

## Make it a September to remember.....



As summer winds down and September approaches many of us feel the urge to return to routines, learn something new and experience activities we haven't tried before. It can feel like the start of a new year in the same way that it does in January, and probably relates to our own school days. We are pleased to offer new and familiar programs this fall. At our Centres we offer over 70 programs and provide many more services and outreach.

At the Saanich Centre there is Learn to Play Bridge, the ever popular Ukulele (Beginner and Experienced), and Line Dancing (Absolute Beginner and Low-Intermediate). During the summer Zumba Gold took off and will continue in the fall with instructor Isabel, who will also teach Gentle Somatic Yoga. At the Victoria Centre, sessions of the TIME (Together in Movement and Exercise) Program will start September 16th. The

qualified Instructors, small group size and well designed program is suitable for a variety of medical needs. There is also Chair Yoga, Fall Prevention Fitness and Stretch & Strength.

Our Outreach Programs operate in partnership with James Bay New Horizons and include information sessions and regular programs in various housing units in Victoria. One of the needs we hear from seniors in our communities is transportation. It is easy to become housebound when facing transportation barriers. We are going to be offering monthly trips from our centres and other locations. It's a chance to get out, connect with others and just go for a stress free drive. More information is on page 3.

On Monday, September 23rd at the Enjoying my Community session at Saanich, we will hold a session about the Living Life to the Full Course. This program will start October 10th and is offered in partnership with the Canadian Mental Health Association (CMHA). You will be taught strategies to deal with feelings when you feel fed up, worried or hopeless. This insightful approach teaches that all the things we experience, think, feel, and do are interconnected. More information on this and all our offerings are available on all our website and in our program schedules.

*"Start where you are, use what you have, do what you can."*

Arthur Ashe

### Guess Who's Coming to Dinner

**Wednesday, September 18<sup>th</sup> 5:00 to 7:00pm**

**Event Proudly Sponsored by: Retirement Concepts Wellesley of Victoria**

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

Paysam for Dessert (Rice Pudding)

**Entertainment:** Gypsy Rovers

**Wednesday, October 9<sup>th</sup> 5:00 to 7:00pm**

**Event Proudly Sponsored by: Care & Co. / Senior Care in Victoria**

**Thanksgiving Menu:** Roast Turkey, Mashed Potatoes, Brussel Sprouts & Carrots

Fruit Crumble w/Vanilla Sauce for Dessert

**Entertainment:** Can Suite

**Cost \$15 for members and \$18 for non-members.**

**Call our Saanich Centre at 250-382-3151 to make your reservation by the Monday before the dinner.**

## September 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 September 9<sup>th</sup>, “What’s the Big News?”

**Date:** Monday September 16<sup>th</sup>, “Laughter Yoga”

**Date:** Monday September 23<sup>rd</sup>, “Living Life to the Full”

**Date:** Monday September 30<sup>th</sup>, “Working to Avoid Frailty”

**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 September 4<sup>th</sup>, “Free Solo”

**Date:** Wednesday September 18<sup>th</sup>, “The Favourite”

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

**Cost:** No charge

#### Rainbow Threads

A meeting group for queer seniors and allies. 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month.

**Date:** Tuesday September 3<sup>rd</sup>, “Queer Terminology”

**Date:** Tuesday September 17<sup>th</sup>, “UVic Transgender Studies Archives”

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

**Cost:** \$2 (members), \$5 (non-members)

#### Where in the World Travel Series: “Ghost Towns of BC”

Join John Higgs as he takes us to stops including Barkerville, Quesnel Forks, Sandon and Fort Steele.

**Date:** Wednesday September 25<sup>th</sup>

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

**Cost:** No charge

#### Learn to Play Bridge

Learn to play social bridge or improve your entry level bridge skills.

**Date:** Mondays

**Time:** 12:00pm to 3:00pm

**Cost:** \$2 (members); \$5 (non-members)

### Saanich Centre

#### Line Dancing (Absolute Beginner and Low-Intermediate)

Learn to Line Dance or improve your beginner line dancing skills

**Date:** Tuesdays, September 10<sup>th</sup> to October 15<sup>th</sup>

**Time:**

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

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

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

**Instructor:** Vicky McCulloch

#### Zumba Gold

A low-intensity exercise program using the rhythm and movements of Latin dance.

**Date:** Fridays, September 13<sup>th</sup> to October 18<sup>th</sup>

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

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

**Instructor:** Isabel Arias-Santos

#### Gentle Somatic Yoga

A restorative yoga performed slowly and mostly floor-based but also done standing and seated.

