

Walking as exercise – Are you getting enough?



The Centre for Disease Control and Prevention recommends adults have 2 hours and 30 minutes of moderate intensity physical activity weekly. That is 20 minutes a day!

The benefits of walking and exercise include improving overall physical health, slowing the aging process, preventing disease and increasing a positive emotional state of mind. Doesn't that sound easy? Sure, but we all know that starting something new and re-establishing habits can be a challenge. Now that the weather is becoming warmer and spring-like, it just might be the time to think about your own health and to join the new Walking Group starting at Silver Threads Service. Let us organize! All you need is to put on your walking shoes.

Feel safe walking local trails in a group, meet others who are at the same fitness level and socialize along the way. The walks will be lead by a facilitator who will help to foster a positive experience for all. You will learn how to use a pedometer to track your progress.

The program will increase your abilities and introduce increasingly challenging activities. Education sessions will be offered on a variety of topics such as Nordic Pole Walking, Wed May 11th, 1:00pm. The Walking Group is free to members and runs (or walks) out of the Saanich Centre on Wednesdays, 10:00 to 11:00am. All levels are welcome! Contact Lisa for more information: (250) 382-3151.

"I really don't think I need buns of steel. I'd be happy with buns of cinnamon."

Ellen DeGeneres

Guess Who's Coming to Dinner in May

Wednesday May 4th

Menu: Chicken Parmesan with Spanish Rice and Italian Vegetable and Chocolate Mousse

Entertainment: Cookeilidh

Wednesday May 18th

Menu: Baked Honey Mustard Ham with Roast Potatoes, Mixed Vegetable and Strawberry Ice Cream

Entertainment: Bob Meikle

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.

Upcoming Events and Programs

Men's & Women's Fitness:

Balance and Mobility Exercises.

A structured and progressive exercise program designed specifically for the individual to improve balance and mobility as well as strength and flexibility.

Date: Every Thursday

Time: 2:15pm—
3:15pm

Place: Victoria Silver
Threads, 2340
Richmond Road



Speaker Series: Get to Know Victoria Hospice

A slide presentation of Victoria Hospice. The presentation will provide an overview of the services Victoria Hospice provides for quality end-of-life care. It touches on the staff, volunteers, specific areas of the ward, research, funding, events and patient stories.

Date: Tuesday, May 24th

Time: 1:00pm-2:00pm

Place: Victoria Silver Threads, 2340 Richmond Road

Cost: Free

Register by calling 250-388-4268

Zumba Gold

A fun exercise program using the rhythm and movements of Latin dance geared specifically for those in their golden years.

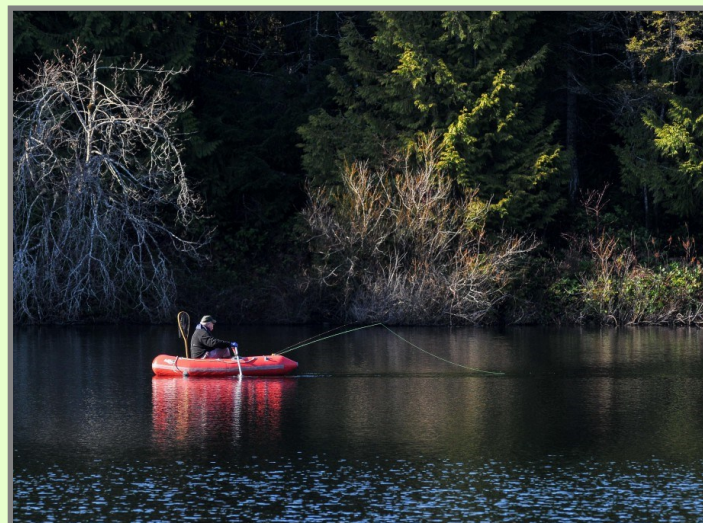
Date: Every Tuesday

Time: 11:30—12:30

Place: Victoria Silver Threads, 2340 Richmond Road

Cost: \$7 Members, \$9 Non-members

Rods and Reels Fishing Club



Victoria Golden Rods and Reels Fishing and Social Club meets weekly from 9:00am to 11:00am on Tuesdays at Victoria Silver Threads. We welcome new members. New members can learn about where and how to fish for trout and salmon. Mentors are available to teach beginners about fishing in the Victoria area. Our club members happily share their fishing expertise and information about how to catch fish.

We have recently been nominated by the BC Lake Stewardship Society for the District of Saanich volunteer organization environmental award. The nomination is for our 2 years of work to improve water quality, fishing and other recreational opportunities at Elk Lake. To date we have raised \$ 30,000 for scientific studies.

