



October 2015

NEWSLETTER

National Seniors Day

October 1st is National Seniors Day and we will celebrate with the 2nd Annual Silver Tsunami! Join us at the Victoria or the Saanich Centre, from 8:15am, and help us create a silver spectacle at the intersection of Bay and Richmond or Tillicum and Burnside. Then come to the centre for cake and coffee.



We are proud to pay tribute to the seniors who have helped build our country and continue to make valuable contributions to Canadian communities, workplaces and societies. National Seniors Day is an occasion for all Canadians to appreciate and celebrate seniors.

Today, one in seven Canadians is 65 or over. By 2036, nearly one in four Canadians will be a senior. In Victoria 18% of the population is 65 years of age or better.

As we celebrate with some frivolity, we know we need to look seriously at how we care for an aging population. With the BC Independent Seniors Advocate Isobel MacKenzie creating awareness of the issues and lobbying the provincial and the Federal Governments we can work to ensure that we have the systems in place to meet the future needs of seniors. Check out the website of the Seniors Advocate <https://www.seniorsadvocatebc.ca/> or call 1-877-952-3181.

Make your voice heard on election day October 19th. For information on the election visit <http://www.elections.ca/home.aspx> or call toll free 1 866 546-7619.

"Beautiful young people are accidents of nature, but beautiful old people are works of art"
Eleanor Roosevelt

Guess Who's Coming to Dinner in October 2015

Wednesday, October 7th

Thanksgiving Dinner with All the Trimmings and Pumpkin Pie for Dessert - \$15.00
Entertainment provided by Cookeilidh

Wednesday, October 21st

Roast Pork with Apple Sauce, Braised Red Cabbage, Carrots and Mashed Potatoes
Pecan Pie for Dessert
Entertainment provided by the Victoria Accordion Club

Reserve 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.

Christmas Lunch Tickets Go On Sale October 1st



As of October 1st, bookings will be taken from **MEMBERS ONLY** for the Christmas luncheon. Members may book for themselves and **ONE** other guest up until the end of October. Bookings from non-members will be taken in November. Full payment is required at the time of booking.

The Christmas lunch will take place on Wednesday

December 2nd from 12:00pm – 2:00pm at the Saanich Centre. The menu will be turkey with all the trimmings and toffee fudge cake for dessert. The Greater Victoria Chorus will be the entertainment and the cost is \$15 per person.

Connecting With Isolated Seniors in Victoria

Silver Threads Service is working together with James Bay New Horizons Society and recently received funding from the City of Victoria to pilot an important project involving isolated seniors. This involves an Outreach Worker who will connect with seniors living in apartment buildings in the Jubilee and James Bay neighbourhoods - making connections, listening about concerns and informing seniors of available services to help them remain independent. The project will run until the end of December.

Jo-Anne Silverman has been hired and is beginning this work in September. Jo-Anne's professional experience includes fund development over many years, with United Way and Camosun College. She is currently working with elders through Serenity Home Care. Her knowledge of community resources, of the issues facing seniors, her listening skills and her genuine concern for others make her an ideal candidate for this role.

We welcome Jo-Anne and thank the City of Victoria for making this possible.



New Programs Coming in October Saanich Centre

Pop Art Portrait Workshop: Pop Art involves simplifying a portrait into tonal values using different colors and designs, like Andy Warhol's Marilyn Monroe. It is something exciting even for people who do not have an aptitude for drawing as it involves tracing and shading. Wednesdays from October 7th – November 4th, 10:30am – 12:30pm. The cost for the 5 sessions is \$10 for members and \$15 for non-members, plus supplies.



Weaving for Beginners: Learn to dress a loom, read a pattern and complete a small project such as a book mark, tea towel or scarf. No experience is needed, but good eyesight, strong backs and fine-motor skills are an asset. Tuesdays from October 20th to November 24th at 1:00pm – 3:00pm. The cost for the 6 sessions is \$60 for members and \$90 for non-members, plus supplies.

