to spend Valentine's Day than surrounded by friends and family that you love (and Silver Threads Staff who love you!) enjoying spectacular entertainment and delicious treats.

There will be musical concerts from some old favourites and a special dance performance by the Chinese Senior Community Group who practice at Silver Threads weekly. Returning, by popular demand – are Musical group – **Wine & Roses**. As well, members will remember **Corinne & Rosie** from the Guess Who dinners; they will sing some romantic tunes and close the show with their signature yodelling! As part of our formal program we will have special guest representatives from the City of Victoria.



Registration is required and donations for admission will be graciously accepted. Please call 250-388-4268 or email vicreception@silverthreads.ca. We encourage you to register and bring your family and friends! We are ready to introduce our new centre to you, your family, and the community. Come and be our Valentine here at Silver Threads.

Where: Victoria Silver Threads Centre, 2340 Richmond Road

When: Saturday, February 14th from 1:00pm to 3:00pm

Parking: Parking is limited and we encourage you to make arrangements to car pool or take public transportation. We are in the process of arranging a shuttle to transport people to and from a nearby parking lot. Details are still being arranged so the location will be announced closer to the event.

Guess Who's Coming to Dinner in February

We have some wonderful dinner evenings planned for February at the Saanich Centre.

On February 4th, we have the energetic music of Wine & Roses, Ladies Salon Orchestra, to go along with our meal of Chicken Parmesan and Ice Cream for dessert.

February 18th, will see Guy Marchi performing, preceded by a dinner of Roast Pork with Apple Sauce and Blueberry Pie for dessert.

Call 250 382-3151 for reservations or to make pick up arrangements.

www.silverthreads.ca

MEMORY Practice, Laughter, and Useful Strategies Corner

Practice:

Playing games that challenge you to find words may help you to find that word on the tip of your tongue.

There are 264 English words in the word

VALENTINE. How many can you find?

Here are some examples to get you started: line, lint, ant, ale, eat.

All you need is a piece of paper and pencil. Have Fun!

Laughter:

Over breakfast one morning, a woman said to her husband, "I bet you don't know what day this is?"

"Of course I do," he indignantly answered, going out the door to the office.

At 10am, the doorbell rang, and when the woman opened the door, she was handed a box containing a dozen long stemmed red roses.

At 1pm, a foil wrapped, two pound box of her favourite chocolates arrived. Later a boutique delivered a designer dress. The woman couldn't wait for her husband to come home.

"First the flowers, then the chocolates, and then the dress!" she exclaimed. "I've never had a more wonderful Groundhog Day in all my life!"

Useful Strategies:

Did you know what is good for your HEART is also good for your BRAIN?

February is HEART month. Check out the information displays on Tips for a Healthy Heart at both centres and know that you are also learning about ways to promote having a healthy BRAIN.

By: Lisa Coulson. Program Coordinator and Memory PLUS Facilitator.

News from the Hampton Singers

The Hampton Singers is a ladies choir who have called Saanich Silver Threads their home since we began practicing at the newly built centre in 1968. The choir currently consists of 20 members. Our Director is Betty Gurney and our pianist is Pam Dickinson. We have an executive consisting of Betty Gurney, Colleen Buckley, Coralie Elliott, Lorna Nelson and Valerie Kent.

We sing fun songs as well as serious ones, depending on the season. We sing at residential care complexes in Victoria 2 or 3 times a month. We also perform occasionally at Silver Threads' Guess Who's Coming to Dinner evenings.

We receive a donation from some places, which we use for our expenses. In December and June, we as a group, vote where to send our surplus income. This is another way we like to give back to the community through our efforts to reach those in need.

We have approximately 10 organizations in Victoria that we choose from. We choose those that we feel are in need and that we can help. The groups we chose to support in December 2014 were: Silver Threads Service, The Cridge Transition House for Women, Canadian Tire Jumpstart and the Victoria Native Friendship Centre.



We practice every Monday morning from 9:30am – 11:30am in the auditorium of Saanich Silver Threads. If you would like to join our ranks, please come out, we'd love to have you!

By: Lorna N. (Silver Threads Member)

Food Services' Dynamic Duo

The Food Services department at the Saanich Centre has been blessed for many years now with the volunteer services of Marcus P. and Dianne B.

Marcus started volunteering in the kitchen at Silver Threads almost 20 years ago. His job coach knew about the position and suggested that Marcus come and try it out and he's been at Silver Threads ever since. He has seen many changes in his years at Silver Threads. He's worked with 3 different chefs over the years. Marcus remembers the old dishwashing machine which could be very temperamental. When a new dishwasher was purchased Marcus was very pleased and said that it made a huge difference.

