

What we did on summer vacation.....

So here is our summer so far. On Friday, June 23rd we were pleased to host **John Horgan (now Premier of BC)** at the Saanich Centre. He connected with members over a game of pool, tried shuffleboard and had coffee while listening to concerns facing seniors today. Everyone had a good time and we have had positive feedback from those who attended.



On Friday, June 30th both Centres celebrated **Canada Day** and our country's 150th with—what else—cake! Red and white was the dress code for the day.

Saanich Centre hosted the **Barbeque Guess Who's Coming to Dinner**. 119 hungry guests feasted on chicken, ribs and baked potatoes. Entertainment was provided by Cookeilidh. We are sure there would have been dancing if we all weren't so full.

In July we hosted our 3rd Annual 50's **Ice Cream Parlour** day. Staff served 108 people Sundaes, Ice cream floats and provided entertainment by try their hands (and hips) at hula hooping. Luckily, no one was injured in the process.



Summer Barbeque at the Victoria Centre

Join us for our 3rd Annual Community Barbeque held at the Victoria Centre. There will be delicious backyard burgers with entertainment provided by musical duo, Can Suite! Friday, August 18th 11:00am to 1:00pm **Cost: \$7.50** Call: 250 388-4268

Upcoming Guess Who's Coming to Dinners

Wednesday, August 16th

Pineapple glazed ham, carrots and peas, mashed potatoes, butter pecan ice cream

Entertainment: Gypsy Rovers

Wednesday, August 30th

Roast Beef, roasted vegetables, garlic mashed potatoes, blueberry pie

Entertainment: Charlie Burton

Wednesday, September 20th

Roast Pork Loin with mushroom sauce, herb mashed potatoes and broccoli, Chocolate chip mint ice cream.

Entertainment: Guy Marchi

Dinners are from 5:00 to 7:00pm. Seating begins at 4:30pm

Cost \$12 for members and \$15 for non-members

Call our Saanich Centre at 250-382-3151 to make your reservation.

Reservation cut off is 4:00pm on the Monday before the dinners. Come out and make new friends.

September Programs & Events

Saanich Centre

Beginner Ukulele

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: Wednesdays, September 13th to October 18th

Time: 9:45am to 10:45am

Location: Saanich Centre

Cost: 6 sessions: \$52.50 (members), \$78.75 (non-members), includes GST

Students must provide their own instrument

Contact: 250-382-3151

Ukulele Level II

For students who already have a grounding in the ukulele. Come and advance your skills with instructor Patrick Alexander.

Date: Wednesdays, September 13th to October 18th

Time: 11:00am to 12:00pm

Location: Saanich Centre

Cost: 6 sessions: \$52.50 (members), \$78.75 (non-members), includes GST

Students must provide their own instrument

Contact: 250-382-3151



Lian Gong Shi Ba Fa Workshop (18 Postures to Practice Daily)

In this 6-week workshop, you will learn a series of Chinese & Western therapeutic exercises beneficial for energy, muscles, and joints of the body. Shi Ba Fa is easy to learn and easy to do.

Date: Mondays, September 11th to October 2nd

Time: 1:00pm to 2:00pm

Location: Saanich Centre

Cost: 4 sessions, \$ 15.75 (members), \$25.20 (non-members), includes GST

Contact: 250-382-3151

September Programs & Events

Victoria Centre

Danger, Beware & Don't Despair

Presented by: Steve Wallace

There are many proactive steps seniors can take when they are asked to submit to a review of their driving skills. Most seniors dread the day they will receive the letter directing them to their family doctor, for a physical, psychological and cognitive test, which will help determine their fitness to drive.

When: Tuesday, September 19th

Time: 1:00pm to 2:00pm

Location: Victoria Centre

Cost: \$5.25 includes GST

Please register in advance before September 12th by calling 250-388-4268



Act your Age!

It's never too late to be on stage!

Have you ever thought of getting involved in theatre? Then why not take part in the four-week **Play Reading Workshop**. Facilitated by two members with theatre backgrounds. We will read from original one-act plays, and scenes taken from classic theatre - with the emphasis on *age-appropriate roles for those 55+*.

Dates: Mondays, September 18th to October 23rd (no class Oct. 9th)

Time: 10:00am to 12:00pm

Location: Victoria Centre

Cost: 5 sessions, \$52.50, (members) \$75.75 (non-members) includes GST

Call 250-388-4268 to register

Mix & Mingles

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

Date: Thursday, September 21st

Time: 1:30 to 3:30pm

Location: Victoria Centre

Cost: \$5.25 (member), \$7.35 (non-member) includes GST

Call 250-388-4268 to register

New This Fall At Victoria

Hearing Health Series

Did you know that 1 in 3 people over age 65 experience some degree of hearing loss? It is recommended that anyone over the age of 50 have regular hearing check-up. Watch for other presentations and clinics into the fall, sponsored by NexGen.

