



August 2015

NEWSLETTER

Celebrate the 1950's on Wednesday August 19th

Canada in the 1950's was a time of economic boom, technological progress and overall growth. The average Canadian wage skyrocketed and mega-projects such as the St. Lawrence seaway and the trans-continental pipeline were completed. It was the decade of the cold war, bomb shelters, bomarc missiles, Suez Crisis and the Avro Arrow. It was also the decade of Sputnik; Khrushchev and Castro. The 1950's also saw the onset of television, the formation of the CBC, stars like Wayne and Shuster, Don Messer and Elvis Presley and Rock and Roll. Join us at Silver



Threads as we reminisce about this time through our Memory PLUS program, our paper doll display, and by our centres transforming into Ice Cream Parlors with music from the 50's. You can join us for Ice Cream Sundaes and Soda Floats served from 11 AM to 1 PM on Wednesday August 19th. Also, Stick around and watch the Classic, Fun, Summer Movie Grease!

"When I hear music I just can't make my feet behave" Blanche from the movie Grease

Guess Who's Coming to Dinner in August

Our August Guess Who's Coming to Dinner will be on August 5th, 2015.

The menu will be roasted pork loin with herb cream sauce, rice, and mixed vegetables.

Dessert will be vanilla ice cream with peach & strawberry sauce. Entertainment will feature Bob Meikle \$12.00

Book your seat by 4:00 pm the Monday before. Doors open for the dinner at 4:30 pm so come early to get a seat and socialize before the food service begins at 5:00 pm.

Celebrate Summer at Silver Threads Service!

The Saanich and Victoria Centres will be open regular hours July and August. A special calendar of day trips, events and programs are planned. Visit www.silverthreads.ca, stop by our centres or call for more information!

www.silverthreads.ca

Summer Events and Programs

Travelogues with Cliff and Diana Cunningham

Cliff is an airline retiree who, during his career, spent a number of years as an instructor teaching ground staff, flight attendants and travel agents. He has travelled extensively both for business and pleasure. With his wife Diana, they have visited 47 countries and all 7 continents. He now volunteers at the Shaw Ocean Discovery Centre aquarium in Sidney when he is not putting in his workshop or giving presentations for Elder College.

August 5th, Egypt

2:00pm—3:30pm at Saanich Centre

Information Session: Who am I when no one is looking?

Education and discussion relating to stress, anxiety and depression. Identifying what is considered normal and what is not. Tips on providing “Comfort Care” for each other.

Presented by: Wendy Campbell RN, CGN (C)

August 17th 1:30pm—2:30pm -during Enjoying my Community at Saanich Centre—Library

Scenic Day Trip and Picnic

Sign up for a fun day of exploration as we visit beautiful countryside and popular destinations, like Colwood / Metchosin / Sooke

Space is limited and preference will be given to members. For more information and to sign up please contact the Saanich Centre.

August 12th

Another Opportunity to Try Lawn Bowling - Free, August 26th

Have you ever wondered if Lawn Bowling might be something you would like to try? Silver Threads and the Burnside Lawn Bowling Club are providing another opportunity to give this great sport a try. No experience necessary. Sign up at the Saanich Centre

Remembering the 1950's

The 1950's will be alive again during the week from August 17th to 21st.

Memory PLUS classes will enjoy reminiscing, sharing stories and participating in fun trivia and games with this fun theme.

Ice Cream Parlor – 1950's Style – August 19th

Come in out of the heat and enjoy free ice cream sundae or Root Beer Float. Happening during our 1950's week, we will transform both centres into 1950's Soda Fountains complete with your favourite music.

Stick around and watch the classic movie Grease at 1:00pm

Paper Dolls Display and Doll Making Activity – During 1950's Theme Day

Come check out the fabulous paper doll collection of Lorrie Goulden and have fun colouring and decorating your own paper doll to take home. Fun for all ages! Free!

August 19th from 12:00 – 1:00 pm at Saanich Centre

Summer Movies

If it is too hot, come put your feet up and watch a movie on our new large screen TV's. Both Centre's now have Netflix!

Featuring the Movie Grease on August 19th at 1:00pm

And at the Victoria Centre: The Grand Budapest Hotel on August 11th at 1:00pm

August Barbeque

At the Victoria Centre, you are invited to Join us for a delicious barbeque lunch and delightful entertainment by Musical Memories who will be performing “the Dean Martin Show” at our first annual Victoria Silver Threads Community BBQ. Grilling will be done by Chef Ashton McLaughlan. Friday August 7th

Cost: \$7.00 Please RSVP: 250-388-4268

July Highlights

Canada Day

We celebrated Canada Day at both centres on June 30th and you can't have a birthday without cake! Staff Debbie and Dustin join Board member Margaret Jacobson to serve the members at the Victoria Centre.



