



NEWSLETTER

Be a Sweetheart to a Senior Sunday, February 14th, 2016

No matter if you are part of a couple or single our 2nd 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 14th

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

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 3rd

Chicken Parmesan, Spanish Rice, Italian Mixed Vegetables
Ice Cream for dessert
Entertainment provided by Bob Meikle

Wednesday, February 17th

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 8th, 15th, 22^{nt}, 29th (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 19th **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 31st 90+ people attended our 2nd 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 100th 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 20th 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.



Memory PLUS Practice, Laughter, and Useful Strategies Corner

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

Love is in the air:

Around Valentine's Day start with Loving Ourselves.

-Write 5 things you love about yourself.

Sometimes we need little reminders to make ourselves feel good.

Valentine's Day Scramble

Unscramble the following words:

tcoheclaol rtoucihsp dycna twesatrehe trebahkare tquebou dcipu netvsenial losrewf dipfinehrs



Thank You for Your Donations

to our Trees of Hope at both centres this year. In

as hats and blankets, to Street Link. Both agencies were very appreciative of the generosity of Silver

Threads members.

January, we delivered boxes of non-perishable food

items to the Mustard Seed and handmade items, such

Thank you to everyone who generously donated items

Gentle Exercise Class at the Saanich Centre

Gentle Exercise is run in partnership with Head Way (the Victoria Epilepsy and Parkinson's Centre). The class is suitable for people with Parkinson's disease as well as for people who find other exercise classes too rigorous. The exercises taught in the class help to maintain muscle strength, balance, flexibility, ability to walk safely, and ability to carry out activities of daily living. Exercises are lead from both standing and seated

positions and use free weights, balls, and bands. The class is held at the Saanich Centre every Monday and Thursday from I:00 p.m. to 2:00 p.m. To see if the program is right for you, drop by and have a look or contact Lindsay Beal, Exercise Program & Outreach Coordinator at Head Way, 250-475-6677.



Silver Threads Services Staff

Tracy Ryan - Executive Director

Debbie Erb - Victoria Centre Director

Dustin Lockhart - Victoria Centre Assistant

Anne Nelson - Saanich Centre Director

Ro Fife - Saanich Centre Assistant

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 2340 Richmond Road

Victoria, BC V8Z 1H1

Victoria, BC V8R 4R9

Victoria Centre

victoria, BC V6Z 1711

Phone: 250 388-4268

Phone: 250 382-3151

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.

