

How Can Art Help with Aging?



Many of us enjoy artistic endeavors as a hobby, but did you know that engaging in art activities can actually help you to improve cognitive function? Research has shown that making art, or even viewing art, causes the brain to continue to reshape, adapt, and restructure, thereby expanding the potential to increase brain function. Research from the Center on Aging, Health & Humanities at George Washington University found that the arts have many positive effects on health as we age including:

- helping individuals relax
- providing a sense of control
- reducing depression and anxiety
- assisting in socialization
- encouraging playfulness and a sense of humor
- improving cognition
- offering sensory stimulation
- fostering a stronger sense of identity
- increasing self-esteem
- nurturing spirituality
- reducing boredom

At Silver Threads Service, we offer facilitated and self-directed arts programs to fulfill our mission of enhancing social connections and well-being for seniors. Instructor-led programs are great for people who would like to develop skill with the support and direction of an experienced artist. Upcoming art workshops led by a skilled instructor include **Portrait Painting** (Friday, August 24th) at the Saanich Centre, **Paper Quilling** (Friday, August 24th) and **Learn to Mosaic** (Fridays, September 14th to 28th) at the Victoria Centre. Our self-directed groups provide a social environment for people to work alongside one another, share tips and tricks and gain inspiration.

Some of the self-directed artistic groups include: **Painting Group** (Thursdays September thru June, 9:30 to 11:30am), **Weaving** (Tuesdays 1:00 to 3:00pm), and **Woodcarving** (Mondays & Thursdays 9:00 to 11:00am) at our Saanich Centre. At our Victoria Silver Threads location, you can practice **Chinese Brush Painting** (Fridays 1:30 to 3:00pm), drop-in for coffee, and dust off or start a new project at **Knitting and Crocheting** (Fridays 9:00 to 12:00pm). Not sure which is best for you? Speak with one of our friendly staff and we will point you in the right direction.

“The purpose of art is washing the dust of daily life off our souls” Pablo Picasso

Guess Who’s Coming to Dinner

August 15th

Menu: Salmon filet, Dill Cream Sauce, Rice Pilaf; Dessert: Apple Pie

Entertainment: Guy Marchi

Cost \$15 for members and \$18 for non-members.

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

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

NOTE: Reservation cut-off is 11:00am on the Monday before the dinner

August 2018 Programs & Events

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

(all prices include GST)

Saanich Centre
Call 250 382-3151

Victoria Centre
Call 250 388-4268

Enjoying My Community

Enjoy this social group with weekly topics and speakers.

Date: Monday, August 13th, “**Self Care — Self Love**”

Date: Monday, August 20th, “**Gardening Reminiscence and DIY Garden Ornaments**”

Time: 1:00pm to 2:30pm

Cost: No charge

Summer Choir

Enjoy a morning of singing throughout the summer

Date: Mondays, August 13th and August 20th

Time: 10:30am to 11:30am

Cost: No charge

Portrait Painting Workshop

Complete a portrait in one day under the guidance of artist Rosa Benjamin.

Date: Friday, August 24th

Time: 9:30am to 3:00pm

Cost: \$10.50 (members), \$15.75 (non-members), plus cost of supplies

Afternoon at the Movies

Enjoy movies on the big screen TV

Date: Wednesday, August 15th, “**The Greatest Showman**”

Time: 1:30pm to 3:30pm

Cost: Free (includes popcorn)

Where in the World Travel Series: Iceland

Explore this Nordic Island country with Anne Nelson.

Date: Wednesday, August 22th

Time: 1:00pm to 2:30pm

Cost: No charge, but please call to reserve a spot.

Paper Quilling Workshop

Quilling is the art of rolling paper strips to make 3-dimensional designs. In this course you will learn various shapes and designs to make a greeting card and a bookmark.

Date: Friday August 24th

Time: 10:00am to 12:00pm

Cost: \$10.50/members, \$15.75/non-members

Summer Chair Yoga

This class focuses on breathing and stretching for back care and spinal health. Gentle standing poses focus on core strength and balance to build stability and bone density. Deep relaxation techniques end each class to help calm and support a healthy nervous system.

Dates: Thursdays, August 2nd to August 23rd

Time: 1:00pm to 2:00pm

Cost: 4 sessions: \$35.00 (members) \$52.50(non-members)

Summer Community Barbeque

Join us for a delicious BBQ Lunch of Hamburgers, Corn on the Cob, Salad, Lemonade and a Dessert Treat. Musical entertainment by the Canadian Suite Duo.

Tickets are going fast, so reserve a spot today.

Date: Friday, August 17th

Time: 11:30am to 1:00pm

Cost: \$8.00

Sponsored by Peninsula Co-Op
and Jenner Chev-Olds



Blood Pressure Clinics

Our Registered Nurse will provide Blood Pressure readings and individualized health and wellness information.

