

## Heart Health and Ageless Love

February is a special month at the Victoria Centre as we focus on “hearts and love”!

Join us on Valentine’s Day, Tuesday, February 14<sup>th</sup> for our **Be a Sweetheart to a Senior** concert with The Honey Crooners, spend the afternoon listening to some romantic music followed by refreshments. Bring your old friends and meet some new ones!

Midmonth we will help you take care of your heart health with a new **Heart Health Clinic** sponsored by Heart Pharmacy. On Monday, February 20<sup>th</sup> book an appointment with one of their Qualified Pharmacists and have your Blood Pressure Check and an ECG test. Appointments are required and will give you valuable information to share with your physician.

Then to get your heart racing - we welcome back Dr. Diana Wiley, Ph.D. for her entertaining and lighthearted presentation on **Romance, Relationships and Ageless Love** after sixty. She explains the importance of staying active and socially connected and how it can enhance and nurture your social network and maintain your personal relationships - along with the nine rules for great loving. Save the date - Friday, February 24<sup>th</sup>.

Dr. Diana Wiley is a Seattle-based Board-certified Sex Therapist, a Marriage and Family Therapist (licensed in Washington State and California), and a Gerontologist. When she speaks about aging and sexuality, she highlights that love, lust and laughter (also the title of her internet radio show on Progressive Radio Network) need to be prioritized in order to improve longevity and enhance quality of life as we evolve and mature.

Further information on all these events are on Page 2. Beginning in March Silver Threads Service launches our **Ageless Love Series**.

Look for workshops and presentations on Online Dating, How to Navigate the Dating World and social events such as fun mixers.



**“Those who love deeply never grow old” Benjamin Franklin**

### Guess Who’s Coming to Dinner in February

**February 1st, 2017**

Chicken Florentine with Glazed Carrots and Vegetable Rice and Strawberry Shortcake

Entertainment: Can Suite

**February 15th, 2017**

Roast Pork with Apple Sauce, Mashed Potatoes, Braised Cabbage and Carrots, Ice Cream.

Entertainment: Rosie and Corrine: Just Us

Dinner cost \$12 for members, \$15 for non-members. Please call in early to reserve and avoid disappointment.

Call our Saanich Centre at 250-382-3151 to book your spot.

**Dinner reservation cut off is at 4:00pm on Monday January 30th for the dinner on the 1st and 4:00pm on Friday February 10 (due to the Family Day holiday on Monday) for the dinner on the 15th.**

## Upcoming Events and Programs

### Be a Sweetheart to a Senior Valentine's Day Concert



It is time again for our Be a Sweetheart to a Senior Valentine's Day Concert! We will have a musical performance by The Honey Crooners presenting Vinyl Wave. This local, singing guitar duo is a fun, diverse act that you do not want to miss.

**Date:** Tuesday, February 14<sup>th</sup>

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

**Location:** Victoria Centre

**Cost:** \$5.00 (members) \$7.00 (non-members)

Space is Limited. Please Call to Reserve 250-388-4268



### Heart Health Clinic—Sponsored by Heart Pharmacy

February is the month to think about your own heart health – prevention is key, and adopting heart healthy habits are important. Let us help you know your risk factors and learn how to improve your heart health at this special one-day clinic. Heart Pharmacy pharmacists will provide a Blood Pressure Check and an ECG screening for each registered participant. An electrocardiogram (ECG) is a test which measures the electrical activity of your heart to show whether or not it is working normally. An ECG records the heart's rhythm and activity.

**Date:** Monday, February 20<sup>th</sup>

**Time:** 12:30pm to 4:00pm

**Location:** Victoria Centre

**Cost:** By Donation.

For appointments please call 250-388-4268.

### Romance, Relationships and Ageless Love

Join us for the return of Diana Wiley, Ph.D. for an entertaining presentation on love after sixty. She explains the importance of staying active and socially connected - along with the nine rules for great loving.

**Date:** Friday February 24<sup>th</sup>

**Time:** 1:30 pm—2:30 pm

**Location:** Victoria Centre

**Cost:** Members \$5.00 Non-Members \$7.00

Space is limited. Please Call to Reserve 250-388-4268



### Successful Job Search Techniques for Mature Workers

What is the most effective way to search for employment? How do you find the right job for you? Get these and other questions answered in this workshop instructed by Marilyn Henigman BSW, MPA - Career Counsellor

**Cost:** Members \$5.00, Non-Members \$10.00

**Date:** Friday, February 3<sup>rd</sup>

**Time:** 9:00am — 11:00am

**Location:** Victoria Centre

Please register by calling 250-388-4268

### Mexican Train Dominoes

Come and learn how to play Mexican Train - a fun game of strategy using dominoes. Experienced and beginner players both welcome. Come out, climb aboard, and enjoy the ride!

**Day:** Fridays

**Time:** 12:30pm - 3:30pm

**Location:** Saanich Centre

**Cost:** \$1.50 (members), \$4.50 (non-members)

**Contact:** 250-382-3151

### Where in the World Travel Series - "On the Island, But Where?"

Join Don and June Kilbank as they take us on an interactive tour around Vancouver Island exploring a variety of sites and attractions.

