

Welcome Spring and New Beginnings



It has been a long winter this year, too much snow, rain and gloomy days. Now with a bit more daylight and warmer weather on the way we hope you feel the optimism that spring can bring.

It's also time to renew your membership – and thank you to so many who already have! Membership has grown significantly over the past year and we appreciate the support and involvement.

A few ideas at Silver Threads in keeping with the theme of renewal: Ladies Night! On Thursday, May 25th from 4:00pm to 6:00pm at the Victoria Centre we will host an event for women only to get together for fun and friendship. Enjoy refreshments during happy hour, watch make-up demos and join in on our accessory exchange.

There will be good conversations and laughter. \$5.25 Members \$7.35 Non-Members, pre-registration is required.

If you would like to get out into the great outdoors and see the arrival of spring yourself, join one of our Walking Groups. There is safety in numbers and our leaders will take you along some local trails. The group meets Mondays at 10:00am at the Victoria Centre and Wednesdays at 10:00 at the Saanich Centre.

Our Ageless Love Series continues for those who are thinking about entering into the dating world. See page 2 for more information or call the Victoria Centre for more information. It is spring – time to jump into something new!

“Dear Winter;

I am breaking up with you. It's time to start seeing other seasons. Besides Summer is way hotter than you.”

Author Unknown

Upcoming Guess Who's Coming to Dinners

May 3rd, 2017

Chicken Parmesan, Italian Vegetables, Spanish Rice, and Ice Cream with Blueberry Sauce for Dessert
Entertainment: The Saanich Songmen and Hampton Singers

May 17th, 2017

Roast Pork Loin with Mushroom Sauce, Carrots, Mashed Potatoes, and Strawberry Ambrosia for Dessert
Entertainment: Mark Davies

June 7th, 2017

Chicken Breast with Herb Cream Sauce, Roast Potatoes, and Chocolate Mousse for Dessert
Entertainment: Steve and Sherry

June 21st, 2017

Roast Beef with Red Wine Mushroom Sauce, Peas and Carrots, Garlic Mashed Potatoes and Lemon Cake for Dessert
Entertainment: Maureen Washington accompanied by Karel Roessingh

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.

Upcoming Events & Programs

Screening of the Documentary “Advanced Style”

Advanced Style is a documentary that shows the lives of seven unique New Yorkers whose eclectic style and vital spirit have guided their approach to



aging. This film paints intimate and colorful portraits of independent stylish women aged 62 to 95 who are challenging conventional ideas about beauty, aging and Western culture's increasing obsession with youth, all the while being thrust into new found fame.

Date: Monday, May 8th

Time: 1:00pm to 3:00pm

Location: Victoria Centre

Cost: Free

Vision Health Information Session

Come learn about eye conditions, vision health and the services available through the Canadian National Institute for the Blind.

Date: Tuesday, May 16th

Time: 1:00pm to 2:00pm

Location: Victoria Centre

Cost: Free

Register: 250-388-4268



Where in the World Travel Series: Antarctica

Join Chris Mundigler as he tours us around Antarctica, the earth's southernmost continent.

On this photographic expedition we will travel to an other worldly landscape that includes some of the most fragile environments and wildlife ever encountered, and hopefully come away with newfound respect and awe for one of the last true frontiers on Earth.

Date: Wednesday, May 31st

Time: 1:00 to 2:30pm

Location: Saanich Centre

Cost: Free

Register: 250-382-3151



Ageless Love

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

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, May 18th

Time: 4:00pm to 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, May 23rd

Time: 1:30pm to 3:30pm

Ladies Night

An evening for ladies only! Enjoy time with new friends, make-overs with a professional make up artist, an accessories exchange and refreshments.

Date: Thursday, May 25th

Time: 4:00pm to 6:00pm

How to Avoid Common Dating Mistakes

Identifying red flags, keeping yourself safe, and setting personal boundaries are all important as you re-enter the dating world. Hear some reminders and perhaps new information to help in your journey.

