

## Joy of the Season and Song

'Tis the time of year to bring some beautiful music into your life. Whether it is listening to or making your own – Silver Threads Service can hit the right musical notes this holiday season.

For your listening pleasure we have The Greater Victoria Police Chorus (GVPC) Christmas Concert on Wednesday, December 4<sup>th</sup> at the Saanich Centre from 1:00 to 3:00pm. The GVPC is comprised of serving, retired and reserve police officers, plus some non-police performing members, all proud to be serving their community in this entertaining way. Also performing are the Hampton Singers and the Saanich Songmen. Tickets are still available.

On Thursday, December 12<sup>th</sup> Richard Bird and the South Island Harmony Barbershop Quartet are performing at the Victoria Centre from 1:00 to 2:30pm. A variety of Christmas tunes will put you in the mood for the holidays. Refreshments will be provided at both concerts.

One of these concerts might inspire you to join a Seasonal Sing-a-long. On Monday, December 16<sup>th</sup> both centres will host events. At the Saanich Centre the Hampton Singers will lead a variety of songs from 9:30am to 10:30am. At the Victoria Centre, join elves Susan and Becah for some holiday classics from 1:00 to 2:00pm. There is no charge to join in! Call the Saanich Centre at 250 382-3151 or the Victoria Centre at 250 388-4268 for more information. We would love to make beautiful music together!



*"The only thing better than singing, is more singing." –Ella Fitzgerald*

### **Greater Victoria Police Chorus Christmas Concert ~ Saanich Centre**

Opening performance by the Hampton Singers and Saanich Songmen.

Wednesday December 4<sup>th</sup> 1:00pm to 3:00pm \$6.30 (members), \$9.45 (non-members)

### **Christmas Concert ~ Victoria Centre**

Entertainment will be provided by solo artist Richard Bird followed by the South Island Harmony barbershop chorus.

Thursday, December 12<sup>th</sup> 1:00pm to 2:30pm \$5.25 (members), \$7.35 (non-members)

### **New Year's Eve Daytime Party**

Welcome the new year with beverages, nibbles and musical entertainment by Shenanigans.

Tuesday December 31<sup>st</sup> 11:00am to 12:15pm \$6.30 (members), \$9.45 (non-members)

## **Guess Who's Coming to Dinner**

**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 for Dessert

**Entertainment:** Rosie and Corrine

**Christmas \$18 / members; \$21 / non-members.**

**Wednesday, January 22<sup>nd</sup>**

**Robbie Burns Dinner Menu:** Shepard's Pie. Trifle for Dessert

## December 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 December 2<sup>nd</sup>, “**Is Your Leisure Portfolio Ready?**”

**Date:** Monday December 9<sup>th</sup>, “**What’s the Big News**”

**Date:** Monday December 16<sup>th</sup>, “**Christmas for the Young at Heart**”

**Date:** Monday December 23<sup>rd</sup>, “**Expressions of Solstice and Spirit**”

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

**Cost:** No charge

#### Afternoon at the Movies

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

**Date:** Wednesday December 18<sup>th</sup>, “**Poms**”

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

**Cost:** No charge

#### Ukulele (Absolute Beginners, Continuing Beginners and Experienced)

**Date:** Wednesdays, January 8<sup>th</sup> to February 12<sup>th</sup>

**Time:**

9:00am to 10:00am (Continuing Beginners)

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

11:30am to 12:30pm (Absolute Beginners)

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

**Instructor:** Patrick Alexander

#### Line Dancing (Beginners)

**Date:** Tuesdays, January 14<sup>th</sup> to February 18<sup>th</sup>

**Time:** 12:30 pm to 1:45 pm

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

**Instructor:** Vicky McCulloch

#### Gentle Somatic Yoga

**Date:** Fridays, January 10<sup>th</sup> to February 14<sup>th</sup>

**Time:** 2:00pm to 3:00pm

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

**Instructor:** Isabel Arias-Santos

### Victoria Centre

#### Christmas Trivia

Join us for “season’s guessing” & treats. Enjoy some holiday fun with good company.

**Date:** Monday, December 9th

**Time:** 11:00am to 12:00pm

**Cost:** No charge

#### Victoria Centre Sing-A-Long

Join us for a fun, music filled time singing the classic holiday songs that bring back the love and warmth of Christmas past and present.

**Date:** Monday, December 16th

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

**Cost:** No charge

#### Board Game Social

Have fun playing board games like Monopoly, Yahtzee & Scrabble! A great way to socialize.

**Date:** Thursday, December 19th

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

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

#### TIME™

Tailored to people who live with conditions such as stroke, MS, acquired brain injury or weakness after a hospital stay.

**Date:** Mondays & Thursdays, January 6<sup>th</sup> to February 13<sup>th</sup>

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

**Cost:** 12 sessions: \$126

**Instructors:** Janice Arnot & Kim Davidson

#### 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, January 16th to February 20th

**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

#### Walking Group

Starting in January, join us Mondays at 9:30am for neighbourhood walks.

### Blood Pressure Clinics

Our Registered Nurse will provide Blood Pressure readings and individualized health and wellness information.

