

## Senior Community Outreach

James Bay New Horizons and Silver Threads Service are working in partnership to reduce isolation of seniors. The concept is simple – have an Outreach Worker meet with seniors where they live, to make connections, listen to concerns and inform seniors of available services to help them remain independent. The project began with financial support from the City of Victoria in the Fall of 2015 and focused on outreach to seniors living in rental housing in James Bay and Jubilee neighbourhoods. Thanks to the ongoing financial support from the United Way and the City of Victoria the program has expanded and service is being provided across Greater Victoria.



Our Outreach Team is Susan Bauer and Sophie Nielsen. They are leading information sessions that are generally 1.5 hours in length, facilitating bi-weekly programs in housing complexes and working with building managers to ensure seniors have access to the resources they need. They offer follow-up calls to have individual conversation with participants should they wish to discuss anything in further detail, with the goal of connecting seniors to the services and programs that will suit them, as well as simply offering a listening ear. If you know of a group of seniors who would like an info session, we can present to Church groups, Service Clubs, Neighbourhood Associations and Libraries. To learn more visit <http://silverthreads.ca/join-us/senior-community-outreach/> and check out <http://silverthreads.ca/about-us/our-staff/> for Susan and Sophie's bios. To connect with an outreach worker, call Susan 250 889-9236 or Sophie 250 889-5501 for more information.

### Guess Who's Coming to Dinner

**Wednesday, May 15th** Sponsored by Nex Gen

**Victoria Day Menu:** Roast pork loin with apple stuffing, glazed beets and carrots, green peas. Lemon meringue pie for dessert.

**Entertainment:** Hampton Singers and Saanich Songmen



**Wednesday, June 19th** Annual General Meeting

**AGM Menu:** Turkey a la King with Rice Pilaf, seasonal Vegetables. Fruit Pie for dessert.

**Entertainment:** Jean Bedard

**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**

## May 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 May 6<sup>th</sup>, “**Mental Health First Aid Kit**”

**Date:** Monday May 13<sup>th</sup>, “**It Takes a Village**”

**Date:** Monday May 27<sup>th</sup>, “**Maritime Memories: Exploration and Navigation**”

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

**Cost:** No charge

#### Afternoon at the Movies

Enjoy movies on the big screen TV, and popcorn.

**Date:** **Wednesday May 1st, “The Meddler”**

**Wednesday May 15th, “Megan Leavey”**

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

**Cost:** No charge

#### Where in the World Travel Series: “Easter Island”

Join Chris Mudlinger as he takes us around this fascinating Southeastern Pacific Island with its iconic stone statues.

**Date:** Wednesday May 29<sup>th</sup>

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

**Cost:** No charge

#### Ukulele

**Date:** Wednesdays, May 22<sup>nd</sup> to June 26<sup>th</sup>

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

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

**Instructor:** Patrick Alexander

#### Beginner Line Dancing:

**Date:** Tuesdays, May 21<sup>st</sup> to June 25<sup>th</sup>

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

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

**Instructor:** Vicky McCulloch

### Victoria Centre

#### Ping Pong for Parkinson’s

Ping Pong encourages neuroplasticity and is a great way for people with Parkinson’s to stay active. All abilities welcome.

**Date:** Mondays

**Time:** 2:15 to 3:30pm

**Cost:** \$1.60 members \$4.75 non-members

#### Spring Craft Workshops:

##### Hanging Baskets

Make your own beautiful hanging flower basket modelled after the iconic City of Victoria baskets. All materials supplied, no experience necessary.

**Date:** Friday, May 10<sup>th</sup>

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

**Cost:** \$36.75 (members) \$47.25 (non-members)

### Chemainus Theatre Outing

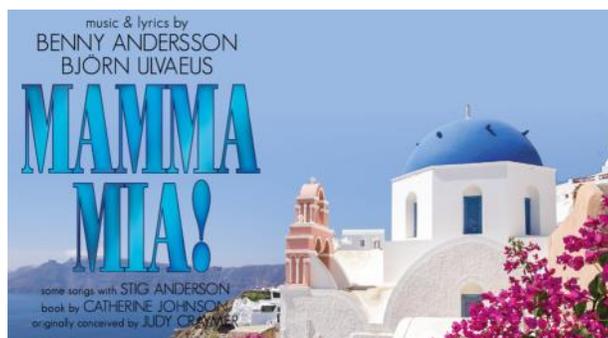
Enjoy the musical “Mamma Mia” at the Chemainus Theatre and lunch in the Playbill Dining Room

**Sunday July 28 9:15 am - 6:00 pm**

**Cost:** Includes the show, lunch and transportation.  
\$120 (members), \$150 (non-members) GST included

**Reserve your seat: 250-382-3151**

(reservations will be taken for Silver Threads members only during the month of May. Non-members may reserve as of June)



### Blood Pressure Clinics

Saanich Centre Monday, May 13<sup>th</sup>  
10:00am to 12:00pm

Victoria Centre Friday, May 17<sup>th</sup>  
10:00am to 12:00pm

## April Highlights

### Volunteer Recognition



We held an afternoon tea at the Saanich Centre to celebrate the 94 dedicated individuals who volunteer for Silver Threads. We are so appreciative of the over 7,000 hours of time that

they give annually to our organization. Thank you from all of us at Silver Threads.

