

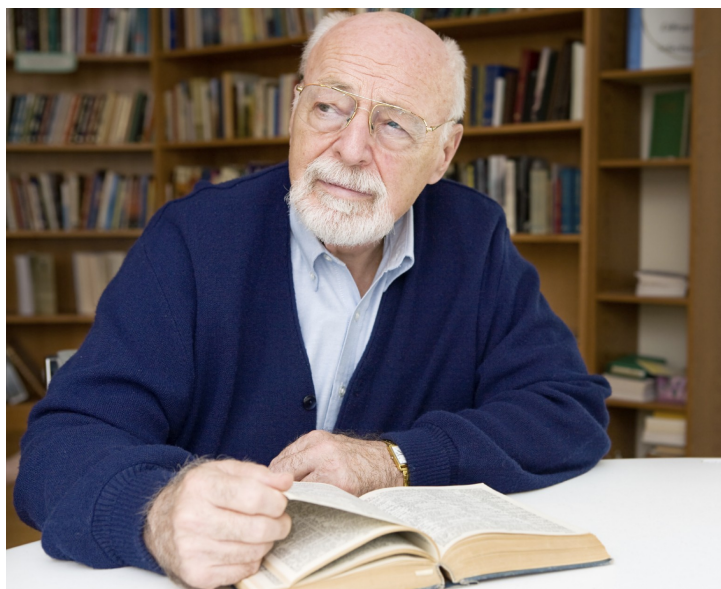


September 2015

NEWSLETTER

Back to School = Lifelong Learning

September is a time of back-to-school, and while that may not be the case for many of our members, September can be the inspiration to continue lifelong learning. Most of us know by now that keeping our brains active can help us remain sharp and can ward off age-related forgetfulness. As they say, if you don't use it you will lose it. Lifelong learning can enrich our life and be very self-fulfilling. It can contribute to our wisdom and leave us more able to adapt to change. How can you take advantage of all the benefits of lifelong learning? There are lots of opportunities here at Silver Threads Service to learn a new game, learn a new craft or skill, and – starting this September - you can register for a new



Program - check out the listing on page 2. Ever thought of learning to Fly Fish, maybe try Yoga? You have nothing to lose and everything to gain! Beyond Silver Threads, you can audit college and university courses for half price, take on learning a second language, or check out some books from your local library on interesting topics. We at Silver Threads believe in supporting seniors in their quest for healthy, active aging and that includes a healthy, active mind. Please let us know if there is any way we can support you in your quest for lifelong learning.

"Tell me and I forget, Teach me and I remember, Involve me and I learn" Benjamin Franklin

Guess Who's Coming to Dinner in September 2015

Wednesday, September 2nd

Baked Ham, Cheddar Mashed Potatoes and Mixed Vegetables. Dessert is Blueberry Pie.
Entertainment provided by Eric McQuillan.

Wednesday, September 16th

Roast Beef, Baked Potatoes with Sour Cream and Mixed Vegetables. Dessert is Ice Cream.
Entertainment provided by Steve Peabody.

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.

"Singing is Good For Your Body and Soul"

The Saanich Songmen are looking for some new members. No experience is necessary and you do not have to be able to read music. The ability to carry a tune is all that is required.

Rehearsals are on Saturday mornings from 9:00 to 11:00 at the Silver Threads on 286 Hampton Road beginning after the Labour Day weekend. The first rehearsal is September 12. Our concerts are an hour in length, usually on a Wednesday afternoon at residential care and assisted living facilities. We have a fall/winter session and a spring session and we take the summer off.

Many of the songs we sing will be familiar to you. We also sing songs suitable for the various special occasions such as Christmas, Valentine's, St. Patrick's and Remembrance days.

Our audiences are very appreciative and the positive feedback we get gives pleasure to ourselves as well.



For more information please call Paul Senecal at 250-727-3689 or email pjsenecal@shaw.ca

Silver Christmas Craft Fair

This year Silver Threads will be hosting 'Silver Christmas: a Christmas Craft Fair' at the Victoria Centre on November 7th from 10am until 4pm. If you would like to book a table to sell your hand-made items please contact the Victoria Centre at 250-388-4268.

Tables are limited and cost \$25 to rent.

The Two Brians

If you have not met him yet, drop by on Wednesdays or Fridays to say hello to our new Cook, Brian Peterson (pictured left). Brian is here supporting Chef Brian Penner in our busy kitchen at the Saanich Centre.



New Fall Programs

Victoria Centre

Introduction to Fly Fishing Course, 6 sessions, Tuesdays, September 22nd - October 27th
11:15 am – 1:00 pm, Cost \$20 total - members, \$40 total - non-members

Foot Care, 3rd Thursday of the month
10:00 am – 11:30 am, by appointment, Cost: \$40,

Ballroom Line Dancing, 6 sessions, Wednesdays, September 16th - October 21st
11:00 am – 12:00 pm, Cost \$60 members, \$72 non-members

Yoga Fit, 4 sessions, Thursdays, starting September 17th, 9:15 am - 10:00 am,
Cost \$32 members, \$37 non-members
Drop-In \$9 members, \$10 non-members

Online Safety Workshop, Tuesday, September 15th
1:00 pm - 2:30 pm, Cost: \$5

Digital Health Workshop, Tuesday,
September 29th, 1:00 pm – 2:30 pm, Cost: \$5

Digital Photography, 4 sessions, Mondays,
September 14th – October 5th, 10:00 - 12:00 pm
Cost: \$50 Members, \$75 non-members

How to Apply for Jobs Online, Experience Works Workshop, Friday, September 11th
9:30 am - 12:00 pm, Cost: \$5 members
\$10 non-members

Saanich Centre

Yoga for Beginners, 6 sessions,
Mondays, September 21st - November 2nd
2:30 pm - 3:30 pm
Cost: \$42 members, \$48 non-members

Intergenerational Physical Activity Leadership Program, 6 sessions, Thursdays,
September 24th - October 29th, No cost

Pop Art Portrait Workshop, 5 sessions,
Wednesdays, October 7th - November 4th
10:30 am - 12:30 pm
Cost: \$10 members, \$15 non-members

Learn to Weave, 6 sessions, Tuesdays,
October 20th - November 24th
1:00 pm - 3:00 pm
Cost: \$60 members, \$90 non-members

What I Did On My Summer Vacation.....

