

## ‘Tis the Season for Charitable Giving

This year Silver Threads Service celebrates 60 years of service to the community. We are proud of how the organization has evolved to meet the needs of people 55 years and better, and I hope that you have experienced the organization and share our pride. This holiday season I am asking you to please consider making a financial gift to Silver Threads Service. It will ensure that our programs and services are accessible, affordable and relevant.

As you know we are a charitable not-for-profit that enhances social connections and the well-being of seniors by operating two active centres and outreach programs in Greater Victoria. No matter what your age, having a place and a purpose to help build strong connections with others is important for your wellbeing. For our members it might be attending a weekly program like Memory PLUS or Enjoying my Community. It could be attending exercise classes or the Guess Who's Coming to Dinner that is the place and purpose, but it is the friends and support from others that build the connections and friendships.

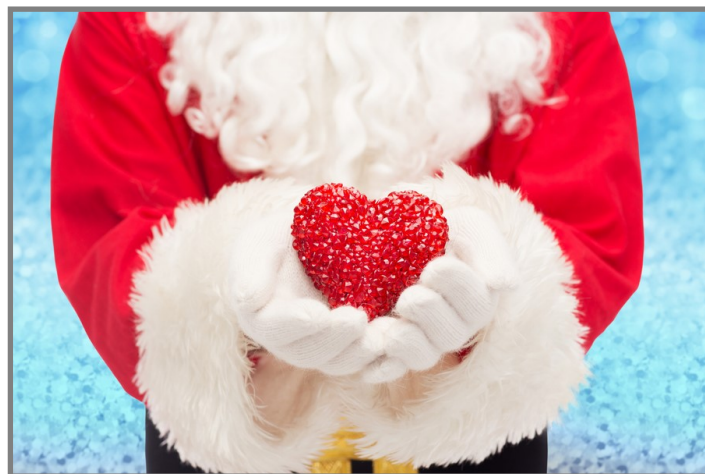
I hope that you value the work of Silver Threads Service as I do, and would like to contribute to our future success. Contributions can be a onetime donation or a planned gift such as a bequest in your will. Your financial contribution will help us to continue to operate our centres, programs and outreach to the community. All donations of \$20 or more received before December 20<sup>th</sup> will be issued a tax receipt. All donations are greatly appreciated.

Thank you for being a part of Silver Threads Service.

Sincerely,

Tracy Ryan

Executive Director



*"No act of kindness, no matter how small, is ever wasted."*

**Aesop**

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

This year we are hosting a Christmas Guess Who's Coming to Dinner, sponsored by We Care Health Service.

**Wednesday December 21<sup>st</sup>, 2016**

Turkey with Stuffing, Mashed Potatoes and Gravy, Brussels Sprouts, Carrots and Toffee Fudge Cake

Entertainment: Gypsy Rovers

**Tickets?** Limited tickets remain for this event and payment is required at time of booking.

Cost for this themed dinner is \$15 members, \$18 for non-members

**Already booked?** Guests who require specific table reservation (three or more seats together) should contact our Saanich Centre 250-382-3151 to confirm seating reservations.

## Upcoming Events and Programs

### New Year's Eve Party

Join us for our annual New Year's Eve noontime party, **this year held on Friday December 30<sup>th</sup>**. Ring in the new year early with beverages, nibbles and musical entertainment by Bob Meikle.

**Date:** Friday, December 30<sup>th</sup>, 2016

**Time:** 11:00am—12:30pm

**Location:** Saanich Centre

**Cost:** By Donation

To book a seat, please call 250-382-3151

### Christmas Outing

Enjoy an afternoon looking at the Christmas bears at the Hotel Grand Pacific and the Gingerbread Houses at the Inn at Laurel Point, followed by tea at Aura Restaurant.

**Date:** Wednesday, December 14<sup>th</sup>

**Time:** 12:00pm - 4:00pm

**Location:** Hotel Grand Pacific and the Inn at Laurel Point

**Cost:** Members \$7 (optional afternoon tea),

Non- Members \$10 (optional afternoon tea)

Contact: Saanich Centre 250-382-3151

### Christmas Concert

You are invited to a Christmas Concert at Victoria Silver Threads!



**Date:** Thursday,

December 15<sup>th</sup>

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

**Location:** Victoria Centre

**Cost:** By Donation

Join us for an afternoon filled with the sounds of Christmas and the magic the holidays bring. The musical

performance promises to be a memorable and entertaining event.



## November Highlights

### Halloween

We had a good time at Halloween this year with lots of fun costumes to be seen around both centres.



### Victoria Centre Craft Fair



**CHARTWELL** | making people's  
retirement residences lives **BETTER**  
ROSS PLACE  
retirement residence  
**250.381.8666**  
2638 Ross Lane, Victoria

We held our 2<sup>nd</sup> Annual Silver Christmas Craft Fair on November 26<sup>th</sup>. Thank you to everyone who donated their time volunteering and baking. Thank you to all our talented members who hand-crafted such amazing pieces of work to sell and to the special touch of our Victoria Village Squires - Men's Barbershop Chorus who provided us with entertainment. Silver Threads also thanks Chartwell

Retirement Residences for sponsoring our event! We could not have done it without all of you!

### Instructor: Isabel

Our amazing instructor Isabel has taught classes both at the Saanich centre and Victoria Centre. We are pleased to announce that Isabel has officially become a Canadian citizen! Congratulations Isabel! We are so proud of you!





