



## **NEWSLETTER**

### **Sharing good food**

The Food Share Network (FSN) is composed of 40+ non-profit agencies, stakeholders and supporters working to alleviate food insecurity in the Capital Region and Silver Threads Service is pleased to be a part of this Network. We are partnering on a research project as well as being a receiving organization for the Food Rescue Project. This project, commenced in January 2017, connects perishable food donated by Thrifty Foods to partners like Silver Threads for their use & re-distribution. Beginning last month, we are receiving weekly deliveries of fresh fruit and vegetables to share with our seniors, at our Community Outreach Programs, with other organizations like Saanich Volunteer Services and at our Centres.

We encourage you to fill a bag and take what you need, maybe try something new and tasty! Deliveries are Tuesday afternoons, please talk to any of our staff for more information.

"Nothing brings people together like good food"



Delicious salads, corn on the cob, blueberries and tomatoes are just a sample of the offerings!

#### **NEW** this fall! Saturdays at Saanich

The Saanich Centre will be open on Saturday mornings from 9:00am to 12:00 noon beginning September 9<sup>th</sup>. Due to popular demand we will be offering Pickleball, Computer Club and the Saanich Songmen to start. The coffee will be on, so come on by and join us!

#### **Upcoming Guess Who's Coming to Dinners**

Wednesday, September 20th

Roast Pork Loin with Mushroom Sauce, Herb Mashed Potatoes and Broccoli, Chocolate Chip Mint Ice Cream. Entertainment: Guy Marchi

Wednesday, October 4th

Thanksgiving Dinner: Turkey, Stuffing, Brussel Sprouts, Squash, Carrots and Mashed Potatoes with Gravy and Cranberry Sauce. Pumpkin Pie with Whipped Cream for Dessert.

Entertainment: Jean Bedard

Wednesday, October 18th

Octoberfest Dinner: Roast Pork with Mustard Sauce, Potatoes, Braised Cabbage and Carrots.

Black Forest Cake for Dessert.

Entertainment: Victoria Accordion Club

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

Cost for September 20th \$12 for members \$15 for non-members

For our October Specialty dinners \$15 for members, \$18 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

Check out our new and returning programs! Complete information is available in our Program Guide and on our website.

#### Saanich Centre Call 250 382-3151

**Beginner Ukulele** 

Date: Wednesdays, September 13th to October 18th

Time: 9:45am to 10:45am

Ukulele Level II

Date: Wednesdays, September 13th to October 18th

**Time:** 11:00am to 12:00pm

**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)** 

Date: Mondays, September 11th to October 2nd

**Time:** 1:00pm to 2:00pm

Cost: 4 sessions, \$15 (members), \$25 (non-members),

includes GST

Victoria Centre Call 250 388-4268

Act your Age! Play Reading Workshop.

Dates: Monday, September 18<sup>th</sup> to October 23<sup>rd</sup>

(no class Oct. 9th)

**Time:** 10:00am to 12:00pm

Cost: 5 session. \$10.50 (members) \$15.75 (non-members)

**Hearing Seminar** 

Presenter: Ted Venema, PhD Date: Tuesday, September 19<sup>th</sup> **Time:** 1:00pm to 2:00pm

Cost: Free

**Hearing Aid Screening & Cleaning** 

Date: Monday, September 25<sup>th</sup>

**Time:** 1:00pm to 3:00pm

Cost: Free

**Resumes That Work** 

Date: Friday, September 22nd **Time:** 10:00am to 12:00pm

Cost: \$25 (members) \$30 (non-members) includes GST

#### Victoria Centre

Beware, Prepare & Don't Despair

Presented by: Steve Wallace Date: Monday, September 18th

**Time:** 1:00pm to 2:00pm Cost: \$5.25 includes GST

#### **Ageless Love Series**

#### Mix & Mingles

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, September 21st

**Time:** 4:30pm to 6:00pm Location: Victoria Centre

Cost: \$5.25 (members) \$7.35 (non-members) includes

**GST** 

#### **Online Dating Series**

Are you interested in Online Dating and would like to learn more? Practical information on dating sites, writing your profile, security and safety are discussed. Jennifer is the founder of eGurus and facilitates computer training for seniors on the 4th Tuesday of each month. Registration encouraged. Class sizes are limited.

Date: Tuesday, September 26th

**Time:** 1:30 to 3:30pm Location: Victoria Centre

Cost: \$13.15 (members) \$19.50 (non-members) includes

**GST** 

#### **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 5th

#### **August Highlights**

#### **Silver Threads Summer Choir**

We have had a wonderful time singing together this past summer. For anyone who would like to continue singing in the fall and into the spring we have two choirs you could join.

