

Funding Announced for Seniors Outreach Partnership



Marking UN International Day of Older Persons on October 1, 2017, the United Way Greater Victoria announced new funding that will reach out to hundreds of isolated seniors and support a network of local social services. The funding will expand the existing Seniors Outreach Program piloted by two of the largest senior service agencies – James Bay New Horizons and Silver Threads Services – in the Capital Regional District (CRD). It will build on the pilot program funded by the City of Victoria and the Provincial Government and will directly support a Seniors Community Outreach Worker to visit rental housing units to connect vulnerable and isolated seniors with people and existing programs in the United Way Greater Victoria network of services, including bc211. The carefully designed program now has the ability to impact more than 500 people annually in the CRD, where 18% of the population identify as seniors.

Thanks to Philanthropists and de Vine Vineyards owners, John and Catherine Windsor, who strongly believe helping seniors rests on the shoulders of the community. “Let’s not forget that today’s seniors are yesterday’s teachers, nurses, doctors, soldiers and business leaders. Together with their parents, they built this wonderful country,” says John and Catherine Windsor. At a public event on October 1, United Way Greater Victoria announced their gift to our outreach program. It is the largest individual gift in United Way Greater Victoria’s 80-year history. We are grateful for their generosity and belief in our work!

“We must find time to stop & thank the people who make a difference in our lives”
John F. Kennedy

Guess Who’s Coming to Dinners

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

***Christmas dinner ticket sales for Silver Threads Members only begin November 1st.**

Payment required at time of booking.

December 20th

Turkey with all the trimmings, Toffee Fudge cake

Entertainment: Cookeilidh and the O’Brien Irish Dancers

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

Seating begins at 4:30pm

Cost \$12 for members (\$15 for Christmas dinner) and \$15 for non-members (\$18 for Christmas dinner)

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.

November 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

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

In this 3-week workshop, you will learn a series of Chinese and Western therapeutic exercises beneficial for energy, muscles and joints of the body. Shi Ba Fa is easy to learn and easy to do.

Date: Wednesdays November 15th to 29th (3 sessions)

Time: 1:00pm to 2:00pm

Cost: 3 sessions, \$10.50 (members), \$15.75 (non-members) includes GST

Darts (New Day of the Week)

Join in for a fun, social game of darts. Practice your skills and learn new techniques from each other. In house darts available or bring your own set.

Date: Thursdays

Time: 10:00 am to 12:00pm

Cost: \$1.60 (members), \$4.75 (non-members) includes GST

Hampton Concert Orchestra

Enjoy this talented group of musicians as they perform works by Mozart, Schubert and Faure in their fall concert. This concert orchestra is a program of Silver Threads and practices regularly at our Saanich Centre.

Dates and Times: Sunday November 19th 2:00 pm or Monday November 20th 7:30pm

Location: Saanich Centre Auditorium. Enter directly through our auditorium entrance.

Cost: Admission by donation.

Computer Club Specialized Interest Groups

Interested in using technology to help you with your family tree, taking pictures or playing games? Come out and learn new techniques and how to let your computer and devices work for you and your hobbies. Topics include Genealogy, Photography, Gaming and Android Devices (Tablets and Smartphones except Apple products).

Date: Thursdays

Time: 10:00am to 12:00pm

Cost: \$1.60 (members) \$4.75 (non-members) includes GST

For details on all the current computer club program offerings at Silver Threads contact our centre at 250-382-3151 or consult the VCC website www.victoriacomputerclub.org.

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, November 6

Time: 1:30pm to 3:30pm

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

Ladies Paint Night

Join us for a relaxing Ladies Night canvas painting, appetizers & refreshments. No previous painting skill is required you'll create a one-of-a-kind painting (we make it so easy!) to take along with the memory of a unique night out.

Dates: Thursday, November 16th

Time: 4:00pm to 6:00pm

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

Chinese Brush Painting Workshop

This workshop is designed for those interested in the oriental painting medium. You will learn about Chinese ink, rice paper, color, texture, composition, and the aesthetic principles of Chinese Brush Painting. You will also learn technical skills, such as loading the brush with ink and water, dry and wet brush strokes.

