

## Open House at the Victoria Centre

Join us at the Victoria Centre on Monday, October 23rd, 10:00am to 1:00pm

Drop in and say hello, have a tour of our centre and see demonstrations and gather information about the services we offer. If you have never been there, this is the day to visit!

During the event, current members will be on hand to showcase their skills with their favourite crafts that include Chinese Brush Painting, Mosaics, knitting and crochet. There will be an exercise class offered at 10:00am designed especially for seniors to build flexibility, balance and strength. Table tennis is a popular activity at the centre and we encourage you to learn from others and try it yourself.

Join us for coffee and refreshments and try all this and more.



*"May all who enter as guests, leave our Centre as Friends"*

### Flu Clinics

Rexall Drugstore will be running flu clinics at Silver Threads Service. The service is FREE for seniors, with presentation of your Care Card. This is a drop-in service, no appointment necessary.

Victoria Centre - Friday, October 27th Saanich Centre - Monday October 30th

Time: 9:30 to 11:30am (drop-in)

### Upcoming Guess Who's Coming to Dinners

#### Guess Who's Coming to Dinner in October and November

##### Wednesday, October 4th

Thanksgiving Dinner: Turkey with stuffing, Brussel Sprouts, Squash and Carrots, Mashed Potato with Gravy and Cranberry Sauce. Pumpkin Pie with Whipped Cream.

Entertainment: Jean Bedard

##### Wednesday, October 18th

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

Black Forrest Cake for dessert.

Entertainment: Victoria Accordion Club

##### Wednesday, November 1st

Chicken breast with mushroom sauce, Cauliflower, Spanish rice, Apple pie for dessert

Entertainment: Saanich Songmen & Hampton Singers

##### Wednesday, November 22nd

Roast beef, Carrots and peas, Mashed potatoes and gravy, Lemon cake for dessert

Entertainment: Can Suite

Dinners are **Wednesday from 5:00pm to 7:00 pm**

Seating begins at 4:30pm

Cost \$12 for members (\$15 for October dinners) and \$15 for non-members (\$18 for October dinners)

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.

## October Programs & Events

Complete information is available in our Program Guide and on our website.

**Saanich Centre**  
Call 250 382-3151

**Victoria Centre**  
Call 250 388-4268

### Portrait Painting for Fun

This course involves reproducing famous portraits through the Ages from Renaissance to Modern (Mona Lisa to Marilyn Monroe). Using specialized tracing software, students will recreate a copy of the original portrait onto canvas or paper using paint, color or charcoal. For Beginner or Intermediate levels. No experience of drawing or painting is necessary.

**Date:** Wednesdays (October 11th to November 15th)

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

**Cost:** 6 sessions - \$21 (members), \$42 (non-members) plus supplies. GST included.

### Where in the World Travel Series: The Grand Canyon

The Grand Canyon overwhelms our senses through its immense size. Come and explore this natural wonder with Don and June Kilbank.

**Date:** Wednesday October 25<sup>th</sup>

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

**Cost:** Free. Registration required

### Ukulele Level II

For students who already have a grounding in the ukulele. Come and advance your skills with instructor Patrick Alexander. **Students must provide their own instrument.**

**Date:** Wednesdays: November 1st, 8th, 15th, 22nd, 29 and December 13th (6-sessions)

**Time:** 10:00am to 11:00am

**Cost:** 6 sessions: \$52.50 (members), \$78.75 (non-members), GST included.

### Safety Cameras at Saanich Centre

Safety cameras have been installed to ensure the safety and protection of the property, staff, volunteers, as well as the seniors we serve. With over 20,000 individual visits per year, and growth in the volume of activity and participation levels the need for additional safety measures has increased. If you have any questions please contact Tracy or Anne at the Saanich Centre.

### The Ageless Love Series

The Ageless Love Series is designed for Seniors who are looking to build healthy, positive relationships. We can provide some support, ideas and opportunities to connect with others. For more info visit [www.silverthreads.ca](http://www.silverthreads.ca)

### Speaker Series

#### “Talking with your Doctor”

Do you hate it when you go to your specialist and you are told what you have is “Age Related?”

Education and discussion on doctor and patient relationships and exploring ways to communicate with your physician.

**Date:** Tuesday, October 17th

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

**Cost:** Free. Registration required.

### RentSmart for Seniors

RentSmart Basics Seniors is a specialized course developed specifically for seniors on the unique challenges and opportunities they face when renting. Through RentSmart Basics you will learn strategies to create a healthy, successful tenancy in your rental home.

**Date:** October 10, 12, 17, 19<sup>th</sup> (4 sessions)

**Time:** 12:30 to 3:30pm

**Cost:** Free. Registration required.

### Free hearing screenings provided by NexGen Hearing.

Did you know that 1 in 3 people over age 65 experience some degree of hearing loss? Our hearing is so important. It is recommended that anyone over the age of 50 have regular hearing check ups. Sign up for your free hearing screening at the reception desk today!

