

October 1st is National Seniors Day

October 1st of each year is National Seniors Day, which coincides with the United Nations International Day of Older Persons and is an occasion for Canadians to celebrate the profound contributions of seniors. As seniors we can take pride in how we have helped build our country and the fact that we continue to make valuable contributions to the community. National Seniors Day is an occasion for all Canadians to appreciate and celebrate ourselves!

At Silver Threads we are all about seniors and positive, healthy aging. Of course, some facets of a person's health are genetic and out of their hands, but many aspects of health and the aging process in general are well within our control. As we age, "health" isn't just about the absence of ailments. The concept of "positive aging," also referred to as "healthy aging," is achievable by every one of us as we work to make better choices in the near-term to improve our lives in the long-term.

Positive aging is basically adopting a positive view of aging as a healthy, normal part of life. We see this in the focus of the participants in Memory PLUS, the dedication of those coming to exercise regularly and the groups where supportive friendships have grown. And it's the mindset that you will do whatever is needed in order to continue doing the things that you love and are important to you as you grow older.

It's members like Paul who took part in the 55+ BC Games in Kelowna in September who took home a silver medal in mixed doubles and a bronze in men's doubles in table tennis that epitomizes positive aging.



55+ BC Games champ, Paul

Celebrate National Seniors Day - October 1st, 2019

Join us at our centres from 10:00am to 1:00pm and celebrate the occasion with cake!

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." - Sophia Loren

Guess Who's Coming to Dinner

Wednesday, October 9th 5:00 to 7:00pm

Event Proudly Sponsored by: Care & Company - Senior Care Victoria

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

Fruit Crumble w/Vanilla Sauce for Dessert

Entertainment: Can Suite

Wednesday, October 23rd 5:00 to 7:00pm

Oktoberfest Menu: Bratwurst, Ham, Pierogis, Sauerkraut, Steamed Potatoes, Coleslaw

Peach Melba for Dessert

Entertainment: Victoria Accordion Club

Cost \$15 (\$18 Thanksgiving) for members and \$18 (\$21 Thanksgiving) for non-members.

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

October 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 October 7th, “Living Life to the Full Information Session”

Date: Monday October 21st, **Dr. David Doherty**
“Boosting or Maintaining Your Brain Power as
Grow Older”

Date: Monday October 28th, “The Merchants of
Immortality”

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 October 9th, “The Wife”

Date: Wednesday October 23rd, “The Old Man and
the Gun”

Time: 1:30pm to 3:30pm

Cost: No charge

Rainbow Threads

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

Date: Tuesday October 1st and 15th

Time: 1:30pm to 3:30pm

Cost: \$2 drop-in fee

Where in the World Travel Series: “Morocco”

Join Chris Mundigler as he tours us around this fascinating
North African country.

Date: Wednesday October 30th

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

Pickleball Jamboree

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

Date: Saturday October 26th

Time: 9:20am to 2:00pm

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

Ukulele (Beginner and Experienced)

Learn to play the ukulele or improve your ukulele skills.

Date: Wednesdays, October 23rd to November 27th

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, October 22nd to November 26th

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

Zumba Gold

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

Date: Fridays, October 25th to November 29th

Time: 1:00 pm to 2:00 pm

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, October 25th to November 29th

Time: 2:15pm to 3:15pm

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

Instructor: Isabel Arias-Santos

Blood Pressure Clinics

Saanich Centre Monday, October 7th
10:00am to 12:00pm

Victoria Centre Friday, October 11th
10:00am to 12:00pm

October 2019 Programs & Events

Victoria Centre

Strength and Stretch Fitness (Drop-In)

A variety of strength training exercises using light weights and resistance tubing to help maintain bone density and build strength.