**Date:** Fridays, September 13<sup>th</sup> to October 18<sup>th</sup>

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

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

**Instructor:** Isabel Arias-Santos

### Saturday Programming Resumes

Saturday programming at the Saanich Centre will resume on September 7<sup>th</sup>. The Centre is open from 9:00am to 12:00 noon with the following offerings:

9:00am to 11:45am - Coffee service

9:00am to 11:00am – Saanich Songmen

9:30am to 11:30am – Victoria Computer Club tutorial and social

9:30am to 11:30am – Pickleball

Come out and give one of our programs a try or just stop by for coffee!



### Blood Pressure Clinics

Saanich Centre Monday, September 9th  
10:00am to 12:00pm

Victoria Centre Friday, September 13th  
10:00am to 12:00pm

## September 2019 Programs & Events

### Victoria Centre

#### Emergency Preparedness

Learn more about the hazards that can affect Victoria, what to include in your home and vehicle emergency kits, what you can do to protect your home from an earthquake. To register for this free workshop call 250 920-3373.

**Date:** Tuesday, September 10th

**Time:** 1:00pm to 2:30pm

#### 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, September 16th to October 21st

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

**Cost:** 10 classes \$105

#### Chair Yoga

Finally a yoga class where you don't have to get down on the floor!

**Date:** Thursdays, September 12th to October 17th

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

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

### Outreach Bus Trips

As part of our Outreach Program we are offering affordable transportation and social connections for seniors.

Trips will be offered from 6 different locations including:

The 1st Tuesday of the month: **Victoria Centre**

The 3rd Tuesday of the month: **Saanich Centre**

September Trips are:

September 3rd Hatley Castle & Esquimalt Lagoon

12:30pm to 3:30pm: Victoria Centre

September 17th Sidney by the Sea & Island View Beach

12:30pm to 3:30pm: Saanich Centre

Cost: \$2

Visit the Reception Desks to sign up.

## August Highlights

### Summer Community Barbeque Victoria Centre

Our 5<sup>th</sup> Annual Community Barbeque was held on Friday, August 16th and was attended by 60 people who enjoyed burgers, corn on the cob and music by Guy Marchi. Thank you to the Victoria Elks Lodge 2 for doing a wonderful job at the grill, it was a great afternoon!



### Living Life to the Full

In partnership with the Canadian Mental Health Association, "Living Life to the Full" is a 8-week program that can change lives. Participants will learn how to reverse negative habits and develop new processes to rebuild happiness. An introductory session will be held at Enjoying my Community on Monday, September 23rd.

**Date:** Thursdays, October 10<sup>th</sup> to November 28<sup>th</sup>

**Time:** 1:00pm to 2:30pm

**Cost:** 8 sessions: \$35 (includes resource materials)

### September 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 September we have:

Spinach and Ricotta Cannelloni with Garlic Bread

Liver and Onions on Mash

Butter Chicken on Rice

Chicken Lasagna

Shepherd's Pie with Corn

Teriyaki Rockfish on Sesame Rice

Beef Stroganoff

Pesto, Mushroom and Chicken Casserole

## Victoria Computer Club

### Tip of the month: Backups & updates

It's 9 months into the year and have you been doing your monthly backups on a regular basis?

Make sure you do this especially if you have been on a trip and transferred your precious pictures to the hard drive of a computer or laptop. Most of you may use the cloud services for saving pictures (OneDrive, DropBox, Google Photos), if so time to clear out the pictures off your phone or tablet if they are running out of room.

Make sure you are doing your software updates, Play Store updates for Android, App Store updates for Apple Drop down to the Victoria Computer Club to learn about checking for updates. We have lots of help to offer you at the Saanich Centre. Check out the website at <https://victoriacomputerclub.org>

### Labour Day Closure

Our Centres will be closed for Labour Day on Monday, September 2nd. We will reopen on Tuesday, September 3rd.



HAPPY LABOUR DAY

*Labour Day, the first Monday in September, has been a statutory holiday in Canada since 1894. It originated in the first workers' rallies of the Victorian era and promoted working-class solidarity and belonging during a time of rapid industrialization.*

## 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 begins the week of **September 23rd.**

Tuesdays 9:30 to 11:30am Oak Bay United Church

Tuesdays 1:00 to 3:00pm St. George's Anglican Church

Wednesday 9:00 to 11:00am 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 is now open, call:** (250) 382-3151

Enjoy a word scramble all about Fall!

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|-------------|------------|
| 1. vaesel   | 2. gerano  |
| 3. kraign   | 4. ravescs |
| 5. tarewess | 6. lolewy  |
| 7. tsere    | 8. nutmua  |
| 9. sanoes   | 10. nair   |

**Answers:**

1. Leaves	2. orange	3. raking	4. scarves	5. sweaters	6. yellow	7. trees	8. autumn
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## Silver Threads Service Staff

**Tracy Ryan** Executive Director  
**Anne Nelson** Saanich Centre Director  
**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

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*

