

Chinese New Year - Spring Festival, A Cultural Immersion.

Silver Threads Service has had a long-standing connection with the Chinese Community that dates back to the 1960's when the Victoria Silver Threads Centre was located at Government and Fisgard streets in the heart of Chinatown.

This relationship continues today with members of the Chinese Seniors' Association and the Chinese Women's Friendship Association making use of the Victoria Centre every weekend. The groups gather to socialize, dance, share information, sing, play table tennis and learn ESL.

To honour this historic relationship, Silver Threads is hosting a Chinese Lunar New Year Celebration on Saturday, February 9th from 1:00-3:30pm. The members of the Chinese Women's Friendship Association will give participants a glimpse of how the "Spring Festival" is celebrated in China. The event will include sampling of items from the traditional Family Reunion Dinner with information on the meaning and symbolism of each dish. The film "Spring Festival" will be shown and there will be traditional song and dance for all to enjoy. Everyone is welcome to this unique opportunity for cultural immersion, but seating is limited. Please reserve by calling 250-388-4268.

Tickets \$5.25 (members) and \$7.35 (non-members).



"If your mind is strong, all difficult things will become easy; if your mind is weak, all easy things will become difficult." Chinese Proverb

Guess Who's Coming to Dinner in February

Valentine's Day

Wednesday, February 13th

Menu: Striploin steak with Neptune sauce (crab and shrimp), baked potato, asparagus and green beans. Chocolate mousse for dessert

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

February 2019 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 social group with weekly topics and speakers.

Date: Monday February 4th, “Board Games Cafe”

Date: Monday February 11th, “How to Comfort Someone Who is Hurting”

Date: Monday February 25th, “A Picture tells a 1,000 words”

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 February 13th, “Man on Wire”

Time: 1:30pm to 3:30pm

Cost: No charge

Where in the World Travel Series:

“Spice Dreams in Indonesia”

Join Chris Foertsch from the UVic Speakers Bureau as he takes us on travels among mega-cities, Islands and volcanoes of Indonesia—the world's largest archipelago.

Date: Wednesday, February 27th

Time: 1:00pm to 2:00pm

Cost: No charge

Ukulele (Various Levels)

Learn to play the ukulele or improve your ukulele skills.

Date: Wednesdays, February 13th to March 20th

Time:

9:00am to 10:00am (Brand New Players)

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

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

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, February 19th to March 26th

Time: 12:30pm to 1:45pm

Cost : \$44.10 (member) \$56.70 Non-member)

Instructor : Vicky McCulloch

Victoria Centre

Heads Up: An Introduction to Brain Health

Healthy aging is important for everyone and it is essential to not forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend.

Date: Tuesday, February 19th

Time: 12:00 to 2:00pm

Our February lunch and learn session will include soup and a sandwich from a local caterer as well as coffee or tea.

Registration with lunch: \$ 10.50 (members); \$14.70 (non-members) Registration without lunch: \$3.70 (members); \$5.80 (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.

Dates: Thursdays, February 21st to March 28th

Time: 2:15pm to 3:15pm

Cost: 6/\$52.50 (members); \$78.75 (non-members)

TIME™ (Together in Movement and Exercise)

Tailored to people who are able to walk 10 metres (about 30 feet) with or without a walking aid and who live with conditions such as stroke, multiple sclerosis, acquired brain injury, or weakness after a hospital stay. Designed by physiotherapists and led by fitness instructors, each class consists of a seated warm-up, exercise stations and a cool-down. There is an optional social time after each class.

Dates: Monday and Thursday

February 21st to March 25th

Time: 1:00 to 2:00pm **Cost:** 10/\$105

Blood Pressure Clinics

Saanich Centre Monday, February 11th
10:00am to 1:00pm

Victoria Centre Friday, February 15th
10:00am to 12:00pm

Advance Care Planning Sponsored by Revera Retirement Living



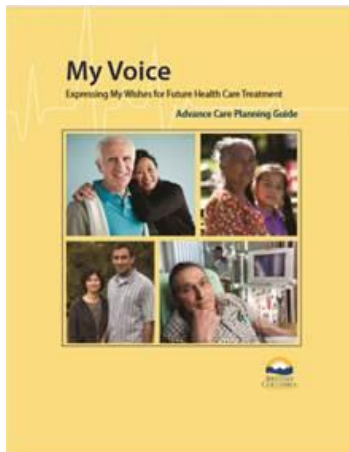
The first Advance Care Planning session in January at the Victoria Centre was filled to capacity, and 50 people learned the basics in managing this personal, but necessary topic. Presenter Jennifer Jakobsen will be facilitating a 2nd workshop due to popular demand!