Saanich Centre ~ Monday, December 9th Victoria Centre ~ December 13th

10:00am to 12:00pm

10:00 to 12:00pm

## Annual Charitable Giving Campaign

Silver Threads Service is a charitable not-for-profit that has been serving seniors in Greater Victoria since 1956. Our mission remains as important and relevant as it was over 60 years ago. We provide a place and a purpose for older adults – a place to gather at our centres and programs and services that provide a purpose. Most importantly we are a place to connect with others.

Did you know that membership and program fees cover only 26% of the annual funding needed to run our organization? As a charity we are dependent on funding from local Government (35%), Foundations Grants (27%) and Health Authorities (12%) to operate. Our diverse funding allows us to keep our programs and services low cost and offer Outreach and some Centre-based programs at no cost.

Today, the needs of older adults are vast and varied. Beyond our centres, Silver Threads Service provides support and outreach to seniors in the community who may live with financial, health and other risk factors. We quietly provide programs, information sessions and even deliver weekly food share groceries to seniors in subsidized and rental housing. We advocate, educate and work in partnership with other not-for-profit organizations to enhance quality of life for seniors in many walks of life and whatever they are experiencing.

This holiday season please consider making a charitable gift to Silver Threads Service to help us continue our good work. Donations can be made in person, by cheque, cash or credit or on line using the secure Canada Helps website: <https://www.canadahelps.org/en/charities/silver-threads-service/> Donation received by December 31st, 2019 will be issued a tax receipt. We appreciate your support and thank you for being involved!



## December 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

#### Butchart Gardens,

Friday December 13<sup>th</sup>, 3:30pm to 8:00pm, \$20

#### Christmas Lights Drive

Wednesday December 18<sup>th</sup>, 6:00pm to 8:00pm, \$2

#### Gingerbread Houses and Festival of Trees

Thursday December 19<sup>th</sup>, 12:30pm to 3:45pm, \$2

### Saanich Centre

#### Christmas Lights Drive

Thursday December 12<sup>th</sup>, 6:00pm to 8:00pm, \$2

#### Butchart Gardens

Monday December 16<sup>th</sup>, 4:00pm to 7:30pm, \$20

#### Gingerbread Houses and Festival of Trees

Thursday December 19<sup>th</sup>, 12:45pm to 3:30pm, \$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

## Hampton Concert Orchestra

### Saanich Centre

#### Charles Encell ~ Conductor

#### 2019 Fall Concert

L. van Beethoven The Construction of the House

F. Mendelsohn Symphony No. 5 Reformation

A. Dvofak Czech Suite

Sunday, December 8th 2:30pm

Monday, December 9th 7:30pm

Admission by Donation

Refreshments at Intermission

[www.hamptonconcertorchestra.com](http://www.hamptonconcertorchestra.com)

## December 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. December meals are:

Baked Ham with Potato Gratin

Beef Stroganoff

Butter Chicken on Rice

Parmesan Chicken Strips with Mash

Rockfish with Cream Dill Sauce

Shepherd's Pie

Turkey Dinners (available as of December 9th)

## Victoria Computer Club

### Tip of the month: Windows 7

Do you still have a PC or laptop running Windows 7? Did you know that this operating system is no longer going to be supported by Microsoft with updates as of January 20, 2020 and is being phased out? What this means is that you are either going to have to get a new computer/laptop or buy Windows 10 to install. Having said that, your computer is probably more than 5 years old, possibly 10 years old so you may want to think about getting a new device.

If you don't do anything, you will be opening yourself up to not being secure as the weekly or monthly updates will no longer work. Some of the software will also stop working. Drop down to the Victoria Computer Club to learn about how to check if your device is using Windows 7 and what you can do. We have lots of help to offer you. Check out the website at <https://victoriacomputerclub.org>

### Holiday Hours at Silver Threads

#### Victoria Centre

The Victoria Centre will be closed from Monday, December 23rd to Wednesday, January 1st.

#### Saanich Centre

Monday, December 23<sup>rd</sup> ~ open 8:30am to 4:00pm

Tuesday, December 24<sup>th</sup> ~ open 8:30am to 1:00pm

Wednesday, December 25<sup>th</sup> ~ closed

Thursday, December 26<sup>th</sup> ~ closed

Friday, December 27<sup>th</sup> ~ closed

Saturday, December 28<sup>th</sup> ~ closed

Monday, December 30<sup>th</sup> ~ open 8:30am to 1:00pm

Tuesday, December 31<sup>st</sup> ~ open 8:30am to 1:00pm

Wednesday, January 1<sup>st</sup> ~ closed

**Both Centres will reopen Thursday, January 2nd**

## 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 starting in January.

Call for more information: (250) 382-3151

Enjoy a word scramble all about the holidays.

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|----------------|--------------|
| 1. dilayoh     | 6. yiflma    |
| 2. tsighl      | 7. nendir    |
| 3. tormnane    | 8. nestsrep  |
| 4. amnnows     | 9. igvign    |
| 5. gatogboggni | 10. gkostinc |



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|--------------|----------------|
| 1. holiday   | 5. tobogganing |
| 2. lights    | 4. snowman     |
| 3. ornament  | 3. presents    |
| 6. family    | 7. dinner      |
| 9. giving    | 8. giving      |
| 10. stocking | 10. stocking   |

### 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

### 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*

