



April 2017

NEWSLETTER

Volunteers in Canada 150

This year Canada turns 150 and throughout 2017 there will be many events and initiatives to commemorate the special occasion! At Silver Threads Service we are using the 150 theme as part of National Volunteer Week. The contribution volunteers make to charitable organizations across the country over our history is significant and is something to celebrate!

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.

Silver Threads Service is governed by a Volunteer Board of Directors, our Programs, Services and Events are supported by many volunteers.

All totaled, we have over 100 different individuals who collectively and generously give over 9,000 hours of their time each year to support our community of seniors. We thank each and every one of you! All Silver Threads volunteers are invited to attend our Appreciation Luncheon on Wednesday, April 26th.

This year there is a National initiative to celebrate the 150th Anniversary of Canada, all Canadians are encouraged to give 150 hours of volunteer time during 2017 and register for the Challenge by signing in to <https://volunteer150for150.ca/> You can share your volunteer stories, track your volunteer hours, create your volunteer profile and hear about what others across the country are doing to meet the Challenge. We encourage all volunteers (new and old) to get involved! If you have never volunteered, consider giving it a try this year!



“Volunteering is the ultimate exercise in democracy. You vote in an election once every few years, but when you volunteer, you vote every day about the kind of community you want to live in.”

Author Unknown

Upcoming Guess Who's Coming to Dinner

Easter Dinner 5:00 to 7:00pm Wednesday, April 12th, 2017

Baked ham with mustard glaze, Broccoli, Cheddar mashed potatoes and Strawberry Shortcake for dessert

Entertainment: Andy McCormack

\$15 for members, \$18 for non-members.

5:00 to 7:00pm, Wednesday, May 3rd, 2017

Chicken Parmesan, Italian vegetables, Spanish rice, and Ice cream with blueberry sauce for dessert

Entertainment: The Saanich Songmen and Hampton Singers

5:00 to 7:00pm Wednesday, May 17th, 2017

Roast pork loin with mushroom sauce, Carrots, Mashed potatoes, and Strawberry Ambrosia for dessert

Entertainment: Mark Davies

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.

Reservations cut off is 4pm on the Monday before the dinners. Come out and make new friends.

www.silverthreads.ca

Upcoming Events & Programs

Where in the World Travel Series – **“Touring the Midi Canal in Southern France”:**

Join Dr. Ian Cameron as he tours us along the Midi Canal, **one of the world’s oldest canals still in use. Enjoy light refreshments** after the presentation.

Date: Wednesday, April 19th

Time: 1:00 – 2:30pm

Location: Saanich Centre

Cost: Free. Registration required.



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. Students must

provide their own instrument

Date: Thursdays, April 20—May 25 (6-sessions)

Time: 10:00am—11:00am

Location: Saanich Centre

Cost: 6 sessions: \$50 + GST (members), \$75 + GST (non-members)

Calling all Garden Enthusiasts



Do you love to garden but no longer have one? Victoria Silver Threads is looking for gardeners of all levels from novice to experts. Join our Garden Club and share common interests with like – minded people. If you have a couple of hours to volunteer and would like to get your hands in the soil call the Victoria Centre at 250-388-4268

Ageless Love

Ladies Night

An evening for ladies only! Enjoy time with new friends, make-overs with Erin Bradley, an accessories exchange and refreshments.

Date: Thursday, April 6th

Time: 4:00pm-6:00pm

Location: Victoria Centre

How to attract my ideal partner?

What are the qualities you admire in yourself and in a potential partner? We will give you some food for thought to help you get clear and increase your chance of finding the best partner for you.

Presenter: Toby Schnoor

Date: Monday, April 3rd

Time: 1:30pm to 3:30pm

Mix and Mingle

Once a month, we will host fun social afternoons with music, refreshments and enough facilitation to help introduce and connect with other seniors. We will provide it all, just bring along a smile and a positive approach and see what happens!

Date: Thursday, April 20th

Time: 4:00pm - 6:00pm

Online Dating Series

Are you interested in Online Dating and would like to learn more? Practical information on different dating sites, writing your profile, security and safety. Presenter Jennifer Cairns is the founder of EGurus and facilitates computer training for seniors.

Date: Tuesdays, April 25th

Time: 1:30pm - 3:30pm

Making a great first impression

Like they say, you only get one chance to make a good first impression! Feeling a bit rusty at the social game, by listening and learning simple techniques it can be easier.

