



May 2015

# NEWSLETTER

## On Line – Technology for Seniors

We are pleased to bring Online – Technology for Seniors to the Victoria Centre of Silver Threads. Thanks to funding provided by an Employment and Social Development Canada – New Horizon for Seniors grant. The program is designed to increase seniors comfort levels and training with computers and technology through exposure and hands-on training in a supportive environment with other seniors. Beginning in May, a series of presentations will be offered and facilitated by eGurus that include:

**Tuesday, May 12th 1:00 – 2:30 Brain Games and Memory**

Have you wondered how playing games on a computer or tablet can help your memory? We will show you how it works and demonstrate the possibilities!

**Tuesday, May 26th 1:00 – 2:30 Protecting yourself against identify theft & on line security**

Are you just venturing into the world of computers or have been using one and want to brush up on security? Let us show you how to reduce your risk.

**June presentations include:**

**Tuesday, June 9th 1:00 – 2:30 On line dating for Seniors**

**Tuesday, June 23rd 1:00 – 2:30 Genealogy and using the internet**

Presentations are \$5 - register at the Victoria Centre or by calling 250 388-4268

### Classes

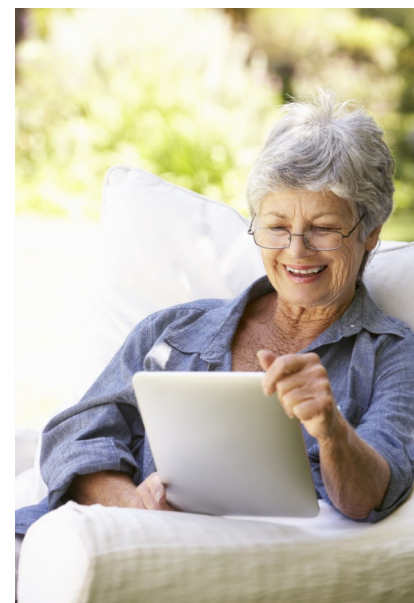
Registered Classes – beginning in May we will start weekly programs facilitated by eGurus.

The dates and topics would be as follows:

Mondays, May 4th, 11th, 25th, June 1st (4 classes) - 10:00 am – 12:00 pm  
Introduction to iPads

Mondays, June 8th, 15th, 22nd, 29th (4 classes) - 10:00 am – 12:00 pm  
Introduction to tablets

**Cost for 4 Classes:** Member - \$50.00      Non-Member - \$75.00



## Guess Who's Coming to Dinner in May

Guess Who's Coming to Dinner is our bi-monthly dinner program held the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of most months throughout the year. **Book your seat by no later than 4pm the Monday before.** Doors open for the dinners at 4:30 so come early to get a seat and socialize before the food service begins at 5:00.

Our May 6th dinner will feature the musical group Gypsy Rovers, preceded by a dinner of Roast Pork with Apple Sauce, Mashed Potatoes and Ice Cream with Strawberry Sauce. The menu for the May 20th dinner is Chicken Breast with Roast Pepper Tomato Sauce, Spanish Rice and Banana Cream Pie. Entertainment will be Vic & Joyce of BVD Country. Cost for each evening is \$12 per person.

## MEMORY Practice, Laughter, and Useful Strategies Corner

Submitted by Lisa Coulson. Program Coordinator and Memory PLUS facilitator.

### Practice:

There are 1712 English words in the word

### **CHRYSANTHEMUM.**

How many can you find?

Here are a few to get you started: human, march, mustache, stream...

### Laughter:

#### **My Mother Taught Me...**

**Logic - "Because I said so, that's why"**

**Foresight - "Make sure you wear clean underwear, in case you're in an accident"**

**Irony - "Keep crying and I'll give you something to cry about"**

**Stamina - "You'll sit there until all that spinach is gone."**

**Hypocrisy - "If I told you once, I've told you a million times. Don't exaggerate!"**

**Anticipation - "Just wait until we get home."**

**Wisdom - "When you get to be my age, you'll understand."**

**Justice - "One day you'll have kids, and I hope they turn out just like you."**

Can you remember some of the things your mother taught you?

### Useful Strategies:

Many people remember images better than verbal or written information. Use your mind's eye to help you retrieve the information from your long-term memory.

## Hampton Concert Orchestra's Spring Concert

The Hampton Concert Orchestra has a long association with Silver Threads, practicing and performing out of the Saanich Centre since 1967.

If you are interested in becoming a part of the orchestra you can visit their web site (<http://www.hamptonconcertorchestra.ca/>) or phone Carolyn Fumalle at 250-721-1940.

### Hampton Concert Orchestra Charles Encell – Conductor Spring Concert



**Johannes Brahms  
Academic Festival  
Overture, Op.80**

**Wolfgang Amadeus  
Mozart  
Symphony in D  
Major, KV 385  
"Haffner"**

**Ludwig van Beethoven  
Symphony No.1,  
Op.21**

MONDAY, April 27th 7:30 pm  
SUNDAY, May 3rd 2:00 pm  
Les Passmore Seniors' Centre  
286 Hampton Road  
**(Refreshments at intermission)**

Admission by Donation  
[www.hamptonconcertorchestra.ca](http://www.hamptonconcertorchestra.ca)

### Thank You's

Thank you very much to C&C Growers for donating an assortment of beautiful plants and the CRD for donating seed packets as gifts for our volunteers during Volunteer Appreciation Week.