Date: Monday, August 13th (Saanich Centre)

Time: 10:00am to 1:00pm (Saanich Centre)

Friday, August 17th (Victoria Centre)

10:00am to 12:00pm (Victoria Centre)

Cost: No charge

July Highlights

Strawberry Social

Our first annual Strawberry Social was held on Wednesday July 11th. Members and guests enjoyed delicious strawberry shortcake at both centres. Between the two centres, 115 people attended the event. By all accounts this was a successful event and we look forward to next year!



Victoria Centre Fitness Potluck

Our Strength and Stretch Participants and their instructor, Isabel gathered last month to celebrate Summer and share some delicious treats. This group is a combination of long-standing and new members who always welcome others to join in for the fun and fitness! Strength and Stretch runs Mondays from 10:00am to 11:00am and Thursdays from 11:00am to 12:00pm at the Victoria Centre.



Outreach Fitness Program at Kiwanis Seniors Housing

Silver Threads recently launched a new weekly Chair Fitness Program on-site for residents of the Kiwanis Seniors Village on Cook Street. The first class was held on



July 6th with 24 participants in attendance. Victoria Centre staff are working to develop more programs for Kiwanis residents including a Grief Support Group. Many Kiwanis folks have recently become Silver Threads members and we hope to see them making use of our Centres as well.

August Take-Away Meals

The frozen Take Away Meals and individual Soup are available at both Centres. The meals are \$6.50 and the soup is \$4.50. For those who are attending the Guess Who's Coming to Dinner at the Saanich Centre, you will be able to purchase at the end of the event.

The August frozen meal options will include:

Frozen Meals:

Chicken Salisbury Steak with Mushrooms on Rice
Beef Lasagna with Garlic Bread
Shepherd's Pie with Carrots
Baked Ham with Potato Gratin
Liver and Onions

Frozen Soups:

Beef Barley
Split Pea & Ham
Tomato Basil



Brian's Retirement

Brian Penner will be retiring after 10 years at Silver Threads. Friday, August 24th will be his last day at work.

To recognize Brian and the contribution he has made to the organization, you are invited to

Afternoon Tea on Friday, August 24th

Please plan to drop in anytime between 1:00pm to 3:00pm at our Saanich Centre and help us give a good send off and warm happy retirement wishes to Brian!

Please note there will be no lunch service on that day.



Gratitude Soup:

Add a Note to the Pot with your favourite memory of Brian over the last 10 years and we'll drop it in a "Soup" for Brian's Retirement to remember us by! Available at Reception.



Memory PLUS Challenge

Practice, Laughter, and Useful Strategies

Memory PLUS is a Silver Threads Service program for those 55+ who would like to increase their memory in an active and social group setting. The PLUS stands for Practice, Laughter, Useful Strategies.

The 12-week program is offered in various locations in Greater Victoria.

Here are some words to unscramble related to Artistic Endeavors:

- | | |
|--------------|----------------|
| 1. TEAREVIC | 6. LULINGIQ |
| 2. PTANI | 7. SAIMOC |
| 3. TETAPSRN | 8. VODOWRACING |
| 4. EKESHTC | 9. GAWVEIN |
| 5. SLICYSARC | 10. PRIONESSEX |

Answers

- | | |
|----------------|-------------|
| 10. expression | 5. acrylics |
| 9. Weaving | 4. sketches |
| 8. woodcarving | 3. patterns |
| 7. mosaic | 2. paint |
| 6. quilting | 1. creative |

Look for the New Memory PLUS Challenge Coming for Fall— Words in Words Game

Sample: Write down all the words you can make from the word below... We've given you three to get you started!

Preside

Pedestrian

Striped

???

Rest

BC Day Closure

Our Centres will be closed for the BC Day long weekend on Monday, August 6th. We will reopen on Tuesday, August 7th.



Labour Day Closure

Our Centres will also be closed for the Labour Day Weekend on Monday, September 3rd. We will reopen on Tuesday, Sept 4th.



Centre Closure Notice—Renovations

The Saanich Centre will be closed Monday August 27th to Monday September 3rd inclusive due to new flooring and lighting being installed at the centre. All programs and rentals will be cancelled for that week. Regular operations will resume after the Labour Day weekend, on Tuesday September 4th.

Silver Threads Service Staff

- Tracy Ryan** Executive Director
Anne Nelson Saanich Centre Director
Jennifer Jakobsen Victoria Centre Manager
Ro Fife Saanich Centre Assistant
Christine Hagen Victoria Centre Assistant
Amaiah Paradine Receptionist
Toby Schnoor Program Coordinator
Amy Little Program Facilitator
Sandy Firth Bookkeeper
Brian Penner Saanich Centre Chef
Jo-Anne Silverman Outreach Worker

Silver Threads Service Locations

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|--|---|
| 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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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

