

## Finding Joy During the Holidays

How do you feel about the holidays? Does December make you feel warm and cozy like a Hallmark card or do you dread it like Scrooge? The season is often filled with unrealistic expectations, as we strive for perfection in our imperfect lives.

Often the holidays can be a time when loneliness and loss surface and we feel understandably blue, there are ways to cope and connecting with others is one way Silver Threads can help. During the month our centres will be open regular hours right up to December 24<sup>th</sup> when we will close at 1:00pm. Stop by and have a coffee. You will always find someone to talk to. December 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> the Saanich Centre will be open each day until 1:00pm and we will end the year with our New Year's Eve Party noontime party on the 31<sup>st</sup> from 11:00am to 12:30pm. It's free, it's fun and festive!



Beginning November 26<sup>th</sup> we are offering the **Living Life to the Full** program for four Thursdays (in partnership with CMHA). It is 12 hours that might just change the way you look at the holidays and life in general. You will be taught strategies to deal with emotions when feeling fed up, worried or hopeless. This insightful approach teaches that all the things we experience, think, feel, and do are interconnected. Using Cognitive Behavioural Principles participants will learn how to reverse negative habits and develop new processes to rebuild happiness.

The four week program will be offered at the Victoria Centre from 1:30 to 3:30pm. Cost is \$25. Call 250 388-4268 for more information. Topics covered include:

**November 26<sup>th</sup>:** Why do I feel so bad/I can't be bothered doing anything

**December 3<sup>rd</sup>:** Why does everything always go wrong/I'm not good enough

**December 10<sup>th</sup>:** How to fix almost everything/The things you do that mess you up

**December 17<sup>th</sup>:** Are you strong enough to keep your temper/10 things to do to feel happier straight away



### Happy Retirement Jean!

After almost 25 years of service to Silver Threads Service Jean Birtwistle will be retiring. November 27<sup>th</sup> will be her last day and we will celebrate with an afternoon tea at 1:30pm at the Saanich Centre, followed by a play by the Monterey Senior Players.

Jean has made a significant contribution to our organization, she is loved and appreciated by all of us and she will be greatly missed. We wish her the very best and a well deserved retirement! Thank you Jean!

## Victoria Volunteer Sally H.

Sally H. is in the Victoria Centre every Thursday morning volunteering her time for Arts and Alzheimer's (A&A). Arts and Alzheimer's is created and facilitated by the We Rage, We Weep Alzheimer's Foundation. Sally has been volunteering for them for the last five years and loves it. Sally and her friend Esther have been a part of the Juan de Fuca Arts group for over 15 years, and it was through that group that they found their way to volunteering together for A&A. What Sally loves most about volunteering is that not only does it give her such a good feeling, but she truly values the real connections she makes with the participants. She says that "they really are a great bunch" and appreciates how grateful and happy the participants and their caregivers are. Caring for people is a natural part of Sally's life. She still works for We Care – home health services where she has been helping to look after one of her clients, who is 100 years young, for the last 13 years! We love having Sally around the Centre. Our kitchen is always sparkling clean whenever Sally has been here, and she is a real pleasure to be around. Thank you!



## Christmas Hours

### Saanich Centre

Thursday, December 24th - 8:30am to 1:00pm

Friday, December 25th - **Closed**

Monday, December 28th - **Closed**

Tuesday, December 29th - 8:30am to 1:00pm

Wednesday, December 30th - 8:30am to 1:00pm

Thursday, December 31st - 8:30am to 1:00pm

Friday, January 1st - **Closed**

### Victoria Centre

Thursday, December 24th - 8:30am to 1:00pm

Friday, December 25th to Friday, January 1st - **Closed**

**The Centres resume regular hours on Monday, January 4th at 8:30am**

## November Highlights

### Victoria Craft Fair Highlights

We had such an amazing craft fair on November 7th! Thank you to everyone who donated baking, to all our talented members who hand-crafted such



amazing, artistic pieces to sell, to the Victoria Village Squires - Men's Barbershop Chorus who provided top-notch entertainment, to all our volunteers and to Chartwell Retirement

Residences for sponsoring our event! We could not have done it without you all!



Congratulations to all our raffle winners who won a Silver Threads' Gift Basket, a Wallace Driving School Refresher Driving Lesson & Oil Change, and a Hand Painted Stool!

## Memory PLUS Hula Dance for Health

Many thanks to the volunteers from Hula Dance for Health who brought their program to all five of our Memory PLUS groups. The group used a variety of music and taught the groups specific hand and body movement to coincide with the music. A fabulous activity using all the senses and requiring some brain work to remember the movements.





