

Saanich Centre celebrates 50th Anniversary!

On December 8th, 1968 the partnership with Silver Threads Service and the District of Saanich officially began with the opening of a purpose built building for seniors – the home of the current Saanich Centre. In 1986 the building was named the Les Passmore Centre after Les Passmore who was a Reeve and a Counsellor for 33 years in Saanich.

Today the Centre supports over 20,000 annual visits, and serves members, non-members and the community through centre based programs and outreach services. Some things never change – like our dinner events - and some things do. Nobody would have imagined we'd be offering Pickleball or computers in 1968!

Thank you to the District of Saanich and all the members, volunteers and staff, past and present, for five great decades!



A Saanich Dinner then....



A Saanich Dinner now.....

We will commemorate the occasion at the November 21st Dinner and will invite some special guests to celebrate with us. Also look for the 50th Anniversary supplement coming out in the Saanich News! Happy Birthday Saanich Silver Threads!

“A Man who views the world the same at fifty as he did at twenty has wasted thirty years of his life.” Muhammad Ali

Guess Who's Coming to Dinner in November

November 7th

Menu: Baked Cod Fish with Pesto Cream Sauce and Profiteroles for dessert

Entertainment: Can Suite

November 21st

Menu: Chicken Cordon Bleu, Scalloped potatoes and Lemon Meringue pie

Entertainment: Saanich Songmen & Hampton Singers

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

November 2018 Programs & Events

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

(all prices include GST)

Saanich Centre

Phone: (250) 382-3151

Enjoying My Community

Enjoy this social group with weekly topics and speakers.

Date: Monday November 5th, "Remembrance Day Quiz"

Date: Monday November 19th, "Current Events"

Date: Monday November 26th, "The Secret of Health and Happiness: Laugh at Yourself"

Time: 1:00pm to 2:00pm

Cost: No charge

Afternoon at the Movies

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

Date: Wednesday November 7th, "Breathe"

Date: Wednesday November 21st, "The Leisure Seeker"

Time: 1:30pm to 3:30pm

Cost: No charge

Where in the World Travel Series

"The Inspiration of Paris in Song"

Dr. Helene Cazes will take us on a virtual tour of Paris, highlight how the city has been an inspiration in songs from 1920 – 1970.

Date: Wednesday November 28th

Time: 1:00pm to 2:00pm

Cost: No charge

Low Intermediate Line Dancing

If you have had a few months of line dance classes this class is perfect for you.

Date: Fridays, November 16th to December 14th

Time: 2:00pm to 3:30pm

Cost: 5 sessions: \$47.25 (members); \$57.75 (non-members)

Floor Curling

Floor curling is almost identical to on-ice curling, without the sweepers and no ice! It takes place on a waxed floor with wooden rocks and is a fun social time.

Date: Tuesdays

Time: 1:00pm to 3:00pm

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

Victoria Centre

Phone: (250) 388-4268

Lunch and Learn

Assisted Dying 101: The Basics

This informative presentation from Dying with Dignity Canada will educate you on the definition of Medical Assistance in Death (MAID), current status and availability of MAID on southern Vancouver Island, who qualifies, how to go about applying, arrangements and other considerations. Our Lunch and Learn Sessions include soup and a sandwich from a local caterer as well as coffee or tea.

Date: Tuesday, November 13th

Time: 12:00pm to 1:30pm

Cost: Registration with lunch: \$ 10.50 (members); \$14.70 (non-members)

Registration without lunch: \$3.70 (members); \$5.80 (non-members)

Handmade Christmas Ornaments

Learn how to make these beautiful fabric Christmas ornaments - no sewing required! No sewing is required, but participants will need enough dexterity to handle small pins

All materials provided.

Date: Friday, November 16th

Time: 10:00am to 12:00pm

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



Fresh Wreaths



Get into the spirit of the season and make a fresh wreath with real boughs and branches and all the trimmings. Hot Apple Cider included.

Date: Friday, December 7th

Time: 10:00am to 12:00pm

Cost: \$26.25(members) \$31.50(non-members)

October Highlights

Pickleball Jamboree

A fun time was had by all at our first Pickleball Jamboree. Congratulations to our winner, Bob, seen here sporting his winning T-shirt. Many thanks to our volunteer coach, Mike Seal, for organizing the day.



