

Looking forward and looking back!

Well, can you believe it is 2019? At Silver Threads Service we are looking forward to the new year, and renewed intentions...to exercise more, eat better, manage stress and learn more. December was a month of festivities, get together and good company and we can look back on the good memories.

Looking Forward

In January there are many new programs that can help you with any resolutions you might have made. Manage your health by checking your blood pressure at our clinics, fit in some exercise with Chair Yoga or Zumba. Challenge yourself and go back to "school" and take Memory PLUS classes or try a Lunch & Learn. To manage stress, we recommend stopping by our centres. A good cup of coffee and a friendly chat might be just what you need! Check out pages 2 and 4 for some of our new offerings or pick up the January Schedules available online and at our reception desks.

Looking Back

December was a fun month! The Victoria Christmas Concert was a entertaining afternoon with the students from the Selkirk Montessori School and South Island Harmony. The Saanich Christmas Concert featured STAGES Dance Company and the ever popular Greater Victoria Police Chorus. We loved the energy of youth followed by talented adult singers! The sold out Christmas Dinner at Saanich saw heaping plates of turkey and all the trimmings, pumpkin pie and the toe tapping tunes of the Gypsy Rovers. We were able to deliver over 100 baskets and personal gifts donated by corporate sponsors and individuals to deserving seniors in the community.

Silver Threads Service was the recipient of many gifts in 2018 and especially in December.

Thank you to everyone for your help and support.

See page 3 for some of the stories.

May 2019 be a happy and healthy New Year for all!



Guess Who's Coming to Dinner in January

January 16th Robbie Burns

Menu: Lamb and leek sausage with whiskey cream sauce, bashed neeps and tatties, (turnips and potatoes), sherry trifle

Entertainment: Cookeilidh

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



January 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 January 7th, **Writing to reach your Goals**

Date: Monday January 14th, **“So What’s the Big News”**

Date: Monday January 21st, **“Igniting Creativity”**

Date: Monday January 28th, **“The Importance of Taking Medication Safely”**

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 January 2nd, **“Going in Style”**

Date: Wednesday January 16th, **“Mamma Mia 2: Here We Go Again”**

Time: 1:30pm to 3:30pm

Cost: No charge

Where in the World Travel Series: “An African Women’s Farm”

Dr. Elizabeth Vibert will tell the story of an inspiring farm set up during a food crisis in South Africa.

Date: Wednesday January 23rd

Time: 1:00pm to 2:00pm

Cost: No charge

Christmas Decorations

Thank you to our team of 6 “elves” who decorated the Saanich Centre and transformed it into a Christmas wonderland.

It added so much to the festive atmosphere during December.



Victoria Centre

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.

Date: Thursdays, January 10th to February 7th

Time: 2:15 to 3:15pm

Cost: 5 classes \$43.75 (members) \$65.75 (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.

Date: Mondays and Thursdays, January 10th to February 11th

Time: 1:00 to 2:00pm

Cost: 10 classes \$105

Advance Care Planning Sponsored by Revera Retirement Living



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 MyVoice Advance Care Planning Guides at no cost for our participants.

Date: Tuesday January 22nd

Time: 12:00 to 1:30pm

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

Blood Pressure Clinics

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

Saanich Centre Monday, January 14th

10:00am to 1:00pm

Victoria Centre Friday, January 18th

10:00am to 12:00pm

Thank You to our Donors!

December 2018 was a special month and we are grateful to the generosity of our members and the community. Our fundraising campaign raised \$5,475 bringing our donation total for the year to \$10,095 thanks to our members, volunteers, staff and Board. We sincerely appreciate your donations and your belief in our organization. It means a lot!

Thank you to our Community!

Throughout the month there were many special moments from caring individuals and corporations, here's a few of the highlights. Thank you to everyone!

Good Deeds Cup

The Saanich Braves Pee Wee Hockey Team chose Silver Threads to be the recipient of their Good Deed and presented 17 of our members with Emergency Kits. Captain Maegan Thompson from Saanich Emergency Preparedness gave us all some good tips on how to prepare for an emergency. The team shared the items they gathered, to keep us going for a few days if there was an earthquake or other disaster. They even had dog and cat food! The Good Deeds Cup is a national initiative sponsored by Chevrolet Canada in support of youth hockey.

Amica on the Gorge - Helping Hands Baskets

There is so much generosity this holiday season! A special thanks to Amica on the Gorge and their Helping Hands Baskets for seniors in the community. We were pleased to deliver these baskets to all the residents of Viewmont Gardens who were thrilled with the gifts and the thoughtfulness. Thank you Amica on the Gorge!

Santa for a Senior

This campaign coordinated by and supported by London Drugs provided 44 gift bags for us to distribute to seniors in need. Thanks to our Outreach staff for ensuring these lovely personal gifts went to well deserving seniors.

Christmas Stockings

An anonymous "angel" organized 10 stockings with personal items, gift cards and special treats and we were able to share this kindness with seniors in subsidized housing.

Magical Wishes

Thanks to Sobeys Better Food Fund, Silver Threads was chosen to be part of the Magical Wishes Campaign and we were the recipient of \$1,000. We were pleased to be asked to participate!

Knitting Group

The Crafters at the Victoria Centre have been busy knitting for the young moms at the Artemis Place Young Parent Program. They made a beautiful array of baby sweaters, children's mitts and toques. We are proud of their workmanship and their generosity.

Amica on the Gorge- Helping Hands Baskets



The Saanich Braves Pee Wee Hockey Team ready to share their Emergency Kits with our members.



Victoria Knitters with their gifts for Artemis

New Programs coming in January 2019 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 8th to February 12th

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 11th to February 22nd (excludes February 15th)

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 10th to February 14th

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 11th to February 15th

Time: 9:00am to 10:00am

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

Instructor: Isabel Arias-Santos

Pet Portrait Painting

Beginner level students will learn how to create a colourful, abstract pop art pet painting.

Date: Fridays, January 11th to February 15th

Time: 10:00 am to 12:00 pm

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

Instructor: Rosa Benjamin

Morning Art Group

Bring your own art project, 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 2nd to February 6th

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

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

