

## Tis the Season

**It's December and the holidays are upon us and the new year is just around the corner!**

Silver Threads Service has been serving seniors in Greater Victoria for over 60 years and our mission remains as important and relevant as it was in 1956. Silver Threads provides seniors a place and a purpose – with a place to gather at our centres our members and participants have a purpose – to connect with others, take care of their health, learn and experience new ideas. This holiday season please consider making a charitable gift to Silver Threads Service to help us continue to work to support seniors.



Beyond our centres, Silver Threads Service provides support and outreach to seniors in the community who may live with financial, health and other risk factors. We quietly provide programs, information sessions and even deliver weekly food share groceries to seniors in subsidized and rental housing. We advocate, educate and work in partnership with other not-for-profit organizations to enhance quality of life for seniors in many walks of life and whatever they are experiencing.

As the need for support grows we have taken steps this year to ensure our programs and services remain accessible and affordable in the future but we need your help. If you appreciate the work of Silver Threads Service, please consider making a donation to support our good work. Donations can be made online, using the secure Canada Helps page <http://silverthreads.ca/support-us/> or our centres. Donations over \$20 will be issued a tax receipt.

*“Giving is not just about making a donation. It is about making a difference.” Kathy Calvin*

### Boost your Spirits

The holidays can be a tough time of year, RN Wendy Campbell suggests some ways that might make it better.

1. Focus on someone else. Find a way to bring joy to someone by performing a random act of kindness.
2. Buy yourself a journal and, before going to bed at night, write down positive outcomes of the day.
3. Find some quotes or sayings from the Bible or from Google that resonate with you.
4. Go for a walk, preferably outside. Fresh air and environment can stimulate our senses and mood.

SMILE .... It sounds almost too easy, but research has shown that the simple act of smiling can improve your mood.

## Guess Who's Coming to Dinner in December

### Sponsored by We Care Health Services

December 19<sup>th</sup>

Menu: Turkey and all the trimmings

Entertainment: Gypsy Rovers



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)

## December 2018 Programs & Events

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

All prices include GST where applicable

### Saanich Centre

#### Enjoying My Community

Enjoy this Monday social group with weekly topics and speakers.

**Date:** December 3<sup>rd</sup>, “**Dreaming – Facts & Mysteries**”

**Date:** December 10<sup>th</sup>, “**How to have a Good Conversation**”

**Date:** December 17<sup>th</sup>, “**Oh What Christmas Fun!**”

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

**Cost:** No charge

#### Christmas Concert

Concert with the Greater Victoria Police Chorus and opening performance by STAGES Dance Company followed seasonal sweets.

**Date:** Wednesday December 5<sup>th</sup>

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

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

#### Dine With a Veteran

Canadian Forces Base Esquimalt will be hosting a luncheon to provide an opportunity for veterans to dine with sailors, soldier and air personnel of Canadian Force Base Esquimalt.

**Date:** Wednesday December 5<sup>th</sup>

**Time:** 11:15 am to 1:30 pm

**Place:** Work Point Galley, CFB Esquimalt

**Cost:** No charge

#### Christmas Carolling

The Hampton Singers will lead us in a variety of seasonal songs. Come and join in; everyone welcome.

**Date:** Monday December 17<sup>th</sup>

**Time:** 10:00am to 11:00am

**Cost:** No Charge

#### Afternoon at the Movies

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

**Date:** Wednesday December 19<sup>th</sup>, “**The Man Who Invented Christmas**”

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

**Cost:** No charge

#### New Year's Eve Party

Join us for our annual day time new year's eve party.

Welcome the new year with beverages, nibbles and musical entertainment by Andy McCormack.

**Date:** Monday December 31<sup>st</sup>

**Time:** 11:00am to 12:15pm

**Cost:** By donation

### Victoria Centre

#### 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 7<sup>th</sup>

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

**Cost:** \$26.25

(members)

\$31.50 (non-members)



#### 2018 Victoria Centre Christmas Concert



Ring in the season with a lively performance of your favourite holiday songs performed by South Island Harmony and children from Selkirk Montessori School.

Coffee, Tea and seasonal goodies will be served. Space is limited, please reserve in advance at 250-388-4268

**Date:** Thursday Dec 13<sup>th</sup>

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

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

#### Chair Yoga

Finally a yoga class where you don't have to get down on the floor!

This class focuses on breathing and stretches 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 leave you feeling relaxed and refreshed.

**Date:** Thursdays January 10<sup>th</sup> to February 7<sup>th</sup>

**Time:** 2:15-3:15pm

**Cost:** \$43.75 (members); \$65.75 (non-members) (5 classes)

## November Highlights

### Celebrating 50 years of partnership with Saanich

On November 21st we hosted a 50th Anniversary dinner to celebrate our partnership with Saanich. The dinner was attended by Mayor Fred Haynes, Councillors Susan Brice, Judy Brownoff, Zac de Vries and past Councillor Vicki Sanders.