**Date:** Wednesday February 22<sup>nd</sup>

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

**Location:** Saanich Centre

**Cost:** Free. Refreshments provided

**Contact:** 250-382-3151

### Experience How to Weave

Come and experience how to weave and use a loom. No previous experience is necessary. In this two hour class you will make a small project to take home.

**Date:** Tuesday February 21<sup>st</sup>

(and the 3<sup>rd</sup> Tuesday of every month)

**Time:** 1:00—3:00 pm

**Location:** Saanich Centre

**Cost:** \$5.00 (members), \$7.00 (non-members)

**Contact:** 250-382-3151

## Beginner Ukulele Lessons



Learn to play the ukulele in this 6-part session. Ukuleles are portable, easy to learn, develop coordination, and are great for people short on time. Come out and enjoy this popular and fun instrument.

**Date:** Thursdays March 16<sup>th</sup> - April 20<sup>th</sup> (6-sessions)

**Time:** 10:00am—11:00am

**Location:** Saanich Centre

**Cost:** \$50 (members), \$75 (non-members) for 6 sessions

**Students must provide their own instrument**

**Contact:** 250-382-3151

## Choir Members Wanted for the Hampton Singers



The Hampton Singers are looking for ladies to join their choir. The choir practices once a week from September to June at the Saanich Centre and performs in seniors residences around Victoria two times a month. If you love to sing and would like to join the choir, please contact the Saanich Centre, 250-382-3151.

## Memory PLUS Corner

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

This month, we celebrate Love, in all its many forms, in our lives. In honour of Valentine's Day, how many words can you find that inspire love?

3 letters:

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4 letters:

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5 letters:

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6 letters:

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7 letters:

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## Out of the Past

Life seemed like it was over,  
I sat rocking in my chair,  
Until that happy moment,  
Of a sudden you were there.

You came out of my past  
With my future in your heart;  
Now we two "Senior Citizens"  
Are off to a great start.

I never dreamed I still could feel  
Such passion and such joy—  
Together we are not old folks,  
But once again a "girl" and "boy."

Another time around for us!  
What joy, what perfect bliss—  
Come on, pucker up my dear,  
I need another kiss.

By Betty L. Killebrew

Found at <http://www.inspirationalarchive.com/2168/new-love-for-seniors-poem/#ixzz4WEKKYhV6>

## Volunteer: Bradley

Bradley was first introduced to Silver Threads in 2015 while doing research for a school project. The assignment tasked a group of students to partner with a local organization and create a project that would positively affect people living in the community. The group decided to focus on seniors and technologies; emphasizing the importance of digital communication in the 21st Century. Bradley and the group raised funds to purchase Silver Threads a large tablet. They also offered a lesson on iPads and tablets to an initial group of 4 seniors. The project was well received and after the first tutorial Bradley proposed to continue offering lessons when needed.

Since then Bradley has graduated with a diploma in Community, Family, and Child Studies. He now works full-time with a foster care organization in the Greater Victoria Area. When needed, Bradley finds time to stop in for an hour and help out individuals or groups with their technology concerns. Lessons have included purchasing questions, trouble shooting needs or basic tutorials.

Bradley grew up in the Comox Valley. His mother works for a seniors residential health lodge and when Bradley was a teenager he would often volunteer there. In the early 2000's Bradley helped the lodge purchase computers for the residents and began teaching tutorials. In his early 20's Bradley moved to Victoria and began working for the Geek Squad.

We greatly appreciate Bradley taking the time to volunteer with Silver Threads and helping our seniors navigate computers and technology. Thanks you so much Bradley!

## Memory PLUS Corner Answers:

Possible Answers:

3-letter words: Joy, sex, fun, hug, woo

4-letter words: Kiss, love, hugs, warm, wife, like, care, kind, bond, beau, lust, dear, baby

5-letter words: Heart, happy, trust, sweet, peace, bliss, crush, amour, flame, adore, savor, prize, shine, value, yearn, lover, honey, crave, fancy, loyal

6-letter words: Family, caring, kisses, relish, tender, admire, honour, wonder, esteem, attach, steady, devote, suitor, desire

7-letter words: Forever, darling, passion, cherishes, romance, devoted, delight, amiable, beloved, partner, respect, connect, cuddle, loyalty, snuggle

Great job! Did you come up with some different words of your own for these categories?

## Free 2017 Parks Canada Discovery Pass

As part of Canada's 150th birthday celebrations, Parks Canada is providing everyone with free Discovery Passes in 2017. The pass gives free admission to Canada's National Parks, Historic Sites, and Marine Conservation Areas from January 1<sup>st</sup> to December 31<sup>st</sup>, 2017. You only need to order one pass for your family as the Discovery Pass is valid for everyone arriving in the same vehicle. Apply for your free pass online at Parks Canada ([www.pc.gc.ca/eng/index.aspx](http://www.pc.gc.ca/eng/index.aspx)) or phone 1-888-773-8888.



## 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*