## Technology Gifts for Grandkids

Are you left confused by the technology isle in the shopping centre? Want to be the coolest Grandparent this year? Come in and learn about the wide array of technological gifts that are at the top of everyone's Christmas list. We will even have all the items here for you to explore as part of the presentation compliments of London Drugs.

**When:** Tuesday, December 1st from 1:00pm to 2:30pm at the Victoria Centre.

The cost is \$5.00.

Please register at the Victoria Centre or by calling 250 388-4268.

## New Year's Eve Noontime Party

**Date:** Thursday December 31, 2015

**Time:** 11:00am to 12:30pm

**Place:** Saanich Silver Threads Auditorium

**Cost:** Free

Join us for our Second Annual New Year's Eve Noontime Event. Ring in the new year early with beverages, nibbles and musical entertainment with The Nutones. Everyone is welcome to this no charge event but for catering purposes please RSVP your attendance to 250 382-3151.



## Upcoming Events

### Victoria Centre Christmas Concert

Join us for some very lively, holiday entertainment by Johnny Vallis. Johnny Vallis is a tribute multi-impersonator known as a 'Man of Many Voices.' Johnny is an entertainer and a singer, and entertaining a room is what he does best.

**Date:** Thursday, December 10th

**Time:** 2:00pm to 4:00pm

**Place:** Victoria Centre

**Cost:** \$10 members \$15 non-members

Space is limited. Reserve your spot today! Call 250 388-4268



### Musical Lunch Hour - Christmas Music Sing Along on the piano

**Date:** Monday, December 21st

**Time:** 11:30am - 12:30pm

**Place :** Activity Area at Saanich Silver Threads

**Cost:** Free

**Christmas Cracker Workshop** - We have all the supplies to make your own home made Christmas Crackers!

**Date:** Thursday, December 22nd

**Time:** 1:00pm - 2:00pm

**Place:** The Library at Saanich Silver Threads

**Cost:** Free

### Play with Wii - Fun Games with Nintendo Wii

**Date:** Wednesday, December 23rd

**Time:** 11:00am - 12:00pm

**Place:** The Library at Saanich Silver Threads

**Cost:** Free

### Dine with a Veteran - Christmas lunch for veterans at the Base

**Date:** Monday, December 7th

**Time:** 12:15 to 4:00pm

**Place:** Esquimalt Base

**Cost:** Free Call 250 382-3151

### High Tea at Gov't House Ballroom - Hosted by the Lt. Gov

**Date:** Wednesday, December 9th

**Time:** 1:30 to 4:00pm

**Place:** Government House

**Cost:** \$7.50 Call 250 382-3151 or 250-388-4268

***Don't get your tinsel in a tangle this holiday season!***

## MEMORY Practice, Laughter, and Useful Strategies Corner

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

December is a time of remembering our holiday traditions. Take time to remember your Christmas Past.

### Christmas Past A Christmas Poem by Carice Williams

Each Christmas I remember The ones of long ago;  
I see our mantelpiece adorned With stockings in a row.

Each Christmas finds me dreaming Of days that used to be,  
When we hid presents here and there, For all the family.

Each Christmas I remember The fragrance in the air,  
Of roasting turkey and mince pies And cookies everywhere.

Each Christmas finds me longing For Christmases now past,  
And I am back in childhood As long as memories last.

### Christmas Alphabet

Try a little holiday brainstorming and see how many things you can think of that remind you of Christmas. Try and think of at least one thing for every letter of the alphabet. For example: A – Advent, B – Bells, C – Candles

### Christmas Music Rolls

Looking for Christmas Music Rolls for Player Piano. If you have any Christmas Music Player Piano Rolls that you would like to see go to a good home to be well used and enjoyed, please contact Lisa Coulson at Silver Threads Service. 250-382-3151

## Christmas at the Saanich Centre



The Saanich Centre has been transformed again this holiday season under the artistic direction of volunteer decorator, Rolly B and her team of “elves”, Melanie R, Marilyn D, Donald R, and Nelson D. Thanks to all of our wonderful volunteers for bringing a seasonal feel and joy to the centre once again this year.



## 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

**Lisa Coulson** - Program Coordinator

**Brian Penner** - Saanich Centre Chef

**Brian Peterson** - Saanich Centre Cook

**Debi Stoness** - Bookkeeper

## 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*