### World Table Tennis Day

The Saanich Centre hosted over 30 people at the 2nd Annual World Table Tennis Day event. Participants celebrated the event and enjoyed some friendly competition and fun games.



### Advance Care Planning

Over 60 people attended the ACP at the Victoria Centre in April. The session was facilitated by Lorna Ross, Palliative Care Nurse and Dustin Marnell, lawyer with Horne, Coupar. The discussion was thoughtful and the information meaningful. Thank you to Lorna and Dustin for the presentation.

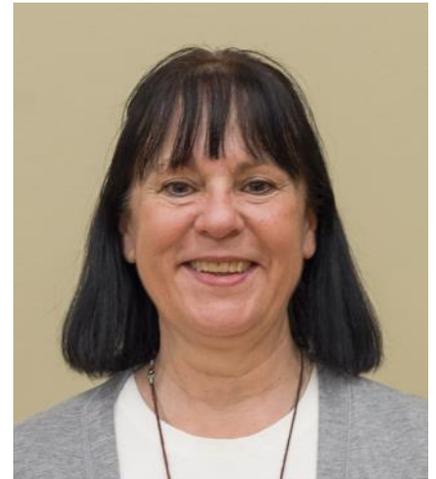
### Tax Program

During March and April 265 tax returns were completed for seniors who were eligible. Narender, Frank, Bruce and Ted together provided 183.5 hours of volunteer time to manage the service this year. Thank you from all of us!

## Welcome

### Victoria Centre Manager

We are pleased to welcome Kelly Binette to the position of Victoria Centre Manager. You may know Kelly in her volunteer role at our Guess Who's Coming to Dinner events, and appreciate her friendly and positive serving skills! Her employment includes work at United Way in campaigns and fundraising. As well, she was a Recreation Director for 13 years managing the facility and programs for CFB Esquimalt. Kelly has an educational background in Recreation and Leisure Management, Leadership and Business and brings a wealth of experience in developing programs and events and managing a centre. We are pleased to welcome her to our staff.



### Upcoming Tournaments at Saanich

#### Pickleball Jamboree

Enjoy a full day of Pickleball with fun competitions and a noontime Pot-Luck lunch.

**Date:** Saturday May 4<sup>th</sup>

**Time:** 9:00am to 2:00pm

**Cost:** \$10.50 (members)  
\$21 (non-members)



### May Take Away Meals

The frozen take away meals are available at the Saanich Centre. The meals are \$6.50 and can be picked up during regular hours. Meals can be purchased at the Guess Who's Coming to Dinner. During May we have:

Beef Lasagna with Garlic Bread  
Beef Stroganoff

Chicken Mushroom Casserole  
Butter Chicken on Rice

Meatloaf with Mash and Gravy  
Chicken Parmesan Meatballs

Baked Ham with Potato Gratin

## Victoria Computer Club

### Tip of the month: Test your knowledge

Is your computer knowledge like an iceberg with a whole lot under the surface? Test yourself by answering the following. Do you know:

1. How to schedule your messages in gmail to send later
2. Why is Google chrome using so much memory
3. How to do a reverse image search from your phone
4. How Google now lets you use your Android as a security key
5. How to clean a computer keyboard
6. The steps to solving your streaming video problems
7. Ten ways to customize the windows 10 start menu
8. How to create and print labels in word
9. The complete guide to windows 10 privacy settings
10. Seven google maps alternatives and why they're better
11. Google search tips that you'll want to learn
12. How to use split-screen on android
13. How to spice up gmail's 'smart replies' with random poetry
14. How to adjust your google calendar to start on Monday

For the answers you can visit Tech Tips at

[apcug2.org/jerestips/](http://apcug2.org/jerestips/)

If you need more help, drop into the Computer Club on Tuesdays, Fridays and Saturdays. Call for times and details. We have lots of help to offer you at the Saanich Centre.

Check out the website at <https://victoriacomputerclub.org> . or call 250 382-3151.

## 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,

Enjoy a word scramble for Mother's Day.

- |            |             |
|------------|-------------|
| 1. hsknat  | 6. ndsauy   |
| 2. mthero  | 7. fmlayi   |
| 3. oelv    | 8. lftg     |
| 4. wfosrle | 9. eroccttp |
| 5. aicgnr  | 10. ksseis  |

*"All that I am, all that I hope to be,  
I owe to my Mother."*

Abraham Lincoln

## Victoria Day Closure

Our Centres will be closed for Victoria Day on Monday, May 20th.

We will reopen on Tuesday, May 21st.



**Answers:**  
1. thanks 2. mother 3. love 4. flowers 5. caring  
6. Sunday 7. family 8. gift 9. protect 10. kisses

## Silver Threads Service Staff

**Tracy Ryan** Executive Director  
**Anne Nelson** Saanich Centre Director  
**Kelly Binette** 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  
**Sophie Nielsen** 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

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*

