

The Joy and Benefits of Singing



We all love to sing. Our cars and showers are particularly good sound booths! But did you know that this enjoyable pastime also has significant health benefits?

Here are 7 benefits to singing:

Building a stronger immune system: A study at the University of Frankfurt found an increase in the antibodies in the blood of a group of choir members after they finished a rehearsal as compared to before they sang.

Getting a good workout: The increased amount of oxygen taken in during singing has a positive effect on your lungs, diaphragm and overall circulation.

Developing good posture: To sing effectively you need to stand with your chest expanded and your shoulders back. In time, this will become a natural habit.

Sleeping better: Throat and palate muscles get strengthened with singing and this can help to reduce snoring and sleep apnea.

Building confidence: Singing and gaining praise from others can help to increase your confidence not only when singing but in other areas of your life as well.

Improving communication skills: Studies show that singing to babies helps prepare them for language acquisition.

Increasing your social circle: Singing brings together people with similar interests. Strong bonds are often created from shared experiences. (Adapted from www.takelessons.live.com).

Come and experience the joys and benefits of singing at our Silver Threads Summer Choir. It will take place on Mondays, July 9 to August 27 from 10:30am to 11:30am at our Saanich Centre. This is a free program open to everyone so come and enjoy.

“Singing provides a true sense of lightheartedness. If I sing when I am alone, I feel wonderful. It's freedom.” Andrea Bocelli

Guess Who's Coming to Dinners

July 18th

BBQ Chicken & Ribs, and Baked Potatoes

Dessert: Ice Cream

Entertainment: Cookeilidh

Save the Dates! August Guess Who Dinners:

August 15th &

August 29th

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

July 2018 Programs & Events

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

Saanich Centre
Call 250 382-3151

Enjoying My Community—July Topics

Enjoy this social group with weekly topics and speakers.

Date: Monday, July 9th, “**Summer Quiz**”

Date: Monday, July 16th,

“**Camping Cabins & Outdoor Fun**”

Date: Monday, July 23rd, “**Bladder Facts**”

Date: Monday, July 30th,

“**Where in the World Have You Been**”

Time: 1:00pm to 2:30pm

Cost: No charge

Summer Choir

Enjoy a morning of singing throughout the summer

Date: Mondays, July 9th to August 27th

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: Wednesday, July 18th

Time: 10:00am to 3:00pm

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

Fortis BC Energy Conservation Information Table

Find out about energy saving tips, conservation ideas, available rebates and natural gas safety. There will also be giveaways!

Date: Monday, July 9th

Time: 10:00am to 1:00pm

Blood Pressure Clinics

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

Date: Monday, July 9th (Saanich Centre)

Friday June 13th (Victoria Centre)

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

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

Cost: No charge

Victoria Centre
Call 250 388-4268

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, July 5th to 26th

Dates: Thursdays, August 2nd to 23rd

Time: 1:00pm to 2:00pm

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

Silver Treads Walking Group

Meet at the Victoria Centre and carpool to various locations around the city for a 45-60 minute walk. Enjoy coffee and social time upon return. Call the Victoria Centre to book a space.

Date: Monday, July 9th, Songhees Walkway

Date: Monday, July 16th, Breakwater and Dallas Road

Date: Monday, July 23rd, James Bay/Inner Harbour

Time: 9:30am

Cost: No Charge

Tea Cup Creations Workshop

Date: Friday, July 20th

Time: 10:00am to 12:00pm

Cost: \$15.75 (members) \$17.85 (non-members) GST included



Victoria Centre Bar-b-que

Date: Friday, August 17th

Time: 11:00am to 1:00pm

Cost: \$8.00 per person

June Highlights

Silver Threads Annual General Meeting

Our Annual General Meeting was held on June 20th, 2018 at the Saanich Centre. Overall we have had a positive 2017-2018 with growth in Program and Membership. New partnerships include the Food Share Network, and the Victoria Community Club. As well new funding was secured to expand the Outreach Programs.



After review by our external accountants, the organization is reporting a deficit in operating of (\$56,101) for the fiscal year ending March 31, 2018, compared to the prior year deficit of (\$8,508). During the past fiscal year, revenue has not increased in proportion to expenses, in particular in our food services area. Staff and Board are working together to return to a financial surplus.