Memory PLUS Lawn Bowling

On a gloriously hot Friday 40 members, volunteers and staff participated in the annual Lawn Bowling event at the Burnside Lawn Bowling Club.

Outing - Fairburn Farm

This summer we offered daytrips to our members and the first one was to Fairburn Farms in the Cowichan Valley for a guided tour, cheese tasting and lunch. It was a great day!



Guess Who Summer Barbecue

At the annual summer Barbeque, on July 15th we hosted 110 guests for chicken and ribs with all the fixings. Thank you to the volunteers for serving and the Nutones for a great performance! It was also Brian Pinner's last solo Guess Who Dinner. He has singlehandedly served us phenomenal dinners time-and-again, and will be welcoming a new cook to keep up the excellent service!



10 Water Saving Tips

We can all do our part when it comes to water conservation. Here are some easy water saving tips to implement around the house this summer!

1. Cook food in as little water as possible. This also helps it retain more nutrients.
2. Collect the water you use while rinsing fruit and vegetables. Use it to water house plants.
3. Washing dark clothes in cold water saves water and energy, and helps your clothes retain their color.
4. Run your washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
5. Plant outdoor plants in the spring and fall, when the watering requirements are lower.
6. Include a water-saving tip in your employee newsletter.
7. If your dishwasher is new, cut back on rinsing. Newer models clean more thoroughly than older ones.
8. For hanging baskets, planters and pots, put ice cubes on top of the soil to give your plants a cool drink of water without overflow.
9. Designate one glass for your drinking water each day, or refill a water bottle. This will cut down on the number of glasses to wash.
10. Select the proper pan size for cooking. Large pans may require more cooking water than necessary.

Victoria Signage Upgrade



The signs at the Victoria Centres have been given an upgrade!

Thank you Houston Signs!



Mollie—Our Volunteer Librarian

Mollie M. has been the volunteer librarian at Saanich Silver Threads since 2002. Mollie had been taking line dancing classes at the Saanich Centre for a number of years, and while she was waiting for her class to start, she and another line dancer started organizing the books in the library. Mollie no longer line dances but



she continues to keep our library in ship shape. Mollie says that Silver Threads has always welcomed her and that it's the one volunteer place she has held onto.

Mollie was born in Hampshire, England and moved to Canada with her British husband, Peter, in 1954. As a child, Peter had spent time in the Okanagan and wanted to return to Canada. The couple moved coast to coast several times before staying put in BC (Halifax, Victoria, Halifax, Calgary, Victoria).

Mollie trained as a teacher in the UK and taught Grade 3 when she first moved to Canada. When she became pregnant, Mollie left teaching and never regretted it as she loved raising her two sons and one daughter. When the children were older Mollie got into retail and worked in a variety of stores selling music, Christmas items and bed & bath supplies.

In her retirement, Mollie took up line dancing and got her husband involved as well. Mollie always wanted to dance and would have loved to do ballet. While she never did, one of her granddaughters is currently a member of Ballet Victoria. Another of Mollie's interests was, and still is, reading. She loves working in the Silver Threads library as she gets closely acquainted with all of the books and authors that we have on our shelves.

We thank Mollie for all she does in keeping our library organized and current. The library works on an honour system where you are welcome to borrow a book and bring it back when you are done with it. We are always looking for new books in good condition to add to our collection so if you have any paperbacks (we do not stock hard covers) to donate, feel free to drop them off at either the Saanich or Victoria Centres.

New Silver Threads Staff Member!

We are very pleased to welcome a new member to our staff team. Brian Peterson will be joining the staff at the Saanich Centre as a part-time Cook. Brian will be helping out our head Chef, Brain Penner, to meet the ever increasing needs of our very busy kitchen. Brian Peterson has been working in the Food Services industry for his entire career and comes to us with great culinary skills. Please drop by and give Brian a big welcome!

Memory PLUS Corner

What do you remember from the 1950's? Memory PLUS will be remembering the 50's during the week of Aug 17-21. Here are a few Quiz Questions to get you started down memory lane:

1. What toy came out in 1957 that children use by circling it about their waist?
2. For what 1951 movie does Marlon Brando don an undershirt?
3. What was the name given to the 50's skirts with large appliques of dogs on them?
4. What are the hairdos commonly associated with "greasers" called?
5. What actor was killed in a car crash on the way to participate in a sports car race?
6. What were the most common colors for saddle shoes?
7. What was the name of one of the first TV sitcoms that showed the daily events of a woman and her friend as they got into trouble?
8. In 1952 Elizabeth becomes Queen. Who was her late father?
9. What was the name of the world's first man-made satellite?
10. What was a purple people eater?

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
Brian Peterson - Saanich Centre Cook

Silver Threads Services Locations

Saanich Centre	Victoria Centre
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

