



February 2016

# NEWSLETTER

## Be a Sweetheart to a Senior Sunday, February 14<sup>th</sup>, 2016

No matter if you are part of a couple or single our 2<sup>nd</sup> annual Be a Sweetheart to a Senior will be a lovely Sunday afternoon to listen to music and enjoy some treats. Joining us again will be the impressive Maureen Washington, a local, renowned Jazz and Blues Singer. Maureen lights up the room and will draw you in with her soulful talent. The Village Squires will perform again! You will not want to miss this. The afternoon is open for all ages; consider attending with your family, friends or anyone you would love to spend time with!

The event is sponsored by Chartwell Ross Place. We thank them for their support!

**Date:** Sunday, February 14<sup>th</sup>

**Time:** 1:00pm to 2:30pm

**Location:** Victoria Silver Threads Centre, 2340 Richmond Road

**Tickets are \$5** and can be purchased by calling 250 388-4268 or emailing [vicreception@silverthreads.ca](mailto:vicreception@silverthreads.ca)

**Parking:** Parking is limited and we encourage you to make arrangements to car pool or take public transportation. There will be a shuttle for offsite parking at Cloverdale School starting at 12:30 to transport people to and from the concert. Call 250 388-4268 to reserve.



*"The best and most beautiful things in the world cannot be seen or even touched – they must be felt by the heart"*

### Guess Who's Coming to Dinner in February Wednesday, February 3<sup>rd</sup>

Chicken Parmesan, Spanish Rice, Italian Mixed Vegetables  
Ice Cream for dessert

Entertainment provided by Bob Meikle

### Wednesday, February 17<sup>th</sup>

Roast Pork, apple sauce, peas, carrots, mashed potatoes  
Blueberry Pie for dessert

Entertainment provided by Eric McQuillan

Dinners are \$12. Book early to avoid disappointment. All Reservations required by 4:00pm on the Monday before.

Doors open at 4:30pm. Dinner service begins at 5:00pm.

## Volunteer Profile

### Meet Melanie, Decorator & Crafter

Melanie has really given herself to volunteerism. After her career traveling the world as an airline stewardess, she moved to Victoria and was looking for volunteer opportunities that were meaningful and would make a difference. And, she did! For the last eight years, she has been a volunteer counsellor at Esquimalt Neighbourhood House where she provides free counselling to those who cannot afford professional counselling. She also volunteers doing crisis intervention with Police Victim Services where, again, she offers comfort, support, and care for individuals going through traumatic situations.



On top of that Melanie volunteers to help decorate the Saanich Silver Threads Centre in Christmas Decorations each year, which is how she found herself at the Silver Threads Volunteer Appreciation Lunch sitting next to the Victoria Director, Debbie, and Crafts Instructor, Anna, from the Victoria Silver Threads Centre. Melanie has always been drawn to Mosaics such as mosaic fire places. When she heard that she could learn how to create mosaics and mosaic bird houses at the Victoria Centre, she was quick to ask, "Can I go?" The rest, as they say, is history. Melanie now volunteers at the Craft Class while learning and making mosaic projects herself. She put her organizational skills to use and created a sorting system for the coloured china, and reorganized the craft room. We love the enthusiasm and initiative that she is so willing to share.

Thank you Melanie for everything you do here at Silver Threads, and the contribution you make to the community.

## Upcoming Events

### Victoria Centre

#### Tablet Class

Do you already have an Android tablet and want to learn how to send emails, download 'apps', connect to the internet, and much more? Do not miss out on this exciting opportunity.

**Date:** Mondays, February 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> (4 classes)

**Time:** 10:00am – 12:00am

**Cost:** Members \$50, Non-Members \$75 Please register by calling 250-388-4268

#### Speaker Series: Personal Wellbeing Initiative, GPS Technology for Seniors

The Personal Wellbeing Initiative is a program to educate and assist in selecting the best, most appropriate technologies for persons with dementia, their caregivers and families.

**Date:** Friday, February 19<sup>th</sup>

**Time:** 1:00 to 3:00 PM

**Cost:** Free Please register by calling 250-388-4268

## Welcome Caitlin

We are pleased to welcome Caitlin to Silver Threads Service for a practicum placement. Caitlin is a second year student from Camosun College in the Community, Family and Child Studies Diploma Program. She will be with us until the end of March and will be supporting a number of programs including Memory PLUS, shuffleboard, Enjoying my Community and Gentle Exercise. It is great to have you with us and hope you enjoy the placement.



## January Highlights

### New Year's Eve

What a great way to start 2016! On December 31<sup>st</sup> 90+ people attended our 2<sup>nd</sup> annual New Year's Eve Noontime Party featuring the Nutones. Everyone enjoyed the music and a few folks got up and danced. There were excellent appetizers prepared by Brian and Brian, the seafood crostinis were a hit!

At midnight (also known as noon) we toasted the New Year and the band played Auld Lang Syne. We also wished Julie well as it was her last day with Silver Threads Service. Happy 2016!



### 100th Birthday Celebration

In mid-January we wished Vern W a very happy 100<sup>th</sup> Birthday. Vern is at the Saanich Centre every Friday practicing with the Nutones. The popular band also performs at events such as the our summer BBQ and New Year's Eve Noontime party.

Vern plays the fiddle and the saxophone. Beautifully. To borrow a quote from William Shakespeare, "If music be the food of life, play on Vern!"



### BC's Seniors Advocate visit to Silver Threads

On January 20<sup>th</sup> we were pleased to welcome Isobel Mackenzie the BC Seniors Advocate to our Guess Who's Coming to Dinner. Her presentation shared more information on the work she is doing and how the office is supporting seniors. Change and progress is happening locally and across BC. The dinner was followed by the entertaining Victoria Accordion Club. Thank you to our special guest, Isobel and everyone who attended.



### New Blood Pressure Monitoring and Health Education Clinic

Many people took advantage of our new clinic at both centres this month. Blood Pressures were read from both a seated and standing position and volunteer Registered Nurse, Wendy, provided individualized health information to everyone who came through. Clinics will be held from 10:00am to noon—this month on Monday, February 22nd at the Saanich Centre and Friday, February 26th at the Victoria Centre.