In addition to approving the revised Bylaws & Constitution our volunteer Board of Directors was confirmed and includes returning members Sara Roberts Pash, Andy Robinson, Norm Tatlow, Marjorie Moulton, Margaret Jacobson, Sonterra Ross and Shawn Rankin. We said goodbye to Doug Crowder and Kathy Ajas. New members are Vernon Storey and Margo McIntosh. For bios please visit: <http://silverthreads.ca/about-us/our-board/>

The quick business meeting was followed by dinner and entertainment by Group Therapy. It was a lovely celebration to end a great year.

Our Annual Report is available at our centres or on our website: <http://silverthreads.ca/wp-content/uploads/2018/06/Silver-Threads-2017-18-Annual-Report.pdf>

Strawberry Social

Wednesday, July 11th

Celebrate summer with us at our Strawberry Social. Enjoy strawberry shortcake and tea at both Silver Threads Centres.

Time: 11:00am to 1:00pm



July Take-Away Meals

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

The July frozen meal options will include:

Meals:

Spaghetti and Meatballs
Meatloaf with Mash and Gravy
Bangers and Mash
Baked Ham with Potato Gratin
Liver and Onions

Soups:

Beef Barley
Split Pea & Ham
Tomato Barley
Borscht



Welcome Amy Little Program Facilitator

Welcome to our new Program Facilitator, Amy Little. Amy comes to us with training as a Health Care Aid and as an Activity Assistant. She enjoys helping people maintain an active lifestyle - physically, mentally and socially. Amy came to Silver Threads originally as our Saanich Centre Walking Group volunteer and now we are happy to have her on the staff team.



Amy will be leading Enjoying my Community, Viewmont Gardens Community Program and the Victoria Memory PLUS.

BC Day closure

Our Centres will be closed for the BC Day long weekend on Monday, August 6th, 2018.

We will reopen on Tuesday, August 7th, 2018.



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 Summer and Summer Fun!

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|--------------|----------------|
| 1. CIE ECRAM | 7. HENISSUN |
| 2. NAVCTIOA | 8. BEECARBU |
| 3. DEINGGARN | 9. MISMINGSW |
| 4. NCIPCIS | 10. HOTSRS NAD |
| 5. ATEH WEAV | THIRSSK |
| 6. SGHNFII | |

Answers

- | | |
|----------------|--------------|
| SKIRSTS | 5. HEAT WAVE |
| 10. SHORTS AND | 4. PICNICS |
| 9. SWIMMING | 3. GARDENING |
| 8. BARBEQUE | 2. VACATION |
| 7. SUNSHINE | 1. ICE CREAM |
| 6. FISHING | |

Travel & Entertainment Events

Saanich Centre

Afternoon at the Movies

Enjoy free movies on the big screen TV, complete with free popcorn.

Date: Wednesday, July 18th, “I Tonya”

Time: 1:30pm to 3:30pm

Where in the World Travel Series: St. Petersburg and the Baltic Region

Explore this fascinating area of the world with Cliff and Diana Cunningham.

Date: Wednesday, July 25th

Time: 1:00pm to 2:30pm

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

Chemainus Theatre Outing

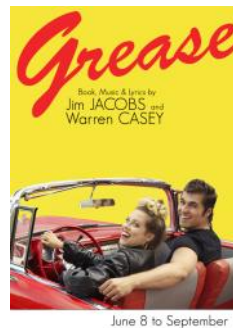
Enjoy “Grease” at the Chemainus Theatre and lunch in the Playbill Dining Room.

Date: Sunday July 29th

Time: 9:45 am to 6:30 pm

Cost for the show, lunch and transportation: \$110 (members), \$140 (non-members), GST included.

Reserve your seat: 250-382-3151



You are invited to attend the Installation Ceremony of the Saanich 150 Time Capsule on Sunday, July 15th at 11:00am at Saanich Municipal Hall. Join Councillor Vicki Sanders, Ambassador for Canada 150. Enjoy light refreshments served at 11:30 while listening to string music provided by Laura and Maggie Moore.

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
Kristy Brugman Outreach Worker

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

