

The Ukulele

By: Patrick Alexander



Members of the Ukulele Classes perform to an appreciative crowd at the Strawberry Social

The ukulele is a very versatile and pleasant-sounding musical instrument. It has been a favourite of hobby-musicians for more than a century; and even famous musicians have used it in their recordings of popular music. The ukulele is one of the simplest instruments to learn. New players find that they are able to play simple songs after just a few short lessons. During the past several years ukulele popularity has been increasing rapidly. Formal and informal ukulele clubs and sing-a-long groups have become available in most cities and towns in North America and Europe.

The ukulele is being used to teach music to children in elementary schools; and recreation centres and seniors' groups have found that the ukulele helps to bring people together, for social interaction and an enjoyable musical experience.

For beginning ukulele players, the goal is to provide the opportunity to become familiar with and enjoy playing the instrument. Students have fun playing and singing songs from a variety of musical genres. Some skills that beginners learn are: developing a beginning chord repertoire, playing basic chords in progression, picking melodies and rhythmic patterns, and using a variety of strumming patterns. We will be offering both Beginner and Experienced Ukulele Lessons this fall at the Saanich Centre. Classes are Wednesdays starting September 4th. Beginner classes run from 9:00am to 10:00am and Experienced classes are from 10:15am to 11:15am. The costs for a 6 week session is \$56.70 for members and \$81.90 for non-members. Students must provide their own instrument.

"It's hard to frown when ukulele music is going down"

Guess Who's Coming to Dinner

Wednesday, August 21st

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

Strawberry Sundae Dessert

Entertainment: Group Therapy

Wednesday, September 18th

Autumn Menu: Butter Chicken, Steamed Basmati Rice, Indian Style Cauliflower

Paysam for Dessert (Rice Pudding)

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

August 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. Stay for tea, treats and social time afterwards.

Date: Monday August 12th, "What's the Big News?"

Date: Monday August 19th, "Workshop: Sea Glass Jewelry"* Space limited. Pre-Registration Required

Date: Monday August 26th, "Where Do I Go From Here?"

Time: 1:00pm to 2:00pm; *(August 19th 1:00pm to 2:30pm)

Cost: No charge

Afternoon at the Movies

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

Date: Wednesday August 7th, "Three Identical Strangers"

Date: Wednesday August 21st "Green Book"

Time: 1:30pm to 3:30pm

Cost: No charge

Note: No Travel Talk in August.

Summer Choir

Enjoy a morning of singing throughout the summer

Date: Mondays, August 12th, 19th and 26th

Time: 11:00am to 12:00pm

Cost: No charge

Rainbow Threads

A meeting group for queer seniors and allies.

Date: 1st and 3rd Tuesday (August 6th and 20th)

Time: 2:00pm to 4:00pm

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

Ukulele (Beginner and Experienced)

Learn to play the ukulele or improve your ukulele skills.

Date: Wednesdays, September 4th to October 9th

Time:

9:00am to 10:00am (Beginner)

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

Cost: 6 sessions: \$56.70 (members), \$81.90 (non-members)

Instructor: Patrick Alexander

Line Dancing (Absolute Beginner and Low-Intermediate)

Learn to Line Dance or improve your beginner line dancing skills

Date: Tuesdays, September 10th to October 15th

Time: 12:30 pm to 1:45 pm (Absolute Beginner)

2:00 pm to 3:15 pm (Low-Intermediate)

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

Instructor: Vicky McCulloch



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, August 12th
10:00am to 12:00pm

Victoria Centre Friday, August 16th
10:00am to 12:00pm

July Highlights

Canada Day

We enjoyed celebrating Canada's 152nd birthday with



singing and cake at both centres.

It was good to see all the red & white and great Canadian accessories!



Federal Visit

We were pleased to welcome the Honourable Ginette Petitpas Taylor, Minister of Health to the Saanich Centre in July. The Minister took great interest in learning about Silver Threads, the issues seniors are facing and she took the time to connect with our members. We appreciated the visit!



Chemainus Theatre Outing

We enjoyed a wonderful trip to Chemainus at the end of July to see Mamma Mia. The production was enjoyed by all and we even got a chance to meet one of the actors! The costumes were great!



Changes to Program Fees

Beginning September 1st, 2019 Silver Threads Service will be adjusting our Drop in Program fees. It has been a number of years since there has been a change and this brings us more in line with fees charged at other senior centres.

Effective September 1st the change in Drop in fees are as follows:

Activity	Member	Non-member
Drop in	\$2.	\$5.
Fitness/ Pickle Ball	\$4.	\$6.

All Silver Threads Service fees and membership include GST. For classes that have a Drop in fee, the first time you try a class is free. This is a good opportunity to try something new and see how you like it.

Punch Cards are available in increments of 5 and 10 visits. They are an easy and fast way to pay for Drop in programs. Cards can be kept at the front desk and staff would be happy to explain more.

Coming in September.....

As part of our Outreach Program staff are developing monthly Bus Trips with pick up and drop off at our centres to local sights that will be affordable and fun!

A Seniors Social and Movement Class will run weekly and is a supervised program for older adults who need support and connections while caregivers enjoy a break for themselves.

More information will be included in the September newsletter. Stay tuned!

August 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 August we have:

Spinach and Ricotta Cannelloni with Garlic Bread

Beef Stroganoff

Meatloaf with Mash

Parmesan Chicken Strips with Mash

Ham and Broccoli Casserole

Teriyaki Rockfish on Rice

Butter Chicken on Rice

Victoria Computer Club

Tip of the month: Phish! Phish!

Phishing... what is it? No it's not a spelling mistake. It's a type of email you receive requesting information from you and it looks like it's legitimate. For example it can be from Netflix, Amazon, Shaw, Telus, Your Bank, a Bank you don't bank at, Paypal... the list goes on.

The scammers are trying to gather information from you by sending you a deceptive email. Most of the emails have links and you should NEVER click on them. If the sender looks suspicious or you don't know them – DELETE THE EMAIL.

Drop down to the Victoria Computer Club to learn about Phishing or emails you are unsure about. We have lots of help to offer you at the Saanich Centre. Check out the website at <https://victoriacomputerclub.org>

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.
We will resume Saturday programs again September 7th.

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

Memory PLUS Fall Programs

(Practice, Laughter, Useful Strategies)

A program designed for individuals to learn tools and specific strategies to help improve brain function and memory. Memory PLUS is a weekly two-hour program where participants learn in a group setting led by a qualified facilitator. In our comfortable learning environment, the participants connect with peers, explore techniques, play cognitive games and do other challenges to increase cognitive function.

10-week sessions are offered in various locations in Greater Victoria

Fall Session—mid-September to early December

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: \$78.75 (individual) \$110.25 (family) GST included
Registration opens August 27th: (250) 382-3151

Enjoy a word scramble all about Camping!

- | | |
|-----------------|-------------|
| 1) CRONEDITI | 6) MOCSAPS |
| 2) FRAECIPM | 7) CABCKAKP |
| 3) SMLOHRWLASAM | 8) NEGRAR |
| 4) SNILEWERDS | 9) PORGANA |
| 5) ARMSET | |

Answers:
1) DIRECTION
2) CAMPFIRE
3) MARSHMALLOW
4) WILDERNESS
5) STREAM
6) COMPASS
7) BACKPACK
8) RANGER
9) GRANOLA

Silver Threads Service Locations

Saanich Centre	Victoria Centre
286 Hampton Road Victoria, BC V8Z 1H1 Phone: 250 382-3151	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

