

## Healthy Active Aging – the Silver Threads Way!



Starting or maintaining a regular exercise routine can be a challenge at any age—and it doesn't get any easier as you get older. You may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. While these may seem like good reasons to slow down and take it easy as you age, they're even better reasons to get moving. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being.

Reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. No matter your age or physical condition, it's never too late to get your body moving, boost your health and outlook, and improve how you age. September is a great time to start a new routine and Silver Threads has added some exciting fitness classes to the fall schedule! If you are not sure which class is most suitable for you, please speak with one of our friendly staff, we would be happy to help you!

**TIME™ (Together in Movement and Exercise):** This registered program is geared towards people who are recovering from weakness after a hospital stay or who live with conditions such as stroke, MS or acquired brain injury. The TIME Exercise stations focus on building strength and coordination so you can complete your daily living tasks safely and easily. **Monday and Thursday, September 17<sup>th</sup> to October 29<sup>th</sup>, 1:00 to 2:00pm \$126/12 sessions at the Victoria Centre.**

**Fall Prevention Fitness:** This new drop-in program also at the Victoria Centre is designed to improve your mobility, balance, strength and flexibility – all of which help to prevent falls. Come and check it out, your first class will be free!

**Tuesdays starting September 4<sup>th</sup>, 1:30 to 2:30pm, \$3.70 (members) \$5.80 (non-members).**

**Zumba Gold:** A registered, low-intensity exercise program using the rhythm and movements of Latin dance is starting at the Saanich Centre. **Thursdays, September 13<sup>th</sup> to October 18<sup>th</sup>, 1:00 to 2:00pm 6 sessions: \$52.50 (members), \$78.75 (non-members)**

*“Aging is not lost youth, but a new stage of opportunity and strength” Betty Friedan*

## Guess Who's Coming to Dinner September 19<sup>th</sup>



Sponsored by Telus Health AlarmCare

Menu: Pork schnitzel, Roast potatoes, Warm fruit crumble

Entertainment: Bob Meikle

**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**

**[www.silverthreads.ca](http://www.silverthreads.ca)**

## September 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 September 10<sup>th</sup>, “Who Am I” game

**Date:** Monday September 17<sup>th</sup>, “A Jar Full of Getting to Know You”

**Date:** Monday September 24<sup>th</sup>, “6 Ways to Age Well”

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

**Cost:** No charge

### Afternoon at the Movies

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

**Date:** Wednesday September 19<sup>th</sup>,  
“Goodbye Christopher Robin”

**Time:** 1:30pm to 3:30pm

**Cost:** No charge

### Where in the World Travel Series:

#### Photos Taken on Vancouver Island, but Where?

Join Don and June Kilbank as they share photos and interesting stories from Vancouver Island.

**Date:** Wednesday September 26<sup>th</sup>

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

**Cost:** No charge

### New Drop-in Programs for Fall

Floor Curling - Fridays

Social Bridge - Mondays starting September 17<sup>th</sup>.

### Try one of our Registered Programs this September

Gentle Somatic Yoga

Low Intermediate Line Dancing

Ukelele (Various Levels)

Zumba Gold (New)

Consult our Program Guide or Call the Centre for details.

### Lunch and Learn

Starting in September we will be hosting monthly Lunch and Learn Sessions. Join us for a tasty lunch while you enjoy an educational and inspiring presentation. Topics include: Wellness in Retirement, Assisted Dying, Advance Care Planning and more!

**Date:** Tuesdays, September 25<sup>th</sup>, October 16<sup>th</sup> and November 13<sup>th</sup>

**Time:** 12:00pm to 1:30pm

**Cost:** With Lunch: \$10.50 (members), \$14.70 (n-m)

Without Lunch: \$3.70 (members), \$5.80 (n-m)

### Learn to Play Pickleball

Come give pickleball a try and find out why this sport is so popular!

**Date:** Mondays September 17<sup>th</sup> to October 29<sup>th</sup>

**Time:** 11:15am to 12:45pm

**Cost:** 6 sessions: \$37.80 (members); \$44.10 (n-m)

### Intro to Mosaics

Learn how to make beautiful mosaics from tile and broken china or pottery and take home your own project.