## The First Laugh on Earth

A true history by Peter Z (Silver Threads Member)

Babies smile and giggle, and they melt our hearts.

What I am talking about is laughter, the rip-roaring, no holds barred, thigh-slapping bursts of amusement.

We can't help laughing when life surprises us with an unfamiliar, pleasant situation.

Like way back, in the spring of 204144 BC\*, when a couple of human ancestors, new to the chase in East Africa, discovered that they were able to track and bag a wildebeest by sheer endurance, on foot. Their astonishment put a broad grin on the hunters' faces. In time, that realization grew into all-round yippee ki-yaying, and the first 'high five' no doubt.

Other peoples had been running down game for thousands of years, so why did it strike these guys so funny? Because they were homo sapiens – the new breed of folks with a sense of humor.

Around the campfire later that day, our two intrepid runners tweaked their story with embellishments and produced staccatos of the new haha sound in the retelling:

“Yo, Jack and I were still out of breath, and the stupid Gnu just stood there looking at us. So Jack went and pushed him over with one finger”.

As the merriment got louder, it attracted the attention of hyenas, lions and other thieves. Naturally, our little hunter-gatherer band soon got sapient and learned to modulate the laughter, and so invented the snicker, the titter and an early form of the chortle.

An alert reader might point out here that the 'gatherers' in my story had gotten very little press. That is true.

It is also true that women at that time had nothing to laugh about. While men looked after technology like making flints pointier, the females of our new species did everything else. They gathered blueberries, made cloths, fashioned wicker things, they trekked the kids and the skins to the water hole, they built camp every day and sorted the sleep-overs. They eventually lifted the campfire language out of the gutter by developing the 'civil tongue', and yes, they did ask directions when their nomad companions got themselves lost in the Rift Valley.

\*A serious Footnote:

Yes, the year is 204144 BC. It is supposed to fit the scientific record. Excavations and DNA research have revealed that our species, the modern humans, became prominent around 200,000 years ago and settled many regions in Africa.

Then, starting about 60,000 years ago, several migrations from that continent into the rest of the world took place. Consisting of mostly small bands who were motivated by severe weather changes, or by competition, or by adventure, these emigrants made their way to India and Australia first, eventually into Europe, and to the Americas last. Peoples' outer features like skin colour became different and distinct because of climatic conditions.

The inner features, however, remained the same the world over.

There is something magical about being drawn into our imaginations between the pages of a good book. The Victoria Centre is looking for donations of paperback books to begin stocking a library for our members to use.

Please call 250-388-4268 if you have books to donate.

## Spring Raffle

Tickets for the Annual Spring Raffle to raise funds for Silver Threads will continue until May 20<sup>th</sup> and winners will be announced at the Guess Who Dinner that night!

The prizes include:

- 1<sup>st</sup> Prize Limited Edition Ted Harrison Serigraph Value \$600
- 2<sup>nd</sup> Prize Overnight at the Hotel Grand Pacific, IMAX, Luna Hair Design Package, Wine Gift Basket Value \$550
- 3<sup>rd</sup> Prize Overnight at the Quality Inn, Urban Hairitage Hair Style, Facial at the Sanctuary, Gift cards from Thrifty Foods and Sweet Dreams Boutique Value \$260
- 4<sup>th</sup> Prize Driving Refresher from Wallace Driving, Oil Change and gas card Value \$165
- 5<sup>th</sup> Prize Absolute Therapy, Firbanks Farm Hanging Basket Value \$110

Additional Prizes include: Life Excellence Coaching – Value \$200, Acacia Health, Mindful Fitness Academy and more!

Tickets are \$2 each or 3 for \$5 and are available at reception.

As a Charitable, not for profit organization Silver Threads is committed to the well-being of seniors. As a charity we make the most of the financial support from our funding partners and keep our programs and services affordable to our members. We hope you will consider making a financial donation to Silver Threads Service this year. There are many ways to support STS: take an annual membership; make a one time or monthly gift; leave a Legacy by remembering our organization in your will. Staff will be pleased to provide further information.



## Parking Reminders

### Saanich Centre

Parking is available in the marked spots on Hampton Road designated by the sign “Parking for Les Passmore Centre.” Overflow cars may park further along Hampton Road (not in the cul-de-sac). There is no parking in the driveway to the side of the building. Groups may drop off people and equipment but the driveway must be kept clear for emergency vehicles and Handy Dart only.

### Victoria Centre

Limited parking is available on site and is shared with CNIB. Please note that the surrounding neighbourhood is designated as residential parking and the one hour parking is enforced. An additional option for paid parking is the Hospital Parkade.

## Silver Threads Services Staff

**Tracy Ryan** - Executive Director  
**Debbie Erb** - Victoria Centre Director  
**Dustin Lockhart** - Victoria Centre Assistant  
**Anne Nelson** - Saanich Centre Director  
**Julie McGaghey** - Saanich Assistant Director  
**Jean Birtwistle** - Saanich Centre Assistant  
**Lisa Coulson** - Program Coordinator  
**Brian Penner** - Saanich Chef

## Silver Threads Services Locations

<b>Saanich Centre</b>	<b>Victoria Centre</b>
286 Hampton Road	2340 Richmond Road
Victoria, BC V8Z 1H1	Victoria, BC V8R 4R9
Phone: 250 382-3151	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*

