

## Board Games for Adults



With winter looming and the change in weather it can make it challenging to leave the warmth and comfort of home and venture out. However, we know that keeping active and staying connected are important to our overall well-being. A great way to do just that is by playing board games, not only is it entertaining but it is good for us too!

There is no reason why the fun you enjoyed as a child can't be recreated as an adult. Whatever your age there is always lots of laughter when playing games, and being with others and making new friends is a good thing all around. It does reduce stress and worry.

Whether it is a game of cards, scrabble or even Monopoly your cognitive function will be put to work,

and you will find improvements in memory, problem solving and complex thought processes. Overall it helps slow cognitive decline and who doesn't want that! Then there are health benefits such as lowered blood pressure, boosting immune systems and overall relaxation for your body and mind.

At Silver Threads Service we have a variety of games for folks to drop in to. At the Saanich Centre you can try Scrabble (12:30-3:30), Chess (9:00am to 11:00am) or Cribbage (9:00 to 11:00am) – all on Thursdays. On Mondays there is Bridge from 12:00noon to 3:30pm. Call 250 382-3151 for more information.

The Victoria Centre has Board Games on Thursdays from 12:30 to 2:00pm. Join Susan who will instruct the games and activities. Call 250 388-4268 for more information.

The first class is always free to try. If you like it and want to continue (and we are sure you will!) the cost is \$2 for members and \$5 for non members. Visit [www.silverthreads.ca](http://www.silverthreads.ca) for a complete listing of all of our programs.

*"We don't stop playing because we grow old; we grow old because we stop playing." -George Bernard Shaw*

## Guess Who's Coming to Dinner

**Wednesday, November 20<sup>th</sup>**

**French Canadian Menu:** Beef Tourtiere, Poutine Style Roast Potatoes,  
Butter Tarts for Dessert

**Entertainment:** BVDs

**Wednesday, December 18<sup>th</sup>**

**Sponsored by: Pacific Coast Health Services (formerly We Care)**

**Christmas Dinner Menu:** Roast Turkey with all the fixings  
Pumpkin Pie & Whip Cream for Dessert

**Entertainment:** Rosie and Corrine

**Cost: \$15 / members; \$18 / non-members. Note: Christmas \$18 / members; \$21 / non-members.**  
**Call our Saanich Centre at 250-382-3151 to make your reservation by the Monday before the dinner.**

## November 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 November 4<sup>th</sup>,

#### “What’s the Big News”

**Date:** Monday November 18<sup>th</sup>,

#### “Women at War”

**Date:** Monday November 25<sup>th</sup>,

#### “Living with Dying”

**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 November 6<sup>th</sup>,

#### “You Are Here: A Come From Away Story”

**Date:** Wednesday November 20<sup>th</sup>,

#### “Stan and Ollie”

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

**Cost:** No charge

#### Where in the World Travel: “Andalucia Spain”

Join Dr. Lynne Young as she takes us to Andalucia Spain by bike. We will visit Malaga, Cordoba, Granada, Seville, and Ronda.

**Date:** Wednesday November 27<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)

### Victoria Centre

#### Silver Treads Walking Group

Get some exercise along local trails in a fun and social club.

Phone 250-388-4268 to add your name to our participant list.

**Date:** Mondays

**Time:** 9:30am to 10:30am

**Cost:** No charge

#### Chair Yoga

Finally a 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, October 31<sup>st</sup> to December 5<sup>th</sup>

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

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

**Drop-in Rates:** \$9.45 (members), \$13.65 (non-members)

**Instructor:** Janice Arnot

#### Fall Prevention Fitness

Join Kay for an hour of exercises designed to improve balance, mobility, strength and flexibility.

**Date:** Tuesdays

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

**Cost:** \$4 (members), \$6 (non-members)

#### Board Game Social

Join Susan and give Yahtzee, monopoly, scrabble, Chinese Checkers a try!

**Date:** Thursday, November 21<sup>st</sup>

**Time:** 12:30pm to 2:30pm

**Cost:** No charge

**Christmas Event tickets go on sale November 1st. Events are listed on page 4 and when you are in the centres check out the bulletin boards for more information.**

### Blood Pressure Clinics

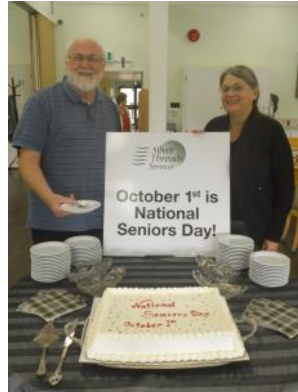
Saanich Centre Monday, November 4<sup>th</sup>  
10:00am to 12:00pm

Victoria Centre Friday, November 8<sup>th</sup>  
10:00am to 12:00pm

## October Highlights

### National Seniors Day

We recognized National Seniors Day and the amazing contribution that seniors bring to our community on October 1<sup>st</sup> with cake and gratitude. We had 90 people visit our centres to celebrate the day and have a piece of cake!