Presenter: Toby Schnoor

Date: Monday, May 1st

Time: 1:30pm to 3:30pm

Per Session Cost: \$5.25 Members

\$7.35 Non-Members

Location: All sessions held at the Victoria Centre
Registration required

Income Tax Volunteer – Narender



Narender is in his fourth year of volunteering at Silver Threads preparing Income Tax returns for people who qualify for the Community Volunteer Income Tax Program. Narender has prepared 220 returns and counting at Silver Threads! But the number of returns that he has completed is much higher than that as Narender used to

prepare taxes for UVic students and he has also been volunteering for 10 years at Saanich Volunteer Services Society in their tax program.

As well as an affinity for numbers, Narender also has an affinity for languages and speaks four fluently – English, Hindi, Punjabi and Urdu. He acquired those in his native India, which he left in 1967 to pursue a PhD in the USA. Narender moved to Canada in 1971 to do Post Doctoral work at UBC. Upon a job offer from the Provincial Government, Narender moved to Victoria in 1977 and spent the next 30 years working as a scientist in water quality.

Narender is now enjoying his retirement volunteering, travelling with his wife, and spending time with his two daughters and 3 grandchildren.

We thank Narender for his dedication to Silver Threads and the Community Volunteer Income Tax Program. To qualify for CVITP you need to be a senior with a maximum single income level of \$30,000 (\$40K couples). Income Tax clinics run until the end of April at both Silver Threads centres. To book an appointment call: 250-382-3151 (Saanich Centre) or 250-388-4268 (Victoria Centre).

Hampton Concert Orchestra Spring Concerts

Join this enthusiastic and dedicated group of amateur musicians for their annual spring concert.

Charles Encell, Conductor

Playlist includes Bach, Mozart, Gluck and Brahms.

Sunday, April 9th at 2:00pm

Monday, April 10th at 7:30pm

Admission by donation

Refreshments at intermission

Welcome Christine

We welcome Christine Hagan to our staff team. Christine is our new part-time receptionist and you will see her in both the Saanich and Victoria Centres.

Christine has lived in Victoria since 2013 and has made valuable connections by volunteering and working for other senior serving agencies like James Bay New Horizons and The Glenshiel. Her background includes Employment Counselling, a diploma in Social Service and Admin Assistant certification. She

has also been employed at **Women's Resource Centre**, Rogers Sugar and North Shore Continuing Education.

She appreciates that seniors still have the art of conversation, and enjoys hearing their stories. An avid independent traveler, she has visited many countries including the UK, Malta, Italy and others.

Words she lives by are **“Live in the Present.”**



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

This is a twist on the usual word scramble. Below, on the left are names of flowers to unscramble. Once you have all the names of the flowers unscrambled, look at the column on the right (a list of flower meanings), and draw a line connecting the flower with its correct meaning.

- | | |
|---------------|----------------|
| 1) Prasndnoga | chivalry |
| 2) Wuronlesf | sincerity |
| 3) Tewes ape | pride & beauty |
| 4) Oilfadfd | hospitality |
| 5) Murathine | desire |
| 6) Tronanca | adoration |
| 7) Atychinh | chivalry |

Thanks to our Sponsors

Silver Threads Service appreciates the support of our corporate sponsors

Thank you to Revera Retirement Living for sponsoring our March 15th **St Patrick's Day Guess Who's Coming to Dinner**. Revera is a leading owner, operator and investor in the senior living sector committed to helping **older adults' live life to the fullest**. The company offers **seniors' apartments**, independent living, assisted living, memory care and long term care.



Volunteer Opportunity Choir Director

We are seeking a volunteer Choir Director to lead the Hampton Singers, senior women's choir at the Saanich Centre.

Duties Include:

Instructing and motivating choir members and pianist
Providing structure and leadership to the choir
Planning a varied program for rehearsals and concerts
Performances and engaging with audiences
Days: Mondays 9:30am to 11:30am and 2 Wednesdays a month, (1 hour, times vary)
For more information contact Anne at 250 382-3151

Memory PLUS Corner Answers:

- 1) Snapdragon – desire
- 2) Sunflower – adoration
- 3) Sweet Pea – shyness
- 4) Daffodil – chivalry
- 5) Antherium- hospitality
- 6) Carnation- pride & beauty
- 7) Hyacinth – sincerity

When Clutter Becomes Hoarding

A Community Forum presented by members of The Hoarding Education and Action Team (HEAT)
Sponsored by the Saanich and Peninsula Better at Home Program partners: Broadmead Care, Saanich Volunteer Services, Beacon Community Services, and Silver Threads Service

Date: Wednesday April 5th

Time: 3:00-5:00pm (join us at 2:30 for networking and refreshments)

Location: Saanich Centre

Cost: Free

Please register in advance for this event by email:

tracyryan@silverthreads.ca

If you have questions, call 250-658-3264.

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
Christine Hagen - Receptionist
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