Oktoberfest

Guests enjoyed a German inspired meal of bratwurst, ham, pierogis and black forest cake accompanied by near-beer. The meal was followed by wonderful entertainment with the Victoria Accordion Club.



Food Share Network

The Victoria Centre have expanded weekly food delivery to include our newest Outreach Community, Kiwanis Housing, to coincide with the weekly Fitness Classes we are providing there. Thank you to the Food Share Network for a great service to the community, we are pleased to support this initiative.

Victoria Computer Club Tip of the month: Passwords

Know your passwords for your accounts. Don't click "remember me" on websites. Don't leave your websites (ie. Facebook, etc) logged in all the time. Don't keep them in a book / piece of paper near your computer.

Keep passwords in a secure spot.

Make them legible to read - type them out.

Use a Password Manager or encrypted Excel document.

Make sure your family / estate are aware of your accounts.

For more information on the VCC call 250 382-3151

Christmas events

Victoria Centre

Silver Christmas Craft Fair

Friday, November 9th 10:00am to 3:00pm

Start your Christmas shopping early with some lovely one-of-a-kind handmade gifts from the Silver Threads knitters and crafters. Tea, coffee and baked goods for sale as well.

Tables available for other vendors \$20.

Free admission

Christmas Concert

December 13th 1:00 to 2:30pm

Ring in the season with a lively performance of your favourite holiday songs performed by the Victoria Village Squires Barbershop Harmony Chorus and children from Selkirk Montessori School.

Space is limited, please reserve in advance at 250-388-4268

\$5.25(member) \$7.35(non-member)

Saanich Centre

Greater Victoria Police Chorus Concert with opening by STAGES Dance Company

December 5th 1:00pm to 3:00pm

Event includes performances and seasonal treats
Tickets \$5.25 members/ \$8.40 non-members
Tickets on sale as of November 1st All Welcome

Guess Who's Coming to Christmas Dinner

December 19th 5:00pm to 7:00pm

Tickets \$18 members / \$21 non-members
Members only ticket sales as of November 1st
General ticket sales open December 1st
Payment due at time of booking 250-382-3151

Blood Pressure Clinics

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

Victoria Centre Friday, November 30th
10:00am to 12:00pm

Saanich Centre Monday, November 26th
10:00am to 1:00pm

New Memory PLUS Challenge

Practice, Laughter, and Useful Strategies

Memory PLUS is a Silver Threads Service program for those 55+ who would like to learn tools and specific strategies to help improve brain function and memory in an active and social group setting. The PLUS stands for Practice, Laughter, Useful Strategies.

The 12-week program will start in January and is offered in various locations in Greater Victoria.

Check your memory with our Remembrance Day Quiz!

1. In 1998, The Royal Canadian Navy famously purchased four used Upholder/Victoria-class submarines from which country?

United States	United Kingdom
Australia	Russia

2. Which Canadian fighter jet was controversially scrapped by the Diefenbaker Government in 1959?

F-4B	Avro Arrow
P-80	Mirage

3. Which famous Second World War attack failed disastrously with 3,367 Canadian casualties?

Dieppe	Juno
Husky	Vimy

4. In which one of these conflicts was Canada not an active wartime participant?

World War II	Korean War
Second Iraq War	Boer War

5. Canadian forces stormed Juno Beach in what year?

1941	1942
1943	1944

1. United Kingdom	2. Avro Arrow	3. Dieppe
4. Second Iraq War	5. 1944	

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 Centre & Program Coordinator

Sandy Firth Bookkeeper

Donene Eve Food Services Coordinator

Hampton Concert Orchestra Fall Concert

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



Sunday November 25th 2:30 pm or
Monday November 26th 7:30pm
Enter directly through our auditorium entrance.

Cost: Admission by donation.

Men's Choir Now Accepting New Members

The Saanich Songmen are a 55+ men's choir at the Saanich Centre. The choir has weekly practices and performances at senior's residences. Previous choir experience is not necessary, just the ability to carry a tune. Practices are Saturdays, 9:00am to 11:00am (September to May)

Performance Details: Wednesday afternoons (TBC)

Cost: No charge, Silver Threads membership required

Contact: Paul at 250 727-3689 or pjsenecal@shaw.ca

Remembrance Day

closure

The Centres will be closed for Remembrance Day on Monday, November 12th. Please note our Saanich Centre will also be open as usual (9am to noon) Saturday November 10th.



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