### Nature of Things Filming

A film crew for CBC TV's The Nature of Things came to the Saanich Centre to film a documentary on Aging Well. Now the world will know what we already know - our members are STARS! The documentary is anticipated to air in early 2020 so keep an eye on the spring newsletters for the exact date.

### Bus Trip to Prospect Lake - Tour of "Power to Be" and Nature walk



Even the rain couldn't dampen the spirits of the out trippers who visited the Power to Be site at Prospect Lake. A nature walk that accommodated all levels of mobility followed by a camp fire and snack made for a

lovely afternoon. Trips are being planned monthly from both our centres, and other outreach locations as part of our Senior Community Outreach Project in partnership with James Bay New Horizons.

### Thanksgiving Dinner

Thank you to the hard working staff of Care & Company Ltd – Senior Care Victoria for sponsoring and helping at the Thanksgiving Dinner. Our 85 guests enjoyed a delicious turkey dinner with all the trimmings prepared by Chef Anthony of Ambrosia. Entertainment was provided by Can Suite. A good time was had by all!



## November 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:

**Victoria Centre 12:30pm to 3:00pm**

**Tuesday, November 12th Butterfly Gardens**

Cost: \$10

**Saanich Centre 1:00pm to 3:30pm**

**Tuesday November 19th Country Bee Honey Tour and Cafe**

Cost: \$2

Visit the Reception Desks to sign up.

Space is limited and in consideration of others we ask participants to limit their Bus Trip to one per month

## Mindful Music Info Session

Join us for an information session on how to introduce music and wellness into your routine at home. Presentation will include:

- Looking at the benefits of music with practical ideas on interacting with music at home
- A hands-on Music Therapy experience
- Information and guidance on how to set up an iPod with a personalized playlist



Presented by:  
**Julie Granary**, Accredited Music Therapist,  
Coordinator of the Musical Memory iPod program from

**Date:** Friday, November 8th

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

**Location:** Victoria Centre

**Cost:** No charge. Coffee and light snacks provided

**Phone:** 250 388-4268 to register

Sponsored by: Oak Bay Kiwanis Foundation Pavilion

## November 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. November meals are:

Beef Stroganoff

Butter Chicken on Rice

Chicken Salisbury Steak with Mushroom Gravy and Mash

Liver and Onions with Mash

Meatloaf with Mash

Parmesan Chicken Strip with Mash and Corn

Rockfish with Dill Sauce and Rice

## Victoria Computer Club

### Tip of the month: Looking after your Devices

Do you look after your computer and laptop? By that I mean, do you keep it dusted off, make sure the PC fans aren't clogged with dust if it's sitting on the floor in a room? Use a slightly damp cloth to wipe the outside of the case and use proper monitor cleaning liquids. To clean a monitor, always use a micro fibre cloth and go from side to side – not in circles. It's surprising the amount of dust that your electronics attract.

Are all your updates current with Microsoft or your virus scanning program? Do you do any maintenance using other software such as Malwarebytes or ones you may have purchased? It's a good idea to do all of this on a regular schedule. More so if you are finding your computer is acting sluggish.

Drop down to the Victoria Computer Club to learn about the care of your devices. 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 for more information.

## Remembrance Day Closure

Both Centres will be closed for Remembrance Day on Monday, November 11<sup>th</sup>. We will reopen on Tuesday, November 12<sup>th</sup>.



## Silver Threads Service Staff

**Tracy Ryan** Executive Director  
**Anne Nelson** Saanich Centre Director  
**Ro Fife** Saanich Centre Assistant  
**Christine Hagen** Victoria Centre Coordinator  
**Amaiah Paradine** Program Coordinator  
**Sandy Firth** Bookkeeper  
**Donene Eve** Food Services Coordinator  
**Susan Bauer** Programmer/Outreach Worker  
**Sophie Nielsen** Outreach Worker  
**Becah Burrage** Activity Outreach Worker  
**Kim Davidson** Reception/Instructor

## Memory PLUS 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

Call for more information: (250) 382-3151

Enjoy a word scramble all about Remembrance Day.

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|-------------|--------------|
| 1. slosrdie | 6. gipepabs  |
| 2. emrbeemr | 7. pcetesr   |
| 3. yppop    | 8. treenav   |
| 4. toprusp  | 9. tearwh    |
| 5. varrbey  | 10. litimrya |

- |             |            |
|-------------|------------|
| 1. Soldiers | 4. Support |
| 2. Remember | 3. Poppy   |
| 7. Respect  | 8. Veteran |
| 6. Bagpipes | 9. Wreath  |

## Save the Date

Tickets for our December Holiday Events go on Sale for Members on November 1<sup>st</sup>

**Saanich Christmas Concert** - December 4<sup>th</sup>

**Christmas Dinner** - December 18<sup>th</sup>

**Victoria Christmas Concert** - December 12<sup>th</sup>

**New Year's Eve Daytime Party** - December 31<sup>st</sup>

## Silver Threads Service Locations

<b>Saanich Centre</b> 286 Hampton Road Victoria, BC V8Z 1H1 Phone: 250 382-3151	<b>Victoria Centre</b> 2340 Richmond Road Victoria, BC V8R 4R9 Phone: 250 388-4268
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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*