Summer Outings

Wednesday, August 12th dawned a bright, sunny day as 12 ladies and two drivers set out in two vans for a day-long outing. Volunteer driver and ex-fireman, Mike, pointed out the new **View Royal Public Safety Building** on the Island Highway as we passed by. The **Royal Roads University** sign advertised "75 years of changing lives" and our first group photo op had **Hatley Castle** in the background.

We stopped for lunch at **Roche Cove Regional Park** for a picnic lunch. Anne Nelson, Lisa Coulson and chefs Brian Penner and Peterson had thought of everything: ice cold bottled water, juice, sandwiches, cookies, a variety of melons, hot drinks, as well as extra chairs and steps for ease of entering and exiting the vans.

Beyond our picnic location, we stopped to take pictures of the **Sooke Basin**, and just beyond the **17 Mile Pub** we enjoyed smooth new pavement on the right as the road is being resurfaced. We made our way to the **Village of Metchosin** and the "**My Chosin Café** and **Sugar Shack**", to enjoy an ice cream, some shopping and the animals outback.

Shortly thereafter, we arrived at **Pendray House**, behind the Esquimalt Lagoon, to see the many creative crafts, skills and talent displayed in the "**Coast Collective**". Molly identified "Tube Bella jewellery" produced by her daughter and Eileen discovered her neighbour, Belle Leon, taking pottery out of her kiln in the lower level.

As we journeyed on to the **Esquimalt Lagoon** to feed the many geese and swans, we could see the **Fisgard Lighthouse** at Fort Rod Hill on the right. Returning to Victoria, we took the lesser travelled road of West Burnside to see horses, alpacas and sheep in the country estates around Prospect Lake, Charlton Road and Granville Ave. By 3:10 we were back at Silver Threads, having enjoyed an afternoon well spent. Kudos to staff and drivers who looked after us all so well.

By Eileen W. (Silver Threads member)



1950's Ice Cream Parlour

What could be a better way to spend a day than to take a trip down memory lane and listen to 1950's era music and indulge in an ice cream sundae or an ice cream float. On August 19th staff at both centres transformed the dining areas into a 1950's style Ice Cream Parlour. It was especially fun to see how staff and members dressed up in

period costumes for the occasion. The paper doll display with the opportunity to make your own paper doll in the Saanich Centre, also brought back fond memories of play for some of our members.

Summer Barbeque at the Victoria Centre

Happiness is a Barbeque, Friends, and a Backyard. To celebrate our first summer in the new centre we hosted a fantastic BBQ on Friday, August 7th with entertainment provided by the "Dean Martin Show". Thanks to Jenner Chev Olds for the use of the Grillerado.

Thanks to everyone who came out to enjoy this first annual event!

We are already looking forward to next year!



MEMORY Practice, Laughter, and Useful Strategies Corner

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

It's the Time of Year For Reminiscing About School Day Memories.

What can you remember?

1st day of school after the summer break?

Favourite teacher? School friends? School lunches?

Schoolyard games? Spelling Bees?

Would you like to be back in school again?

September is also a good time to think about starting something new.

Free Information Session: **Memory PLUS**

Monday September 14, from 1:00-3:00pm at Oak Bay United Church, 1355 Mitchell Street

Practise Laughter and Useful Strategies

This enjoyable program for people interested in learning about tools and strategies to help with memory loss is coming to Oak Bay United Church on Monday afternoons starting this September.

Participants socialise with others in a stimulating group with fun games and activities designed to maintain and enhance mental fitness.

Come meet the program facilitator Lisa Coulson and learn more about this popular Silver Threads Service program.

Ask questions and find out if this is the right program for you or someone you know.

For more information and to register for this or any of the other Memory PLUS groups taking place at different times and places around town please call Silver Threads at 250-382-3151

Choir Members Wanted for The Hampton Singers

Description: The Hampton Singers are a senior's female choir, a program of Silver Threads Service based out of the Saanich Centre, 286 Hampton Road.

Membership: There are approximately 15 - 20 members of the choir, from all parts of the Capital Region.

Objective: The purpose of the choir is to provide entertainment for residents of seniors housing and residential care complexes across the CRD.

Time Involved: From the beginning of September to the beginning of June, the choir meets to practice at Silver Threads on Mondays, 9:30am - 11:30am.

Performances: The choir performs a 45 – 60 minute show at various venues two Wednesday afternoons a month.

Repertoire: Programs are chosen to be familiar to the age group of the audience and includes traditional and popular two or three part harmony music from stage and screen and jazz from the twenties to the fifties. The choir members vary in experience and proficiency but all love to sing.

If you are interested in joining the choir, drop by one of our practices, starting back on Monday, September 14th at 9:30.



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 Centre Chef

Brian Peterson - Saanich Centre Cook

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

