

Celebrating PRIDE!



We at Silver Threads Service always state that we are an inclusive service provider, that seniors can participate in our programs and services no matter their income, ethnic background, physical or cognitive capacity, or sexual orientation. We always strive to be a safe and welcoming place for older adults to come and be. With local PRIDE Events in Victoria kicking off in July we celebrate the LGBTQ (Lesbian, Gay, Bisexual, Trans, Queer) Community and encourage all to show their support to the community, especially seniors!

While youth today may be more comfortable expressing who they are, seniors often have unique challenges and may face discrimination from peers and others who are not accepting. Know that at Silver Threads our goal is to provide a place where all are treated with trust and dignity. Our values include respect and integrity.

Steps to help LGBTQ seniors live in dignity, respect and equality include showing openness, a positive rapport, to counter stereotypes, prejudice and rejection. This year the Victoria Pride Society organizes the Victoria Pride Parade and Festival on Sunday, July 7th. The Parade runs from 11:00am to 12:30pm followed by the festival until 6:00pm. Consider joining in the festivities! For more information visit: <https://victoriapridesociety.org/>

*"Openness may not completely disarm prejudice, but it's a good place to start."
from the essay "The Gay Athlete," published in Sports Illustrated, 2013*

Guess Who's Coming to Dinner

Wednesday, July 17th

Barbeque Menu: Pulled pork, BBQ chicken, baked beans, corn on the cob, coleslaw, focaccia bread.

Chocolate cake for dessert

Entertainment: Steve and Sherry

Wednesday, August 21st

Summer Menu: Baked Wild Salmon in Lemon & Dill Sauce, Roast Potatoes & Green Beans.

Strawberry Sundae Dessert

Entertainment: Andy McCormack

Cost \$15 (\$18 BBQ) for members and \$18 (\$21 BBQ) 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

July 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 July 8th, “**What’s the Big News?**”

Date: Monday July 15th, “**Summer Sonatas and Suncatchers**”

Date: Monday July 22nd, “**What’s the Big News?**”

Date: Monday July 29th, “**Those Achy Joints**”

Time: 1:00pm to 2:00pm **Cost:** No charge

Afternoon at the Movies

Enjoy movies on the big screen TV, and popcorn.

Date: Wednesday July 3rd, “**Pride**”

Wednesday July 17th, “**Boundaries**”

Time: 1:30pm to 3:30pm **Cost:** No charge

Where in the World Travel Series: “Europe”

Join Cliff and Diana Cunningham as they travel through Europe: Cologne, Prague, Vienna, Innsbruck, and Lyon.

Date: Wednesday July 24th

Time: 1:00pm to 2:00pm **Cost:** No charge

Summer Choir

Enjoy a morning of singing throughout the summer

Date: Mondays, July 8th to August 26th

Time: 11:00am to 12:00pm **Cost:** No charge

Zumba Gold

Zumba Gold is an exercise program using the rhythm and movements of Latin dance. It involves low-intensity, easy-to-follow choreography.

Date: Fridays, July 12th to August 16th

Time: 1:00 pm to 2:00 pm

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

Instructor: Isabel Arias-Santos

Victoria Centre

Knitting & Crochet Social Group

Bring your knitting or crochet skills and enjoy this social group. Beginners welcome—our volunteer mentors are happy to teach you.

Date: Fridays

Time: 9:00am to 12:00pm

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

Mexican Train Dominoes

Mexican Train is a game played with dominoes. The object is for a player to play all the dominoes from their hand onto one or more chains or “trains”.

Date: Thursday

Time: 12:30pm to 3:00pm

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

Strawberry Social



Celebrate summer with us at our Strawberry Social. Enjoy strawberry shortcake and tea at both Silver Threads Centres.

Date: Wednesday July 10th

Saanich: 11:00am to 1:00pm (with live ukulele music)

Victoria: 1:00pm to 2:30pm

Cost: No charge

Summer Community Barbeque Victoria Centre

Join us for a delicious BBQ Lunch of Hamburgers, Corn on the Cob, Salad, Lemonade and a Dessert Treat. Musical entertainment by Guy Marchi. Tickets are going fast, so reserve a spot today.

Date: Friday, August 16th

Time: 11:30am to 1:00pm **Cost:** \$8.00

Blood Pressure Clinics

Saanich Centre Monday, July 8th
10:00am to 12:00pm

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

June Highlights Annual General Meeting

We held our 2018-19 Annual General Meeting at our June Guess Who's Coming to Dinner Event. Thank you to our Board of Directors for their leadership, and to our partners from James Bay New Horizons and United Way for attending.

