



April 2016

# NEWSLETTER

## National Volunteer Week - April 10-16, 2016



National Volunteer Week is a yearly week of recognition for the many people in Canada who give generously of their time and resources to a huge variety of causes. The week has a history in Canada dating back to the time of the Second World War when women were celebrated for their part in supporting the war effort on the home front. The week brings awareness to the year round contributions of volunteers

### Volunteering and its Surprising Benefits

Helping others while managing your busy life can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to others, learn new skills, and even find new career opportunities. Volunteering allows you to connect to a cause that is important to you and builds capacity in organizations that strengthen our local and even world wide communities.

At Silver Threads we know the difference that volunteers make. From our Volunteer Board of Directors, to our Program and Event Volunteers who annually contribute close to 9,000 hours of volunteer hours we depend on volunteers to make our organization great. Thank you to each of the 100 individuals who generously give of their time.. We applaud your efforts and appreciate your support!

*"People who learn how much one gets from giving are people who go on to help build and value a caring society"*  
Author Unknown

### Guess Who's Coming to Dinner in April

#### Wednesday April 6

Menu: Roast Pork Loin with Cranberry Glaze, Mashed Potatoes, Mixed Vegetables and Apple Pie

Entertainment: Guy Marchi

#### Wednesday April 20

Menu: Roast Beef, Garlic Mashed Potatoes, Baby Carrots and Peas, Ice Cream

Entertainment: Rosie and Corrine – Just Us

Dinners are \$12 for Members, \$15 for Non-members. Book early to avoid disappointment. All reservations are required by 4:00pm on the Monday before. Doors Open at 4:30pm and dinner service begins at 5:00pm

## March Highlights

### St. Patrick's Day Lunch at the Saanich Centre



Many people enjoyed a delicious St. Patrick's day lunch at the Saanich Centre on March 17. The chefs made a wonderful meal of Irish Stew with Braised Cabbage and Tea Biscuits. Complimentary Green Near Beer was also on tap. Food and beverages sure to bring out the Irish in us all!



### 55+ Lifestyle Show

#### presented by Inspired Senior Living

Silver Threads Service hosted a sparkly display again this year at Pearkes Arena for the Seniors Expo. Featuring over 125 different vendors, Fashion Shows, Makeovers and Entertainment. Staff and Board Members enjoyed handing out chocolate kisses and sharing information about STS and networking with everyone.

### Intergenerational Shuffleboard



The Shuffleboard group at the Saanich Centre had a fun morning during March break with 12 young people, taking part in a camp at Pearkes Recreation Centre, joining us for shuffleboard. Each young person was paired up with a senior, who taught them how to play floor shuffleboard. The youth learned how to use just the right amount of force to get the disks to the end of the court, how to score and how to work cooperatively with their partner. Thanks to our volunteer photographer, Carol S, for capturing some wonderful memories of the morning.

We were pleased to introduce the game to the next generation of players!





## Upcoming Events and Programs

### Income Tax Clinics

Both Centres have volunteers preparing Income Tax returns for seniors with a maximum single income level of \$30,000 (\$40,000 couples). The clinics will run until the end of April. Times and days vary so call the centres for details and to book an appointment.

Saanich Centre, 250-382-3151

Victoria Centre, 250-388-4268

### “Golf” on the Snooker Table lessons:

Much like its namesake, “Golf” on a snooker table is done with cues and plays the balls towards the pockets in a series of shots. It’s a wonderful social and tactical game. Over two-sessions, our instructor will teach you the rules of the game, the stance and the stroke.

**Date:** Mondays, April 11th and 18th,

**Time:** 1:00 – 2:00pm.

**Place:** Saanich Centre,

**Cost:** 2-sessions, \$3 members, \$7 non-members.

### Hampton Concert Orchestra Concert

Enjoy a concert of beautiful music by our own Hampton Concert Orchestra.

**Date:** Sunday April 17<sup>th</sup> at 2:00 to 4:00pm

and Monday April 18<sup>th</sup> at 7:30 to 9:30pm.

**Place:** Saanich Centre

**Cost:** By Donation.



### Rent Smart

Rent Smart Seniors is a specialized course developed specifically for seniors on the unique challenges and opportunities that are faced when renting. Attendees will learn strategies to create a healthy, successful tenancy in Rental homes.

**Date:** Friday, April 15<sup>th</sup>

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

**Place:** Victoria Centre

**Cost:** Free

### Silver Threads Computer Class

The Victoria Computer Club and Silver Threads are collaborating to present computer classes. Instructor George Bowden will teach browser based applications such as webmail, online social media, spreadsheets and useful web sites to visit. The first workshop is ‘Reading and Writing on the Cloud: Setting up your account’

**Date:** April 25th: at 1:00– 3:00pm

### Thank you!

Our Guess Who’s Coming to Dinner and other events have recently benefitted from some very much appreciated donations!

Thank you to Board Member Nelles Shackleton and the Tea House at Government House for the donation of water glasses for Guess Who’s Coming for Dinner. We are so pleased to have these!

Thank you to Sandy of Decorate Victoria for all the deals on fancy tablecloths and décor items.

Thank you to Décor Volunteer Rolly for the gift of beautiful ceramic Bunnies for the Easter Dinner. We love them and will give them a very good home! Our special events just got more special! Many thanks!



## Memory PLUS

### Practice, Laughter, and Useful Strategies Corner

#### Word Scramble Challenge:

For each of these six letters make one 3 letter word, one 4 letter word, one 5 letter word and one word using all 6 letters. Good luck!

OMRANO

NUHRGE

HOREMC

OGALNO

SBDIEO

BERIGL

### Program Payment Punch Cards

As of April, we will be introducing a Punch Card option for paying for programs at Silver Threads Service. Cards can be purchased in divisions of 4-, 8- or 12-sessions. The price of each card will depend on what program you attend. We hope that this will make program payment easier for everyone.

### Membership Cards

Our membership year begins April 1st and all members will be issued new Silver Threads Service membership cards. New design and laminated, they will be ready to pick up at the reception desks shortly after you register!

### 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

**Donene Eve** - Saanich Office Reception

### 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*



## Spring Cleaning

### 5 Spring Cleaning Tips & Tricks

ideas from Andrea Atkins on WomansDay.com

**Keep Just the Essentials:** Have a "pamper basket" next to your bed with a book, some moisturizer, your knitting or something else you like to do in bed. Then keep your clock, a lamp and a box of tissues on your nightstand.

**Love Your Oven:** Keep the heart of your kitchen clean by lining the bottom with a non-stick oven liner. It can be wiped with a paper towel, put in the dishwasher, and reused over and over.

**Make Doors Shine:** Rubbing a teaspoon of lemon oil on glass shower doors twice a month causes water to bead up and roll off. Or, try Rain-X Original Glass Treatment, a car-care product made to keep rainwater off your windshield. Use it twice a year.

**Super Storage:** Store brooms with the handle down. It makes them easier to find and protects the bristles.

**Zap the Sponge:** We all know that sponges can be a breeding ground for bacteria. Disinfect yours every night by squeezing it out and microwaving it on high for a minute. When it's shredded and smelly, replace it.

### Memory PLUS Word Scramble Challenge Answers

*arm, room, roman, maroon*

*gun, huge, huger, hunger;*

*hoe, more, chore, chrome*

*log, long, along lagoon*

*die, dose, bodes, bodies*

*big, girl, bilge, gerbil*