Date: Thursday, November 23rd

Time: Noon-4:00pm

Cost: \$55.00 (members), \$65.00 (non-members) GST included

Hillside Centre Night of Lights Fundraiser

Sunday, November 19th

Tickets are available for this private shopping event. Join us for shopping, appetizers, beverages, entertainment and door prizes—including the Grand Prize of a trip for 4 to Disneyland.

Advance tickets are \$5.00 each, and are on sale at both Centres at the Reception Desk.

Silver Threads Service keeps 100% of the revenue generated from the tickets sold.

October Highlights

Guess Who's Coming to Oktoberfest

It was a wunderbar evening October 18th at the Saanich Centre for our Annual Oktoberfest dinner. Our 115 guests feasted on roast pork, black forest cake and a little beer. The music and costumes of the Victoria Accordion Club added to the festivities. Fun was had by all!



We welcome our 600th Member!



On October 20th Florence became our 600th member of Silver Threads Service. To celebrate the occasion she will receive a \$15 gift card compliments of Silver Threads. We are pleased to welcome Florence who will be attending the Victoria Centre for the Friday Craft Drop in.

Victoria Centre Open House

On October 23rd we hosted an Open House at the Victoria Centre and thank our members and instructors for helping with the displays and demonstrations, including the Play Readers (below). We had 55 people attend and check out the crafts, painting, table tennis and more. Two new people signed up for membership and we are pleased to welcome new folks to the centre.



Christmas is Coming to Saanich

Our Annual Police Chorus Concert

Enjoy Hawaiian music and dance with Hula Dance for Health followed by The Greater Victoria Police Chorus as they sing a selection of Christmas songs. Seasonal sweets and refreshments to follow.

Date: Wednesday December 6

Time: 1:00 to 3:00pm (doors open at 12:30pm)

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

Guess Who is Coming to Christmas Dinner

Join us for a festive night of Christmas cheer with a full turkey dinner and great entertainment. Entertainment will be Cookeilidh and the O'Brien Irish Dancers.

Date: Wednesday December 20th

Time: 5:00 to 7:00pm

Cost: \$15 (members), \$18 (non-members).

Payment is required at time of booking.

Christmas is Coming to Victoria Silver Christmas Craft Fair

Start the Christmas season right by experiencing Silver Christmas: a craft fair presented by Silver Threads Service Crafters. Hot beverages and a variety of Christmas baking will be available for your enjoyment.

Date: Saturday, November 4th

Time: 10:00am to 3:00pm

Cost: Entry by Donation

Victoria Christmas Concert

You are invited to a Christmas Concert at Victoria Silver Threads! Join us for a fun, music filled afternoon and bask in the magic holiday cheer. Call 250-388-4268 to reserve your ticket

Date: Thursday, December 14th

Time: 1:00pm to 2:30pm

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

Memory PLUS Corner

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

Remembrance Day Word Scramble

Words:

- | | |
|---------------------|--------------|
| 1. eceekapesrep | 6. monuctymi |
| 2. aromilme ciersve | 7. alylyot |
| 3. aulset | 8. bevryrar |
| 4. ronuah | 9. ipsopep |
| 5. rcarethac | 10. iyrmalit |

Memory PLUS Corner Answers:

Answers:

- | | |
|---------------------|--------------|
| 1. peacekeepers | 6. community |
| 2. memorial service | 7. loyalty |
| 3. salute | 8. bravery |
| 4. honour | 9. poppies |
| 5. character | 10. military |

Remembrance Day Closures

Both Centres will be closed for
Monday November 13th

In recognition of Remembrance Day.

Please note our Saanich Centre will also be closed on
Saturday November 11th.



Saanich Remembrance Day Ceremony

Date: November 11th, 10:30am to 12:30pm

Location: Saanich Municipal Hall Cenotaph

BC Legislature Remembrance Day Ceremony

Date: November 11th, 10:30am

Location: Parliament Building Cenotaph

Introducing bc211

A United Way Partnership

The help you need 24/7

Dial 211

Connecting individuals and organizations to community, social and government resources. Available by phone, text, online and web chat any time of the day or night.

bc211 can help you find information on many issues, including those related to seniors including Housing, Health Services, Support Groups, Counselling, Financial Assistance and so much more. You can call and talk to helpful people on the other end of the phone, or email your questions.

Help is there.

Call: bc211

Email: help@bc211.ca

Website: bc211.ca



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

For general inquiries please email:

reception@silverthreads.ca

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

