

## Lest We Forget

The peaceful society we enjoy has been created by the efforts and sacrifices of generations of Canadians who have put their lives on the line in the cause of peace and freedom around the world. Remembering all that they have done during times of war, military conflict and peace helps us to better understand our nation's history and its future.

Attending Remembrance Day ceremonies on November 11<sup>th</sup> is a well-known way to honour the men and women who served Canada. We remember the sacrifices and achievements of the one and a half million brave Canadians who served and continue to serve our country at home and abroad, and the more than 118,000 men and women who died so that we may live in peace and freedom today. Taking an active role to remember these people is one way to say "thank you."

Above information taken from the Veterans Affairs Canada website:  
[www.veterans.gc.ca/eng/remembrance](http://www.veterans.gc.ca/eng/remembrance)

Following are a few of the local events planned to recognize those who served and continue to serve.

*"To live in hearts we leave behind is not to die."*

**Thomas Campbell**



### Remembrance Day Events

A concert of remembrance, the Victoria Symphony

**Date:** November 10<sup>th</sup>, 7:30pm

**Location:** Bay Street Armoury

### Saanich Remembrance Day Ceremony

Gathering at the Municipal Hall Cenotaph

**Date:** November 11<sup>th</sup>, 10:45am to 12:30pm

**Location:** Saanich Municipal Hall

### BC Legislature Remembrance Day Ceremony

In honour of those who have fallen. The Ceremony at the BC Legislature is also televised for those who would prefer to watch from home.

**Date:** November 11<sup>th</sup>, 10:30am

**Location:** Corner of Government and Belleville

## Guess Who's Coming to Dinner in November

**Wednesday November 2<sup>nd</sup>, 2016**

Chicken Breast Florentine with Spanish Rice and Mixed Vegetables. Strawberry Ice Cream

Entertainment: Saanich Songmen and Hampton Singers

**Wednesday, November 16<sup>th</sup>, 2016**

Roast Beef with Garlic Mashed Potatoes, Mixed vegetables. Lemon Love Cake

Entertainment: Cookeilidh

\$12 members, \$15 non-members. Please call in early to avoid disappointment. Call our Saanich Centre 250-382-3151

## Upcoming Events and Programs



### Silver Screen Players Reading Group

Have you ever thought of getting involved in theatre? Would you like to read aloud from one-act plays and scenes?

This group is facilitated by two of our members with theatre backgrounds. Experienced and novices alike can join and read from one-act plays and scenes taken from classic theatre. No memorization required.

**Date:** Wednesdays

**Time:** 10:00am -12:00pm

**Location:** Victoria Centre

**Cost:** Members \$1.50

Non-Members \$4.50

### Silver Christmas Craft Fair

Start the Christmas season right by experiencing Silver Christmas: a craft fair presented by Silver Threads Service. Our craft class has lovingly and artfully hand-made all the items needed to create the Magic of Christmas – including Silver Threads' signature Mosaic Bird Houses that were previously displayed at the Moss Street Paint-In. This is a Christmas Craft Fair that you do not want to miss! Hot beverages and a variety of Christmas baking will be available for your enjoyment.

**Date:** Saturday, November 26th

**Time:** 10:00am – 3:00pm

**Location:** Victoria Centre



### Victoria Centre Christmas Concert

**Free** Christmas Concert at the Victoria Centre with performances by the CanSuite Duo, back by popular demand. Reservation required.

**Date:** Thursday, December 15th

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

**Location:** Victoria Centre

Call 250-388-4268 now to reserve



## October Highlights

### Thanksgiving

Our Thanksgiving dinner was made extra special this year with entertainment by the Victoria Ballroom Dance Society. We were treated to a beautiful display of a variety of dance styles and we even got an opportunity to get up and dance ourselves! We also received a generous donation of decorated pumpkins for our table centerpieces. The pumpkins were grown at Firbank Farms and decorated by farm owner Lorraine Jack and her granddaughter Mckenzie. The proceeds from the purchase of the pumpkins went entirely to Saanich Peninsula Hospital Foundation.



### Oktoberfest Dinner

Our Oktoberfest Guess Who's Coming to Dinner was so much fun! We had spectacular music from the Victoria Accordion Club and, in true Oktoberfest fashion, glasses of beer from Vancouver Island Brewery. This celebration will not be one we soon forget.



### Delegates from Suzhou, China



On Friday, September 23rd we welcomed members of the delegation from **Suzhou, China** to the Victoria Centre. The City of Suzhou and the City of Victoria established a twin city relationship in 1980. The delegates were under the leadership of Mr. Li Yonggen and staff who oversee a variety of services and senior care facilities in China.

They were very interested and engaged in our demonstrations and programs including Chinese brush painting, mah jong and table tennis. Thank you to our members of the Chinese Seniors for helping out.

## Volunteer Mary



Mary has been volunteering with Silver Threads Service for 12 years now. She first heard about Silver Threads through her son-in-law, who was helping Mary and her husband to make new connections in Victoria when they moved here 15 years ago from Brandon, Manitoba.

Mary initially came to Silver Threads to watch a fashion show put on by a local clothing company. Later, she heard about the Hampton Singers and joined the choir. She has also taken part in other Silver Threads programs such as scrabble, crafts, quilting and Guess Who's Coming to Dinner. She used to make crafts and helped with sales at the Silver Christmas shows. Mary now does sales, as well as sorting, pricing and organizing, in the Treasure Trove thrift store at the Saanich Centre.