Seminar

Presenter: Ted Venema, PhD

This seminar presented by Ted Venema will teach you how your ears actually function. The outer, middle and inner ears each do very different things, but they are all necessary and they fit together in an amazing way. You will leave with a better understanding about how your ears work & how they hear.

Date: Tuesday, September 19th

Time: 1:00pm to 2:00pm

Location: Victoria Centre

Cost: Free Call 250-388-4268 to register



The Memory PLUS Summer Luncheon was attended by 40 participants who enjoyed a great lunch followed by entertainment provided by Bob Meikle.

Memory PLUS Fall Session

Memory PLUS (Practice, Laughter, Useful Strategies) is a program designed for individuals to learn tools and specific strategies to help improve brain function and memory. Participants connect with peers, explore techniques, try games and challenges to increase cognitive function in this weekly, 2-hour program.

Date: Mid- September to early December

Time: Morning and afternoon sessions available

Location: Locations vary

Cost: 12 sessions, \$78.75 (individual), \$110.25 (family), includes GST

Contact: 250-382-3151.

Open registration as of September 5

Victoria Computer Club Programs

The Victoria Computer Club will continue offering programs at the Saanich Centre throughout the summer months.

Beginners Computing Group

Dates: Mondays, August 14th, 28th

Time: 10:00am to 12:00 noon

Tutorials and Social Drop-in Sessions

Dates: Tuesdays, August 1st, 8th, 15th, 22nd, 29th

Time: 10:00am to 2:00

Dates: Fridays, August 4th, 11th, 18th, 25th

Time: 12:00 noon to 3:00pm

Absolute Beginners

Dates: Tuesday, August 1st, 8th, 15th, 22nd, 29th

Time: 10:00am to 12:00 non

Space is limited to two people per session.

Pre-book your space at 250-382-3151.

Specialized Interest Groups

Dates: Thursdays,

August 10th Photo Group

August 17th Android Group

August 31st Windows 10 Group

Time: 10:00am to 12:00pm

Check the club website www.VictoriaComputerClub.org or Silver Threads Reception 250-382-3151 for specific topics, dates and participation costs.

The club currently can support users with Windows, Android and Chrome-based devices.

Memory PLUS Corner

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

Did you enjoying camping? Here are some words to unscramble that might spark some memories about the experience.

- | | |
|-----------------|-------------|
| 1) CRONEDITI | 6) MOCSAPS |
| 2) FRAECIPM | 7) CABCKAKP |
| 3) SMLOHRWLASAM | 8) NEGRAR |
| 4) SNILEWERDS | 9) PORGANA |
| 5) ARMSET | |

Memory PLUS Corner Answers:

- | | |
|-----------------|-------------|
| 1) DIRECTION | 6) COMPASS |
| 2) CAMPFIRE | 7) BACKPACK |
| 3) MARSHMALLOWS | 8) RANGER |
| 4) WILDERNESS | 9) GRANOLA |
| 5) STREAM | |

All the best to Dustin!

We are sad to announce that Friday, July 21st was Dustin's last day at Silver Threads Service. After almost 3 years with the organization Dustin is leaving to continue his education and complete the Masters Program at Royal Roads University.



Dustin started part time working at the Victoria Centre as the Centre Assistant, soon becoming full-time and also working at the Saanich Centre.

He was a personable and friendly face at both our centres and will be missed by our members and staff.

We wish you well in your future endeavours Dustin.

Celebrate BC Day

Our centres will be closed on

Monday, August 7th



A Thousand Paper Cranes

Thousand Origami Cranes is a group of one thousand origami paper cranes held together by strings. An ancient Japanese legend promises that anyone who folds a thousand origami cranes will be granted a wish by the gods. Some stories believe you are granted happiness and eternal good luck, instead of just one wish, such as long life or recovery from illness or injury. This makes them popular gifts for special friends and family. The crane in Japan is one of the mystical or holy creatures (others include the dragon and the tortoise) and is said to live for a thousand years: That is why 1000 cranes are made, one for each year. In some stories it is believed that the 1000 cranes must be completed within one year and they must all be made by the person who is to make the wish at the end. (<https://en.wikipedia.org/wiki/>)



Visit the Victoria Centre and see the Paper Crane display.

Silver Threads Service Staff

Tracy Ryan - Executive Director

Anne Nelson - Saanich Centre Director

Ro Fife - Saanich Centre Assistant

Debbie Erb - Victoria Centre Director

Christine Hagen - Victoria Centre Assistant

Toby Schnoor - Program Coordinator

Maureen Brouwer - Programmer

Brian Penner - Saanich Centre Chef

Brian Peterson - Saanich Centre Cook

Debi Stoness - Bookkeeper

Silver Threads Service 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