If you haven't prepared an Advance Care Plan to let your loved ones and health care providers know your end of life wishes, then this workshop is a must! Learn about the laws that pertain to a care plan, how to address the topic with friends and family and how to select your Designated Representative. Thanks to a generous sponsorship from Revera Retirement Living, lunch will be provided at no extra charge for all who attend this workshop. The Constituency Office of The Honorable Rob Fleming, MLA for Victoria-Swan Lake has also provided the My Voice Advance Care Planning Guides at no cost for our participants.

Date: Tuesday, February 26th

Time: 12:00 to 1:30pm

Cost: \$3.70 (members) \$5.80 (non-members)



Living Life to the Full New partnership Program at Kiwanis Seniors Village



We are pleased to announce a partnership with the Canadian Mental Health Association, BC Division to deliver The Living life to the Full program to seniors. It is an 8-week program that can change lives, you will be taught strategies to deal with feelings when you feel fed up, worried or feeling hopeless. The location for the program will be in the Gibson Room at the Kiwanis Seniors Village (1419 Mallek Crescent) and is open for all Silver Threads members and participants.

Often this time of year can be a time when feelings of loneliness and loss surface and we might understandably feel blue. There are ways to improve these feelings and find some new techniques to manage. This insightful approach teaches that all the things we experience, think, feel, and do are interconnected. Using Cognitive Behavioural Principles participants will learn how to reverse negative habits and develop new processes to rebuild happiness.

The eight-week program will begin Monday, February 25th to April 15th from 10:00 to 11:45am.

Topics covered include:

- Why do I feel so bad
- I can't be bothered doing anything.
- Why does everything always go wrong
- I'm not good enough.
- How to fix almost everything
- The things you do that mess you up.
- Are you strong enough to keep your temper
- 10 things to do to feel happier straight away.

There is no cost to join and to register or for more information please contact the Victoria Centre at 250 388-4268.

January Robbie Burns Dinner



We had a wonderful Robbie Burns dinner in January at the Saanich Centre. The dinner was Scottish inspired and prepared by Chef Perry of Ambrosia Catering. The great meal was followed by a favourite musical group Cookeilidh, in keeping with the Scottish theme. Our next dinner will be Valentine's theme. Wear red and show some love!

Victoria Computer Club

Tip of the month:

Two-Factor Authentication

If you have a smartphone, then use “two-factor” authentication (or switch to it) anytime it is offered. The way it works is if the website or service doesn’t recognize where you are logging in from (a new location or new device) it sends a code to your trusted smart phone number. Enter the code on the first device, and you’re all set.

It is an extra step over the “old” system, but it does a far better job of protecting you and your account from unauthorized people, especially any who may have obtained or hacked your password.

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

February Take Away Meals

The frozen Take Away Meals are available at the Saanich Centre. The meals are \$6.50 and are available for pick up during regular hours. 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 February menu options will include:

Beef Lasagne with Garlic Bread
Baked Ham with Potato Gratin
Chicken Mushroom Casserole
Meatloaf with Mash and Gravy
Macaroni and Cheese with Ham

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.

To celebrate Valentine’s Day, here are some words to unscramble.

- | | |
|--------------|---------------|
| 1. evod | 5. tead |
| 2. duicp | 6. attreewesh |
| 3. sdrac | 7. slowef |
| 4. talcheoco | 8. veol |

BC Family Day

Both our Centres will be closed on Monday, February 18th in recognition of Family Day.



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|---------------|--------------|
| 1. dove | 2. Cupid |
| 5. sweetheart | 6. date |
| 7. flowers | 8. love |
| 3. Cards | 4. chocolate |

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 Program Coordinator
Sandy Firth Bookkeeper
Donene Eve Food Services Coordinator
Susan Bauer Outreach Worker
Amy Little Receptionist

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
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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