## Random Act of Kindness Day



Random Act of Kindness Day was started in 2007. The message of the day is simple: do something nice for someone and ask nothing in return other than they do something nice for someone else. Random Act of Kindness Day was celebrated in 2016 on November 4<sup>th</sup>. On November 15<sup>th</sup>, Silver Threads received two large

packages in the mail, from the Victoria Foundation, with letters from children in Victoria as their Random Act. What an unexpected surprise and wonderful sentiments expressed by the children to us. Now it's our turn to "Pay it Forward"!



## Memory PLUS Corner

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

Memory PLUS is a Silver Threads Service program for those 55+ who would like to increase their memory in an active and social group setting. The weekly program is offered in various locations in Greater Victoria. Call 250-382-3151 for more information. This month the challenge is in honour of the holiday season.

### What do these three things have in common?

Buone Feste Natalizie

Nollaig Chridheil dhuibh

Mele Kalikimaka

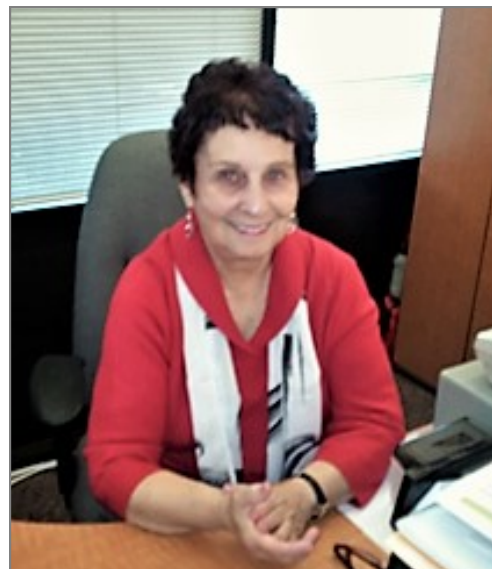
## Sound of Change

### Help for those with hearing loss!

Island Deaf and Hard of Hearing's Sound Change Initiative will support low-income seniors with hearing loss to access refurbished hearing aids at no cost\*! To make an appointment to find out more about this initiative call 250-592-8144.

## Volunteer: Judy

Judy started coming to Silver Threads in 2013, joining activities at both Centres and enjoying the new people she met. When Victoria Silver Threads moved into their new location on Richmond Road, Judy offered to teach the Mah Jong group; while she didn't think of herself as a volunteer, we did.



Judy supporting the front desk

Since then Judy enjoys volunteering at many of the social events that occur at the Centre, doing whatever tasks need to be done. You will also find Judy volunteering at the front desk on Wednesday mornings.

Judy says Silver Threads has added a new dimension to her life and lifestyle.

Judy came to Victoria from Toronto in 2010. She had lived there for 33 years, after moving from Michigan in the United States. All of her family still lives in the United States. When her husband died in 2012, Judy knew she had to find ways to belong in Victoria and to build a new life with new friends. She now considers Silver Threads her second home. She loves Victoria and plans to stay here. She feels so lucky to have found so much support and friendship that Silver Threads has provided to her.



Thank you Judy, we are also happy you found Silver Threads and appreciate all you do for the organization!

## Holiday Hours for Silver Threads

Leading up to Christmas holidays, both our centres will be adjusting their operating hours.

### Both Victoria and Saanich Centre will be open:

Thursday, December 22<sup>nd</sup> 8:30am to 3:00pm

Friday, December 23<sup>rd</sup> 8:30am to 12:00pm

We will be closed December 24<sup>th</sup> to December 27<sup>th</sup>.

### The Saanich Centre will be open:

Wednesday, December 28<sup>th</sup> 8:30am to 1:00pm

Thursday, December 29<sup>th</sup> 8:30am to 1:00pm

Friday, December 30<sup>th</sup> 8:30am to 1:00pm

The Victoria Centre will remain closed from December 24<sup>th</sup> through to January 2<sup>nd</sup>.

Both centres will resume our regular hours of operation (8:30am to 4:00pm) on Tuesday January 3<sup>rd</sup>.

## Memory PLUS Corner Answers:

They all mean Merry Christmas in different languages:

**Italian:** Buone Feste Natalizie

**Scots Gaelic:** Nollaig Chridheil dhuibh

**Hawaiian:** Mele Kalikimaka

## Thank you to our Sponsors

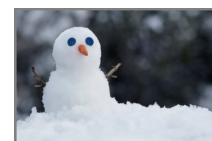
### Night of Lights

On Sunday, November 20<sup>th</sup> Hillside Centre hosted the annual Night of Lights in support of local charities. For those who attended, the mall was beautifully decorated, there was great entertainment and treats and of course the shopping - with the stores all offering deals and discounts.

Silver Threads raised \$940 through ticket sales to the event. Thank you to Hillside Centre and everyone who participated.



### All I Need To Know About Life I Learned From a Snowman



It's okay if you're a little bottom heavy.  
Hold your ground, even when the heat is on.  
Wearing white is always appropriate.  
Winter is the best of the four seasons.  
It takes a few extra rolls to make a good midsection.  
There's nothing better than a foul weather friend.  
The key to life is to be a jolly, happy soul.  
It's not the size of the carrot, but the placement that counts.  
We're all made up of mostly water.  
You know you've made it when they write a song about you.  
Accessorize! Accessorize! Accessorize!  
Avoid yellow snow.  
Don't get too much sun.  
It's embarrassing when you can't look down & see your feet.  
Always put your best foot forward.

<http://www.coolest-holiday-parties.com/funny-christmas-poems.html>

## 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

**Jo-Anne Silverman** - Outreach Worker

## 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