Victoria Centre

YogaFit is designed to improve health. Yoga fitness postures are performed slowly, deliberately and very carefully. It is about moving the body and knowing how to ease from one pose to another. Regular practice will increase flexibility, mobility, agility, eccentric and isometric strength and endurance. As an added benefit, yoga fitness improves circulation and respiration due to the emphasis on the breath during the asanas. Thursdays starting September 10th from 9:15am-10:00am. The cost for 4 sessions is \$32 for members and \$37 for non-members.

Introduction to Ballroom Line Dance

Have you ever wanted to learn Ballroom Dance? Then this is perfect for you! Learn the basic steps of the Samba, Cha-Cha, Mambo, Merengue, Rumba etc. Choreographed in an interesting pattern that requires no partner. Wednesdays from September 16th to October 21st, 11:00 am -12:00 pm. The cost for 6 sessions is \$60 for members and \$72 for non-members.

Foot Care

Are your feet in need of attention? This service is available to all seniors, appointments are not always necessary. For an appointment call 250-388-4268. 3rd Wednesday of the month, October 15th, 10:00 am -11:30 am. The cost for service is \$40.

Men Only, Balance & Mobility Exercise

A structured and progressive exercise program, designed specifically for the individual to improve balance and mobility as well as strength and flexibility. Free introductory class Wednesday, September 30th, 10:00 am -11:00 am. To register call 250-388-4268.

Kitchen Bridge

Bridge is a trick-taking card game and one of the most popular and enduring past times in the world. Mondays, September 14th, 12:30 pm - 3:30 pm. The cost is \$1.25 per session for members and \$4.25 for

Victoria Golden Rods and Reels Society

The Victoria Golden Rods and Reels Society meets every Tuesday from 9:00 am to 11:00 am at the Victoria centre.

We are a very welcoming group and invite guests to attend one of our meetings and enjoy excellent speakers, tips on fresh and saltwater fishing as well as social activities.

On Tuesday, October 27th, from 9:00 am to 11:00 am we are hosting a special meeting where new members and guests can learn more about our fishing, conservation and other activities.

On Thursday, October 29th we are co-hosting a public forum with UVic Environmental Law Centre: Elk/Beaver Lake – A Tale of Two Lakes. Can aging lakes be rejuvenated? The Forum will be held at the Law Lecture Theatre, 159 Fraser Building, University of Victoria from 7:00pm to 9:00pm. Please arrive early and visit with stakeholders at their booths from 6:00 pm to 7:00 pm.

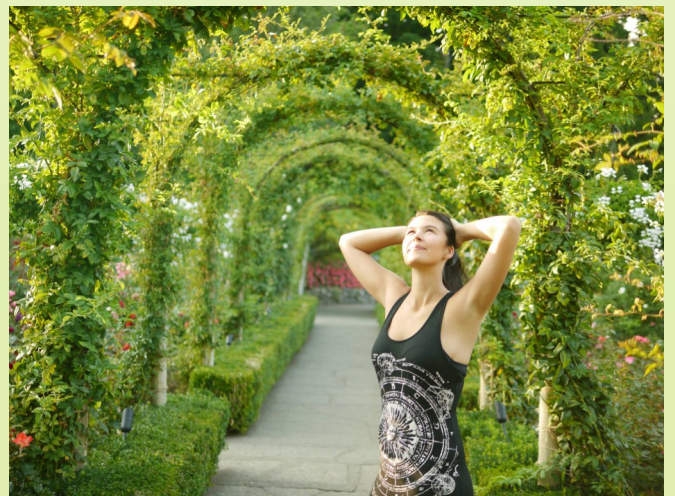
For further details, visit www.goldenrodsandreels.com where you will find the calendar and the Fall 2015 Newsletter. Please submit enquires through the Contact Us page on the GRRS website.