A highlight was having Les Passmore's daughter, Marjorie Russell and grand daughter

Kimberly join us. The building is named after Les Passmore who was a Saanich Councillor for 33 years and very supportive Silver Threads



and seniors. It was great to recognize her family's legacy.

Our entertainment was our "house bands" the Saanich Songmen and Hampton Singers, the choirs have been practicing at the Saanich Centre since we opened 50 years ago.



Thank you to volunteer Margo for the lovely centrepieces, to Chef Perry from Ambrosia for a great meal, to our volunteers who served and drove guests. It was a good and entertaining evening!

## Victoria Computer Club

### Tip of the month: Passwords

Have you ever done a Digital Declutter? What is this you ask?

It's taking inventory of all your hardware devices (laptops/PC's/tablets), External Hard drives, USB sticks, SD cards, etc.

Record the serial numbers, backup dates on Hard drives - delete old backups, erase/store USB sticks safely, remove old pictures off SD cards.

Make your computer/laptop/tablet/cell phone more efficient by clearing old pictures, files and sorting everything in an easy way to find things.

Do you have pictures on various devices and external hard drives, in the cloud on various programs like Google Photos, Drop Box, One Drive?

Time to sort them all out so you have them in one place. If you need help with learning about your programs and devices, that's where the Victoria Computer Club can assist. Check us out at the Saanich Centre or our website <http://victoriacomputerclub.org/> or call 250 382-3151

### Holiday Hours at Silver Threads

#### Saturday, December 22nd

Both Centres closed

#### Monday, December 24th

Both Centres closed

#### Tuesday, December 25th

Both Centres closed

#### Wednesday, December 26th

Both Centres closed

#### Thursday, December 27th

Saanich Centre open 8:30am to 1:00pm

Victoria Centre closed

#### Friday, December 28th

Saanich Centre open 8:30am to 1:00pm

Victoria Centre closed

#### Saturday, December 29th

Both Centres closed

#### Monday, December 31st

Saanich Centre open 8:30am to 1:00pm

Victoria Centre closed

#### Tuesday, January 1st

Both Centres closed

#### Wednesday, January 2nd

Regular Hours resume at Both Centres



## New Programs coming in January Saanich Centre

### Beginner Line Dancing

Learn basic steps which will be put together into beginner level contemporary line dances of all types— Latin, show tunes, rock and roll and even some country!

**Date:** Tuesdays, January 8<sup>th</sup> to February 12<sup>th</sup>

**Time:** 12:30 pm to 1:45 pm

**Cost: 6 sessions: \$44.10 (members); \$56.70 (non-members)**

**Instructor:** Vicky McCulloch

### Low Intermediate Line Dancing

If you have had a few months of line dance classes this class is perfect for you. Learn some new dances and review some older one. Get ready to socialize and have a few laughs.

**Date:** Fridays, January 11<sup>th</sup> to February 22<sup>nd</sup> (excludes February 15<sup>th</sup>)

**Time:** 2:00 pm to 3:30pm

**Cost: 6 sessions: \$56.70 (members); \$69.30 (non-members)**

**Instructor:** Bev Sutherland

### Zumba Gold

Zumba Gold is an exercise program using the rhythm and movements of Latin dance. It involves low-intensity, easy-to-follow choreography that focuses on balance, range of motion and coordination.

**Date:** Thursdays, January 10<sup>th</sup> to February 14<sup>th</sup>

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

**Cost: 6-sessions: \$52.50 (members), \$78.75 (non-members)**

**Instructor:** Isabel Arias-Santos

### Somatic Yoga

Gentle Somatic Yoga is performed slowly and is mostly floor-based but also done standing and seated if required.

**Date:** Fridays, January 11<sup>th</sup> to February 15<sup>th</sup>

**Time:** 9:00am to 10:00am

**Cost: 6 sessions: \$52.50 (members), \$78.75 (non-members), includes GST**

**Instructor:** Isabel Arias-Santos

### Pet Portrait Painting

Artist Rosa Benjamin will teach beginner level students how to create a colourful, abstract pop art pet painting.

**Date:** Fridays, January 11<sup>th</sup> to February 15<sup>th</sup>

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

**Cost: 6-sessions: \$21 (members), \$42 (non-members), plus cost of supplies**

### Morning Art Group

Bring your own art project to work on, whatever it may be, and socialize with other artists in this fun drop-in program.

**Date:** Tuesdays, starting January 8th

**Time:** 9:30am to 11:30am

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

### Ukulele (Various Levels)

Learn to play the ukulele or improve your ukulele skills.

**Date:** Wednesdays, January 2<sup>nd</sup> to February 6<sup>th</sup>

**Time:** 9:00am to 10:00am (Continuing)

10:15am to 11:15am (Experienced)

11:30 to 12:30 (Brand New Players)

**Cost: 6 sessions: \$52.50 (members), \$78.75 (non-members)**

**Instructor:** Patrick Alexander

## 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

**Susan Bauer** 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