**Date:** Fridays September 14<sup>th</sup> to 28<sup>th</sup>

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

**Cost:** 3 sessions: \$15.75 (members); \$17.85 (non-members)

### iPad for Beginners

Learn how to use all the basic functions of your iPad including email, photos, apps and more with our certified Apple instructor.

**Date:** Mondays October 15<sup>th</sup> to November 5<sup>th</sup>

**Time:** 1:30pm-3:00pm

**Cost:** 4 sessions: \$52.50 (members); \$78.75 (n-m)

## Blood Pressure Clinics

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

**Date:** Monday, September 10<sup>th</sup> (Saanich Centre)

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

Friday, September 14<sup>th</sup> (Victoria Centre)

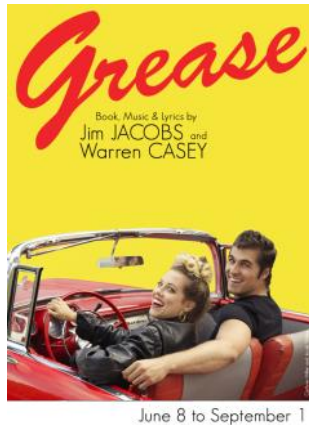
10:00am to 12:00pm (Victoria Centre)

**Cost:** No charge

## August Highlights

### Chemainus Trip

Fifteen theatre enthusiasts enjoyed the bus trip up and over the Malahat and a little exploring in the artsy town of Chemainus before gathering for a delicious lunch in the Playbill Dining Room. The highlight of the outing was the energetic musical "Grease" in the fabulous Chemainus Theatre.



### Annual Summer Barbeque

The Victoria Centre hosted the Summer Barbeque on August 17. Members and guests enjoyed the music of the CanSuite Duo while savouring tasty hamburgers, fresh local corn and refreshing lemonade. A big thank you to Peninsula Co-Op for sponsoring the food and Jenner Chev-Olds for the use of the Grillverado BBQ Truck.



### Brian's Retirement Party

After ten years of service we said a fond farewell to chef Brian Penner. It was a lovely send off with good food, great guests and gifts. We thank him for his contribution and wish him all the best in his retirement ventures!

Photo: Brian, Myra and family getting ready to cut the cake.



## September 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 September Frozen menu options will include:

- Bangers and Mash
- Parmesan Chicken Meatballs on Spaghetti
- Beef Stroganoff
- Meatloaf with Gravy on Mash
- Beef Lasagna
- Tuna Casserole
- BBQ Chicken Drumsticks on Mash
- Liver and Onions
- Creole (not spicy) Chicken Breasts with Rice Pilaf



### How do you like them Apples?

The Victoria Computer Club has added some Apple expertise to its repertoire. As of September, they will offer a monthly special interest group (Second Thursday of the month) to focus on Apple Devices (iPhones, iPads and apple computers). First session will be **Thursday September 13<sup>th</sup>** 10am to noon. Sessions will be held at the Saanich Centre with a drop-in cost of \$1.60 (members) \$4.75 (non-members).



### TELUS LivingWell Campaign supports Silver Threads Service



During the month of September individuals can purchase a TELUS LivingWell Companion product and a contribution of \$25 will be made by TELUS to Silver Threads Service. The LivingWell Companion products are wearable devices to keep you safe at home and living independently. Devices allow you to speak to a trained operator at the push of a button, or detection when you fall and connects automatically. Starting at \$20 per month and no upfront fees. Installation is included.

## New 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.

### Words in Words Game

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



**Suggestions:** exercise, sex, cis, seer, sextier, rise, rice ire, ice, exec, sire, cries, scree, seric, eerie, crees, eerie, creese, seric

## City of Victoria Senior Centres National Seniors Day Celebration

Monday, October 1<sup>st</sup>, 2018

Join us for our inaugural event in celebration of Seniors and a special screening of the film Lives Well Lived Celebrating the Secrets, Wit and Wisdom of Age. Refreshments, draw prizes and giveaways will be provided.

**Location:** Vic Theatre

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

Doors open at 12:30.

**Tickets:** \$5 each and are available at the Victoria Centre, Cook Street Village Activity Centre and James Bay New Horizons.

Funding provided by the City of Victoria Outreach Grant



### Labour Day Closure

Our Centres will be closed for the Labour Day Weekend on Monday, September 3rd. We will reopen 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  
**Jo-Anne Silverman** 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](mailto: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