Meet Ty - Victoria Centre Volunteer

Ty is one of our amazing volunteers. Ty grew up in Saskatchewan on a ranch. She moved around quite a lot and eventually ended up settling in Victoria to attend school. Her earliest memory of volunteering would probably be at the age of five. Her mom took Ty and her sister with her whenever she volunteered to read at care homes. Ty has such fond memories of this time. She loved meeting all the interesting and diverse people and connecting with the seniors who were so full of humour and joy. Ty says, "I think this experience led me to Silver Threads, wanting to experience more of the humour and joy of interacting with people." Ty believes seniors are an example of our better selves, their knowledge being so vast and the diversity of things they have done being so interesting. She loves connecting with people different from herself, and the more she does, the more she understands how similar everyone really is! Ty exclaims that "Silver Threads is so welcoming, inclusive and fun. Everyone is always having a good time. I am so lucky they let me join the fun!" She looks forward to being a senior and join all the interesting programs available at Silver Threads, especially the Zumba and Mosaic classes. Ty says, "Thank you to Silver Threads for letting me be a part of the party, and to the seniors for partying with me!"

Ty has volunteered at the Victoria Silver Threads over the last year. She has helped with setting up and serving most of the large events at the Victoria Centre such as the "Be a Sweetheart to a Senior" Valentine's Day concert, and the Summer BBQ. She also came in and helped construct all the decorations for the Ice Cream Social at the Victoria Centre which really made the 1950's come to life that day. With Ty's help all of these events ran so smoothly, and our members had the experience of friendly, professional service. Ty is looking forward to continuing as a volunteer at Silver Threads, and we can expect her smiling face at our upcoming Christmas Concert and Christmas Craft Fair.

Thank you Ty!



MEMORY Practice, Laughter, and Useful Strategies Corner

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

Fall Memories and Traditions

As we move into fall we are reminded of all the many fall seasons before. Maybe it is the smell of damp leaves, or pumpkin pie? Maybe it is the sight of foggy fields, or the changing colours in the trees? Maybe it is the sound of the furnace turning on? Many things can trigger a past memory.

Holidays like Thanksgiving are very much about memories and traditions. It is a time when you remember Thanksgivings past, and activities that have been repeated over the years and through the generations.

Thanksgiving is also a time for Gratitude.

French Proverb: **Gratitude is the heart's memory**

Silver Christmas is Back!

After an extended hiatus Silver Christmas is back! Next month, on November 7th, the Victoria Centre is pleased to be hosting Silver Christmas: a community craft fair. Doors open from 10:00am until 4:00pm at 2340 Richmond Road. Come and get a head start on your Christmas shopping. It is also an opportunity to check out and purchase the artistic merchandise that our craft class has been creating, such as mosaic bird houses and hand-made Christmas balls. What better way to start the holidays! Hot beverages and a variety of Christmas baking will be available for the enjoyment of all, and we will even provide special entertainment.

New Player Piano at the Saanich Centre



The Saanich Centre received a generous donation of a player piano which now graces the main activity area. Instructions on how to use the piano and a wide variety of music rolls are located with the piano. Come and have a turn and fill the room with music - even non-musicians can feel like virtuosos! The piano can also be played as a conventional piano.

New Health and Wellness Resource Library at the Saanich Centre

A new Health and Wellness Resources section has been added to the library at the Saanich Centre. Here you can find information on

topics such as: Driving Safety, Healthy Eating, Heart and Stroke, Home and Community Care, Seniors Housing, Recreation Guides, and many more.

Useful web sites are listed on the information boards in the Resource Library. The web sites

can be accessed via the two public computers located in the same area. There are lots of publications, brochures and pamphlets available to be taken away so come and have a browse.



Silver Threads Services Staff

Tracy Ryan - Executive Director

Debbie Erb - Victoria Centre Director

Dustin Lockhart - Victoria Centre Assistant

Jo-Anne Silverman - Victoria Senior Outreach

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