#### The Hampton Singers

Are a popular ladies choir who meet every Monday at the Saanich Centre from 9:30am to 11:30pm. The choir performs in public 2 Wednesdays a month. There is no drop-in fee but Silver Threads membership is required. For more information contact info\_cme@yahoo.com or call 250 381-4890.

#### The Saanich Songmen

Is a choir for men who meet every Saturday at the Saanich Centre from 9:30am to 11:30am. The choir performs in public every Wednesday. There is no drop-in fee but Silver Threads membership is required. For more information contact Paul at pjsenecal@shaw.ca or call 250 727-3689.



#### Summer Barbeque

Our 3<sup>rd</sup> Annual Community Barbeque was held on August 18<sup>th</sup> with entertainment provided by "Can Suite Duo" Thanks to our volunteers from the Hotel Grand Pacific - Ashton and Bianca for the delicious burgers grilled to perfection on the Grillerado courtesy of Jenner Chev Olds. Thank you to our sponsor Peninsula Co-op and to all those who came out and enjoyed the event.



Thank you City of Victoria Councillor Charlayne Thornton-Joe and family for attending!

#### **Victoria Computer Club Programs**

Saanich Centre is please to partner with the Victoria Computer Club offering programs. The club currently can support users with Windows, Android and Chrome-based devices.

\* STS Drop-in fee applies

**Beginners Computing Group \*** 

Dates: Mondays, September I Ith, 18th, 25th

Time: 10:00am to 12:00 noon

#### **Tutorials and Social Drop-in Sessions**

Dates: Tuesdays, September 5th, I2th, I9th

**Time:** 10:00am to 2:00pm

Dates: Fridays, September 1st, 8th, 15th, 22th, 29th

**Time:** 12:00 noon to 3:00pm

Dates: Saturdays, September 16th, 23rd, 30th

**Time:** 9:30am to 11:30am

#### **Absolute Beginners sessions**

Dates: Tuesdays, September 5th, 12th, 19th

Time: 10:00am to 11:30am

Pre-book your space at 250-382-3151. Silver Threads Drop-in fees apply.

#### **Specialized Interest Groups\***

Dates: Thursdays

September 7th Genealogy

September 14th Digital Camera and Photography Group September 21st Smart phones and tablets (excluding Apple

products—iPhones & iPads)

September 27th Window 10 Group

Time: 10:00am to 12:00pm

#### Monthly Speaker Presentation\*

Date: Tuesday September 26th

#### **Memory PLUS Corner**

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

September is back to school time. What do you remember about your childhood and time at school? Did you have a favourite teacher, a best friend or a subject you excelled in? To get your memories flowing here is a word scramble of things connected to school.

honcluxb
sesrce
nicpel
emoorhwk
sosoclram
toonekob
aladorhckb
goyalpnudr
sanryco
sosoclram
sostobket

#### **Memory PLUS Corner Answers:**

1. lunchbox

6. chalkboard

2. recess

7. playground

3. pencil

8. crayons

4. homework

9. classroom

5. notebook

10. textbooks

#### Welcome new staff Amaiah!

We are pleased to welcome Amaiah (A-my-ah) Paradine to our staff team. Amaiah will be working at both centres as a receptionist.

She has many years experience in recreation and customer service, experience with seniors and is a dedicated health and wellness



professional. Most recently she was employed at Oak Bay Recreation as a Fitness Leader and Receptionist.

# HAPPY

#### **Labour Day**

Our centres will be closed on Monday, September 4th

## 1,200 volunteers and 27 different sports: Archery,

The event this year will

Badminton, Bocce, Bridge, Carpet Bowling, Cribbage,

consist of 3,600 participants,

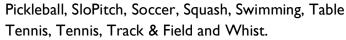
Cycling, Darts, Dragon Boats, Equestrian, Five Pin Bowling,

Floor Curling, Golf,

Horseshoes, Ice Curling, Ice

Hockey, Lawn Bowling,

Mountain Bike Racing,



55+ BC Games

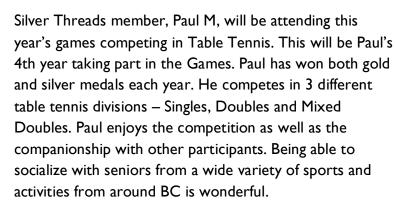
Annually, since 1988, various cities throughout British

Columbia have hosted summer games highlighting the

skills of people 55+. Originally known as the BC Senior

Games, Vernon will be hosting the 30th BC 55+ Games

this year from September 12th to 16th.



We wish Paul all the best at this year's 55+BC Games!

#### **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

Amaiah Paradine - Receptionist

**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

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#### **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.