Date: Mondays and Thursdays

Time: Mondays 10:00am to 11:00am / Thursdays 11:00am-12:00pm

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

Instructor: Isabel Arias-Santos

Silver Treads Walking Group

Program starts October 7th. 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

TIME™ (Together in Movement and Exercise)

Tailored to people who are able to walk 30 feet with or without a walking aid and who live with conditions such as stroke, MS or weakness after a hospital stay.

Date: Mondays & Thursdays, October 28th to December 2nd

(No class November 11th)

Time: 1:00 pm to 2:00 pm

Cost: 10-sessions: \$105.00

Instructors: Janice Arnot and Kim Davidson

Chair Yoga

Finally, a yoga 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 31st to December 5th

Time: 2:15pm to 3:15pm

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

Instructor: Janice Arnot

Flu Shot Clinics

Get your flu shot from a Rexall Pharmacist. Drop-in, no appointment needed.

Date: Thursday, October 24th (Victoria Centre)
Monday October 28th (Saanich Centre)

Time: 12:00pm to 2:00pm (Victoria Centre)
9:45am to 12:30pm (Saanich Centre)

Cost: No charge for BC Seniors with Care Card

October 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 10:00am to 3:00pm

Tuesday, October 8th Chemainus

Cost: \$5

Saanich Centre 12:00pm to 3:00pm

Tuesday October 15th Prospect Lake - Tour of "Power to Be" and Nature walk

Cost: \$2

September Highlights

Thank you to the Retirement Concepts: The Wellesley of Victoria for sponsoring the September Guess Who's Coming to Dinner. It was great to have Sharon there to help serve. The meal prepared by Ambrosia was yummy and the music by the Gypsy Rovers was a hit!



Left: Sharon from the Wellesley



Right: Raj and friends

Living Life to the Full

An 8-week program in partnership with the Canadian Mental Health Association to learn strategies to deal with feelings when you feel fed up, worried or hopeless.

NEW Date: Thursdays, October 24th to December 12th

Time: 1:00pm to 2:30pm

Cost: 8 sessions: \$30 (includes resource materials and refreshments)

October 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 October we have:

Baked Ham and Potato Gratin

Beef Stroganoff

Chicken Mushroom Casserole

Chicken Salisbury Steak with Mushroom Gravy on Mash

Meatloaf with Mash

Parmesan Chicken Strips with Orzo Pilaf

Shepherd's Pie with Roasted Carrots

Turkey Dinner

Victoria Computer Club

Tip of the month: Battery Life

Have you found your phone is losing its power quicker than normal?

Possibly the battery is getting old, but other things such as too many apps running, Bluetooth always on when not needed or unnecessary apps you have never used are always searching. Delete apps you don't use. Keeping your phone in the sun on a holiday or the dash of your car or in cold climates affects the battery. If it gets too hot it can warp and damage the circuitry of your device.

Keep your device screen clean. Don't spray cleaners on the device – spray on a microfiber cloth and then wipe carefully. Don't use water, industrial cleaners or antibacterial wipes. Eyeglass cleaner or proper cleaner from a store that sells cell phones is best.

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>

Thanksgiving Day Closure

Our Centres will be closed for Thanksgiving on Monday, October 14th. We will reopen on Tuesday, October 15th.

What are you thankful for?



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 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

Call for more information: (250) 382-3151

Enjoy a word scramble all about October!

- | | |
|----------------|-------------|
| 1. krutye | 2. smippkun |
| 3. nowelehah | 4. nhatsk |
| 5. sbotrefetko | 6. tesvarh |
| 7. otmusec | 8. fifntsgu |
| 9. otsob | 10. nacyd |

ANSWERS:
1. turkey
2. pumpkins
3. halloween
4. thanks
5. oktoberfest
6. harvest
7. costumes
8. stuffing
9. boots
10. candy

Save the Date

Tickets for our December Holiday Events go on Sale for Members on November 1st

Saanich Christmas Concert - December 4th

Christmas Dinner - December 18th

Victoria Christmas Concert - December 12th

New Year's Eve Daytime Party - December 31st

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

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