Mary originally hails from Saskatchewan, where she was born and met her husband, Walter. Walter worked in the mining industry in Flin Flon, where he and Mary ended up living for 40 years, including time in Snow Lake - 4 hours outside of Flin Flon. Upon retirement, they moved to Brandon then came to Victoria, as two of their daughters were living here; the third daughter lives in BC as well.

Mary loves Victoria and enjoys coming to Silver Threads. We are grateful that Mary found us and are appreciative of all she has given back to us.

## Memory PLUS

Practice, Laughter, and Useful Strategies Corner  
(Answers on the back page)

### Popular War Time Songs

1939 NOLGHIMOT EDSNARE

1940 UBEL RBEYR LILH

1941 EPED NI HET RATHE FO XASTE

1942 TODN ITS NEDRU HET PELPA ERET

1943 THEWI SLCFIF FO EDROV

1944 CUTENACATE EHT STOPIVIE



## History of the Greater Victoria Police Choir

On January 11 1984, twenty members of police departments from the various areas met for their first practice at the Victoria Silver Threads Centre. Their goal was to bring together officers from separate forces with one common interest – music. The Greater Victoria Police Chorus (GVPC) was founded and soon they were singing for schools, hospitals, charitable fundraising venues and public events. GVPC is one of a few police chorus' in western Canada.

The GVPC is comprised of serving, retired and reserve police officers, plus some non-police performing members, all proud to be serving their community in this unique way. Officers from Central Saanich, Oak Bay, RCMP, Saanich, Victoria City and the former Esquimalt forces initially formed the chorus. They have since been joined by officers from the Royal Ulster, Royal Hong Kong, Cheshire, Leicester City, Toronto, Shelbourne, Orangeville, Regina, Calgary, and Edmonton police forces. They are all united through their love of music, and have built relationships that are both professionally and personally satisfying. Although sanctioned by the area police chiefs, the Chorus operates independently and without any remuneration from the departments they serve.

A highlight of the Christmas Season at Silver Threads Service is the annual performance of the GVPC. This year in order to accommodate more guests we will host a concert (instead of a luncheon) on Wednesday, December 7<sup>th</sup>. The Trounce Alley Quartet will also be performing. Tickets are \$5 for members and \$7 for non-members. Join us from 1:00pm to 3:00pm for music, treats and a festive start to the holiday season.

Call the Saanich Centre for tickets: 250 382-3151.



## Thank you to our Sponsors

### Philips Lifeline

Our Guess Who's Coming to Thanksgiving Dinner on October 5<sup>th</sup> was sponsored by Philips Lifeline. A special thank you to Janine Hunka for the support and for attending the dinner. Philips Lifeline is proud to support millions of people feel safe at home for the last 40 years by providing access to help 24 hours a day, 365 days a year at the push of a button. Now you can enjoy the same peace of mind with GoSafe, Lifeline's new 100% wireless personal help button that will ensure you are living safely and independently at home and on the go!



### Vancouver Island Brewery

The first Oktoberfest Guess Who's Coming to Dinner was a special evening all around. Thanks to Vancouver Island Brewery for their generous donation of Pipers Pale Ale. It was the perfect compliment to the Bratwurst and German Potato Salad dinner. Thank you Vancouver Island Brewery – your support is very much appreciated.



### Christmas Lunch Invitation for Veterans

Canadian Forces Base Esquimalt will be hosting a luncheon to provide an opportunity for veterans to dine with sailors, soldier and air personnel of Canadian Force Base Esquimalt.

**Date:** December 7<sup>th</sup> or 8<sup>th</sup> (TBD), 1:15 pm – 3:30 pm

**Place:** CFB Esquimalt

**Cost:** No charge

Transportation from Saanich Silver Threads provided.

## Night of Lights

### Hillside Centre Fundraiser

**Sunday, November 20, 2016**

Silver Threads Service is one of the non-profit organizations invited to participate in Hillside Centre's Night of Lights fundraising event. This year's 16th annual private ticketed event will be held on Sunday, November 20, 2016 from 6:00pm – 9:30pm and only those who have purchased a ticket will be allowed to enter Hillside Centre on that evening. This special evening will include appetizers, beverages, entertainment, fabulous door prizes, exclusive retailers specials and tons of fun!

Tickets are \$5.00 each, and will be sold through the Reception Desks at the Silver Threads Centres from staff and Board Members. Silver Threads Service keeps 100% of the revenue generated from the tickets sold.

Consider buying tickets to this exclusive event for friends, family and yourself to enjoy an evening at Hillside Centre!

### Memory PLUS Corner Answers:

The answers to the Wartime Song word scramble:

Moonlight Serenade (Glenn Miller, 1939)

Blue Berry Hill (Louis Armstrong & Andrews Sisters, 1940)

Deep In the Heart of Texas (Max Bygraves, 1941)

Don't Sit Under the Apple Tree (Andrews Sisters, 1942)

White Cliffs of Dover (Vera Lynn, 1943)

Accentuate the Positive (Andrews Sisters, 1944)

You'll Never Walk Alone (Mario Lanza, 1945)

### 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

**Toby Schnoor** - Program Coordinator

**Maureen Brouwer** - Programmer

**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*