Although he does not speak the language, Marcus' last name is French from his paternal grandmother, who was a great traveller. Marcus has an aunt in town and a brother up island. He has two teenage nephews whose company he enjoys. Marcus also likes being active. He has been involved with Special Olympics as an athlete for many years now. His current sports are golf, bowling and floor hockey.

Dianne Brown hails originally from Toronto. She and her mother moved out to Victoria and initially lived together. Dianne moved into her own apartment as a part of the Supportive Apartment Living (SAL) program through Community Living Victoria. Dianne enjoys the support of her many friends as well as her two sisters, one who lives in Langford and the other in Saltair, near Chemainus.

Dianne has volunteered and worked in many areas. In Toronto she worked for 27 years at Humber College. There she worked with children with special needs as well as in the mail room. When Dianne left, the President's board room was filled with people wishing her well. When she first came to Victoria she volunteered at the Royal Jubilee Hospital. Later, her support worker suggested that she might like to volunteer in the kitchen at Silver Threads, which Dianne thoroughly enjoys and has been here for over 10 years now.



Silver Threads staff and members alike feel very fortunate to have two such long term and dedicated volunteers.

Thank you Marcus and Dianne!

A Condo Bag

When you live in a condo and have no husband to take out the trash, you need “A Condo Bag”! Until I moved into a condo last year, I did not realize there was such a thing. Yet apart from needing to pay the rent, there is nothing you need more in a condo than a condo bag.

Now, if you went to Wal-Mart and asked the lady selling bags about a condo bag, she would merely look at you, shake her head and suggest you try another store. Well, I did see a nice large black canvas bag in her department with stylish white stripes, held it open and said, “Now, here’s a condo bag”. There were no pockets, zippers, compartments, just a gaping voluminous void of sturdy, glazed, woven texture.

Perfect!

You see, the garbage and recyclables in our building are so well organized that a resident would find containers, neatly labeled, for 23 different types of treasures from Soft plastics (the much-maligned shopping bags) to Paper goods and trampled boxes to Compostables (turkey left-overs and feathers) in the parking garage.

So obviously I, the new guy, can’t very well afford to abuse the system right off by putting all my stuff in one plastic bag for the Big Blue one. No sir, me and the condo bag need to visit the battery of bins, boxes, stands and cans downstairs and deal my disposables into the proper pails. I never did find a proper home for my cracked Brooks runners though, but whistling softly I found a dark corner in the steel dumpster where a few other stow aways where holed up.

As you can imagine, my condo bag has found additional uses - to carry my little dog to the car when I couldn’t find the leash, and to hold a few mysteries that I may or may not turn into stories!

By: Peter Z (Silver Threads Member)

Festival of Trees

Thank you to Anna and all the crafters at the Victoria Centre. Months of hard work went into the creation of hundreds of handcrafted decorations. NAI Commercial Victoria Real Estate sponsored the Silver Threads Tree at the Fairmont Empress and we are proud to say we raised \$1,466 for the BC Children’s Hospital Foundation. Well done Ladies – excellent work!

A big thank you also for our in-house Trees of Hope at both the Victoria and Saanich Centres. We received many donations on and under the trees of items to warm (scarves, hats, mitts) and nourish (non-perishable food items, financial donations) people in need in Victoria. Those have now all been delivered to various support organizations including the Mustard Seed and “Let’s Go Home” project.

Silver Threads Speaker Series

Saanich Centre - February 11th, 12:30-3:30pm
Travel Tips for Seniors Workshop –
Cliff Cunningham

Victoria Centre - February 20th 2:30-3:30pm
Fraud & Scams - presented by Victoria Police

Saanich Centre - February 25th 2:30 – 3:30pm
Healthy Heart – presented by the
Heart & Stroke Foundation

Silver Threads Service will also continue The Journey Program at Cook Street Activity Centre on the 3rd Monday of each month - 10 – 11:30 am

Silver Threads Services Staff

Tracy Ryan - Executive Director

Jean Birtwistle - Executive Assistant

Debbie Erb - Victoria Centre Director

Dustin Lockhart - Victoria Centre Assistant

Anne Nelson - Saanich Centre Director

Julie McGaghey - Saanich Assistant Director

Lisa Coulson - Program Coordinator

Brian Penner - Saanich Chef

Silver Threads Services 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

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