Presenter: Toby Schnoor

Date: Monday, June 5th

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

April Highlights

Strike a Chord



We've struck a chord with our ukulele class! 12-students started our Beginner Ukulele class this month and are having a fun time learning and playing together under the guidance of instructor, Patrick Alexander

Mix and Mingle

Fun and conversation was had by all who attended our 1st Mix & Mingle. As the piano music filled the air guests enjoyed a refreshment of non-alcoholic champagne and took the opportunity to connect and welcome new friendships. Join us for the next Mix & Mingle on May 18th!



Memory PLUS Corner

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

With the celebration of Mother's Day this month, we have a special word scramble puzzle celebrating the dozens of qualities that make our Moms so special:

- | | |
|------------------|----------------|
| 1. tascomapinose | 7. nesoruge |
| 2. grinsipni | 8. huttohfugl |
| 3. radwetreamhe | 9. tiglentline |
| 4. tearnosedic | 10. vinovanite |
| 5. ulteabiuf | 11. tiredmedne |
| 6. orwigpenme | 12. edospi |

Free Senior Peer Counselling Services

Senior Peer Counselors are trained volunteer non-professional counselors who provide support and empathy and encouragement towards self help.

Phone Seniors Serving Seniors about this free service 250-382-4331 and visit online at www.seniorsservingseniors.bc.ca.

Seniors Outreach Program

During this past year Silver Threads Service and James Bay New Horizons worked in partnership on a 2nd phase of the Outreach Program designed to connect seniors to their neighbours, provide them with community resources and to give them a forum for discussion about what is working well in their lives and what is not.

Jo-Anne Silverman, was hired as the Outreach Worker and she focused on neighbourhoods in Saanich and Victoria, and hosted Apartment Coffee Chats for seniors 55+ living in rental housing. Connections were made with over 300 seniors living in a total of 64 rental apartments in Saanich (23 buildings) and Victoria (41 buildings).

Overriding themes remained consistent in most visits and participants were open and forthcoming about the issues they are most concerned about, that include:

- Cost of living and high rents
- High cost of food, prescription drugs
- High cost of transportation
- Lack of family physicians
- Loneliness
- Pervasive illness

We plan to continue this important work in the future, and thank Jo-Anne for her dedication and hard work. Funding for this program was provided by the City of Victoria Strategic Planning Grant and the Provincial Government.

Thank you to our Funders

Thank you to the Province of British Columbia for the funding support in 2016-17 for the Seniors Outreach Program.

We are pleased to announce additional funding in 2017-18 for a new Outreach Program in Saanich, On the Go Again. The funding will give Silver Threads Service the opportunity to reconnect with seniors and prevent isolation by providing regular programming in their neighbourhood.



Six Job Search Tips for Mature Workers

1. **Network, network, network:** Not surprisingly, many job leads come from friends, family or colleagues. Share with everyone in your personal and professional networks that you are searching for employment.
2. **Focus on Experience, Not Age.** Fight negative age stereotypes by focusing on your knowledge and real-world experience. Take pride in your achievements, maturity, and wisdom.
3. **Consider a Career Change.** Many older people find meaningful work consulting for businesses (particularly small businesses) in their area of expertise.
4. **Be Confident – but not too much.** Don't be shy about a little self-promotion. Tell employers what your strengths are and how they will benefit by hiring you
5. **Be Patient.** While finding a job can be hard work at any age, older workers need to be even more patient and diligent.
6. **Flash the Smart Phone.** Older workers often get a bad rap for their unwillingness or inability to adapt to change – particularly when it comes to technology.

(Adapted from <http://www.everythingzoomer.com/7-job-search-tips-for-older-workers/>)

Memory PLUS Corner Answers:

1. Compassionate
2. Inspiring
3. Warmhearted
4. Considerate
5. Beautiful
6. Empowering
7. Generous
8. Thoughtful
9. Intelligent
10. Innovative
11. Determined

Victoria Day - Centres Closure



A Reminder that our Centres will be closed on Monday, May 22nd for the Victoria Day Weekend. Victoria's largest parade – Island Farms Victoria Day Parade starts at 9:00am. Venture downtown to watch in person, or view on CHEK TV in the comfort of your own home.

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