A special thank you to our sponsor, RBC Royal Bank and the staff from the Burnside and Uptown Branches, for their support and help on their annual Day of Service (DOS). This is their 6th DOS and their total contribution to Silver Threads has been \$6,000!



Theatre al dente comes to the Victoria Centre

Join us Saturday, July 6th for a special performance of *Romeo & Juliet & Kevin*, an irreverent and hilarious musical comedy.



The show will run from 1:00 to 3:00pm. Tickets are \$2 and refreshments will be provided.

Thank you to the talented cast of Theatre al dente for what will be an afternoon full of laughs.

For tickets please call 250 388-4268



Plunk Theatre
Sunderman House (Government & 64th)
1000 Mills Road, Sidney
Saturday July 6 - Doors Open at 12:30pm
Sunday July 7 - Doors Open at 12:30pm

Canadian College of Performing Arts
1157 Eglon Road, Oak Bay
Saturday July 27 - Doors Open at 2:30pm
Sunday July 28 - Doors Open at 2pm

Dinner Theatre
The Royal Ferns (Vancouver and White)
4100 South Road, North Saanich
Wednesday July 18, 19, August 2, 21
Doors Open at 5:30pm

Dinner Theatre
Mary Whispener Centre
2245 Esplanade (between 40 & 50th)
Friday September 8 - Doors Open at 5:30pm

Tickets available at the venues and from theatrealdente.com
Advanced booking required for dinner/theatre performances

More information from theatrealdente.com

Octo Toys and Bunnies for Newborns

This spring, participants of our Knitting and Crochet group at the Victoria centre have switched from making scarves, hats and blankets to making adorable “Octos” and Bunnies. A meaningful connection was made between our dedicated group and the Royal Jubilee Hospital Gift Shop knitting and craft group. The RJH group identified a need for newly made soft and tactile items for newborns and preemies born at the hospital and our own knitters jumped in with skilled hands to help. A partnership was born that benefits the youngest and most vulnerable members of our society and gives our knitters a sense of purpose, connection and fun! Thank you to this great group of Crafters!



(Wendy —left; Flo, Ana, Jagjit, Margaret, Jackie with RJH and Shirley—below; Octos—immediately below)



July 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 also be purchased after the Guess Who's Coming to Dinner evening. During July we have:

- Salisbury Steak with Mushroom Gravy**
- Liver and Onions with Mashed Potatoes**
- Chicken Parmesan Meatballs on Spaghetti**
- Ham and Broccoli Casserole**
- Chicken Lasagna**
- Shepherd's Pie**

Victoria Computer Club

Tip of the month: Using technology effectively

We use memory aids when we age. Active seniors use portable devices for calendars and appointments, shopping lists, phone numbers and addresses. Hearing loss can be assisted, reading can be assisted. And most importantly, social contact can be assisted. In its small classes and one-on-one tutorials, the Victoria Computer Club shows members how you can use these assistants.

If you need more help, drop into the Computer Club on Tuesdays, 10:00am to 1:00pm.

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.

BC Day Closure

Our Centres will be closed for BC Day on Monday, August 5th. We will reopen on Tuesday, August 6th.



The Saanich Centre will be closed Saturdays during the summer starting July 6th. We will resume Saturday programs again September 7th.

Memory PLUS Summer Brain Camp

(Practice, Laughter, Useful Strategies)

A program designed for individuals to learn tools and specific strategies to help improve brain function and memory.

Program Details

Memory PLUS is a weekly two-hour program where participants learn in a group setting led by qualified facilitators. In our comfortable learning environment, the participants connect with peers, explore techniques, play cognitive games and do other challenges to increase cognitive function.

Dates: 6-weeks from late-July to the end of August, 2019

Times and Locations:

Tuesdays 9:30 to 11:30am Oak Bay United Church
Tuesdays 1:00 to 3:00pm St. George's Anglican Church
Wednesday 9:30 to 11:30am Victoria Centre
Thursdays 9:30 to 11:30am St. Luke's Anglican Church
Thursdays 1:00 to 3:00pm Saanich Centre

Cost: \$42 (single), \$63 (family) GST included

For more information or to register, call: (250) 382-3151

Try a word scramble for Canada Day

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|------------|--------------|--------------|
| 1. acadan | 2. aardep | 3. skfriweek |
| 4. glaf | 5. etceelarb | 6. somoe |
| 7. aylihod | 8. memrus | 9. reaveb |
| 10. lemap | | |

Answers:
1. Canada 2. Parade 3. Fireworks 4. Flag 5. Celebrate
6. Moose 7. Holiday 8. Summer 9. Beaver 10. Maple

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
Becah Burrage Activity Outreach Worker
Kim Davidson Reception/Instructor

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