Please visit our website: www.goldenrodsandreels.com

Come and join us and hear our interesting speakers

May 10th Fishing Speaker

June 14th Pink salmon fly tying session

June 21th Brian Tucker, UVic Speaker Inventing the Salish Sea: Exploring the Performative Act of Place Naming off the Pacific Coast"

April Highlights

Volunteer Appreciation Lunch at the Saanich Centre



We celebrated our Silver Threads Service volunteers at our Annual Volunteer Appreciation Party held at the Saanich Centre in April. Our theme this year was “Keep Calm and Volunteer On”. The chefs prepared a lovely luncheon for everyone and the afternoon was capped off with a performance by the sensational Maureen Washington, accompanied on the piano by the spectacular Karel Roessingh. We could not do what we do without the work of our volunteers and we thank them all for their time and tireless dedication to our organization.

Golf on a Snooker Table

We had a great time in April learning how to play Golf on the snooker table at the Saanich Centre. Much like its namesake, Golf is done with cues and plays the balls towards the pockets in a series of shots. Thanks to James for teaching us the game and we encourage people to come and play any style of game you like on our full-size snooker table.



Spring Membership Drive!

Don't forget – May is the last month to get into the draw for a trip to Vancouver! All you have to do is take out an Annual Membership and you will be automatically entered to win! Prize includes: Helijet to Vancouver, overnight at the Rosedale on Robson, dinner at Original Joe's, tickets to the Art Gallery and some spending money! The draw will take place at the Annual General Meeting, Wed, June 15th.



Thank you so much to Helijet International Inc., the Rosedale on Robson Hotel and the Vancouver Art Gallery for your Generous Donations. We value your support!

Memory PLUS Practice, Laughter, and Useful Strategies Corner

Looking for a word game to stimulate your mind and make you think? You have a large vocabulary stored in your memory. Here are a couple of fun games to try as we remember our mother's during this month.

Mom's the Word:

- 1.) How many words can you think of that contain the word MOM ? (example: camomile)
- 2.) In honour of Mother's Day think of words you would use to describe your MOM? (example: strong, beautiful ...)
- 3.) Did your mother have any words or expressions that you remember her saying? Perhaps you catch yourself saying the same words from time to time?

Volunteer: Chris T



Chris T first came to Silver Threads shortly after moving to Victoria in 1993 when she retired and moved here from Edmonton. Chris was looking for a place where she could continue her passion of weaving and found the group at Silver Threads. Chris joined the group, initially as a participant, then as the volunteer instructor after the previous instructor, Gwen Whittaker, was unwell and unable to continue. Chris has been a part of the Silver Threads weaving group ever since and has taught many people to weave throughout the years. Chris herself learned to weave in the 1970's in Edmonton. But she had been exposed to weaving years before in her birth place of Montreal.

Chris was born to Greek parents and grew up speaking English, Greek and French. She has lost her French but still speaks Greek fluently. Locally, Chris has been involved with the annual Greek Fest since its inception 14 years ago. She became involved with the heritage aspect of the festival with her weaving. Chris can be found each year at Greek Fest in the Heritage Exhibit working on her own weaving as well as exhibiting her and others fibre arts.

Chris and the Silver Threads weaving group meet each Tuesday at the Saanich Centre from 1:00 – 3:00pm. We are hoping to offer another Learn to Weave class under Chris's instruction in October of this year. If you are interested, please contact the Saanich Centre, 250-382-3151.

Thank You Caitlin!

My experience as a practicum student at Silver Threads has been wonderful. All of the staff are extremely supportive, and they all understand that as a student, you are still learning. That being said, Lisa is a fan of gently pushing you out of your comfort zone, which was great for me, as I sometimes have a hard time breaking out of my comfort zone. Before starting at Silver Threads, I had never been able to walk up to someone I didn't know and start talking to them, to sit at a desk and answer a phone, or make outgoing phone calls without immediately having a panic attack. I fully credit Lisa and my experience at Silver Threads for helping me get past a lot of my social anxiety.

Silver Threads allowed me to work with a demographic I was not quite familiar with. I was able to join many groups and learn from them. Throughout my experience, I have been a part of the gentle exercise group for individuals living with Parkinson's disease. I was a part of and developed my own activity for one of Lisa's Memory PLUS groups, and I was able to play shuffleboard with a group. I was given a lot of independence in this setting, and was able to develop my own program, a walking group, which Silver Threads has decided to continue on with because it was successful. The main thing that I learned from my practicum experience with Silver Threads is not to fall into any ageism traps. Just because someone identifies as a senior citizen doesn't make them any less capable of completing tasks that a younger person is able to complete. I would like to thank Lisa and the rest of the staff at Silver Threads for being welcoming and allowing me to learn and grow with the agency over the last twelve weeks. I have enjoyed getting to know the staff, and most importantly, the individuals that access services here. I have learned so much from each and every one of you!

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	Victoria Centre
286 Hampton Road	2340 Richmond Road
Victoria, BC V8Z 1H1	Victoria, BC V8R 4R9
Phone: 250 382-3151	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