### Free hearing aid cleanings provided by NexGen Hearing.

Do you have a hearing aid? Is your hearing aid not working? Do you have questions about how to use your hearing aid? If you have a hearing aid and have questions or want it cleaned and checked this is the clinic for you! Sign up for your free clean and check at the reception desk today!

**Date:** Monday, October 23, 2017

**Time:** 1:00am to 3:00pm call for appointment

**Cost:** Free. Registration required.

## September Highlight



On September 15th the Saanich Centre was one of the 3 satellite sites for the Office of the Seniors Advocate release of the Residential Care survey. 75 people were in attendance and we were pleased to host the webcast. The work of the OSA and the volunteers who put in

countless hours of personal interviews with seniors in care is to be applauded.

For the full results visit the website:

<https://www.seniorsadvocatebc.ca/o.../residential->

## Mark your (Christmas) Calendars

### Silver Christmas Craft Fair - Victoria Centre

Silver Christmas is a craft fair held each year at the Victoria Centre. Tables are still available and if you are a crafter or baker and wish to rent a table please contact staff at the centre at 250 388-4268.

**Date:** Saturday, November 4th

**Time:** 10:00am to 3:00pm

### Christmas Concert - Victoria Centre

**Tickets are available for the annual concert with music, refreshments for friends and family.**

**Date:** Thursday, December 14th

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

**Cost:** \$5.25 (members) \$7.35 (non-members) GST included.

### Christmas Events - Saanich Centre

Tickets go on sale **November 1st**

### Greater Victoria Police Chorus Concert

**Date:** Wednesday December 6

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

**Cost:** \$5.25 (members), \$8.40 (non-members) GST included.

**Christmas Guess Who's Coming to Dinner (November ticket sales for this event are for members only.)**

**Date:** Wednesday December 20th

**Time:** 5:00 to 7:00pm

**Cost:** \$15 (members), \$18 (non-members) GST included



## It's Fall

**We asked some of our members and**

**participants what they were looking forward to about Fall. Thank you for sharing your thoughts!**

*"The colours, green grass, rain. The flowers, leaves falling. I share my life with a one year old who notices everything.."*



## Memory PLUS Corner

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

In the spirit of Thanksgiving, this month's word scramble is going to be on the theme of Gratitude. Practicing an attitude of gratitude has some very interesting benefits to our physical and mental well-being and health. Robert Emmons, the world's leading scientific expert on gratitude, reveals why gratitude is good for our bodies, our minds, and our relationships.

1. Gratitude makes us **ripeaph.**
2. Gratitude helps us deepen our **nixgites lateshropinsi.**
3. Gratitude improves your **eleps.**
4. Gratitude increases your **greeny sleelv.**
5. Gratitude makes you **direlifern.**
6. Gratitude improves your **hyslaptic thaleh.**
7. Gratitude increases **vopruditcity.**

## Memory PLUS Corner Answers:

1. Gratitude makes us happier.
2. Gratitude helps us deepen our existing relationships.
3. Gratitude improves your sleep.
4. Gratitude increases your energy levels.
5. Gratitude makes you friendlier.
6. Gratitude improves your physical health.
7. Gratitude increases productivity.

## Hillside Centre Night of Lights Fundraiser Sunday, November 19<sup>th</sup>

Silver Threads Service is one of the non-profit organizations invited to participate in Hillside Centre's Night of Lights fundraising event. This year's 17th annual private ticketed event will be from 6:00 to 9:30 pm and only those who have purchased a ticket will be allowed to enter Hillside Centre on that evening. This special evening will include appetizers, beverages, entertainment, fabulous door prizes, exclusive retailers' specials and tons of fun!

Tickets are \$5.00 each, and will be sold at both Centres at the Reception Desk. Silver Threads Service keeps 100% of the revenue generated from the tickets sold.



**Thanksgiving**  
**Our centres will**  
**be closed on**  
**Monday,**  
**October 9th, 2017**

## Silver Threads Service Board of Directors

### Thank you to Barbara Harwood

We are sad to announce the resignation of Barbara Harwood from the Board of Directors and the role of President. Barbara joined the Board in 2011, and served as Director, Vice-President, and as President for the 2016-17 year. Barbara brought a wealth of experience to Silver Threads. A Physical Education teacher by



training, she also worked with the Red Cross, the MedicAlert Foundation, and the City of Victoria. With a strong commitment to seniors, she contributed her knowledge, time and expertise to greatly improve our organization. We thank Barbara for her dedication, and we will always have a seat for her at our Guess Who's Coming to Dinner.

At the September Board of Directors' meeting, Sara Roberts Pash was voted in as our new President. Marjorie Moulton was elected Vice-President.

## 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

### 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*

