

## Share the love on Valentine's Day

Valentine's Day is a celebration that many think is about the romantic kind of love. But what if we celebrate other kinds of love and think about some other ways to mark the occasion, even if you are single and not in a romantic relationship!

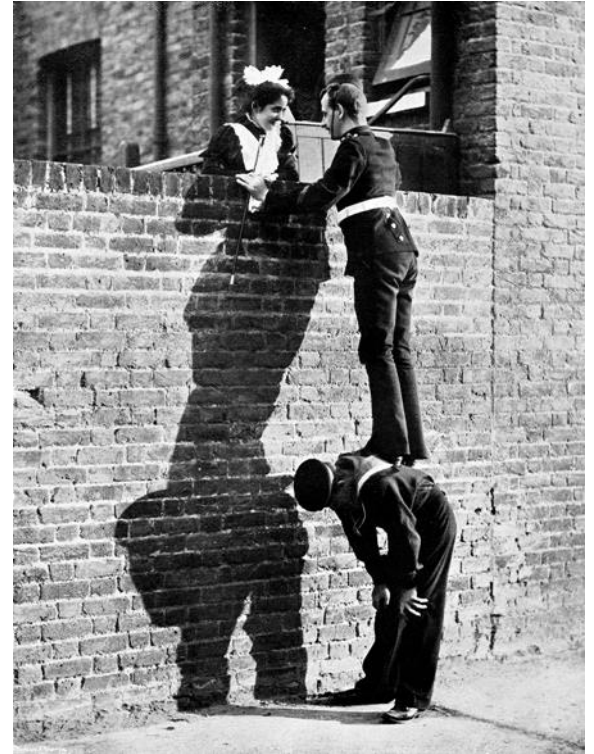
**Love others** – and Pay It Forward. How about doing a Random Act of Kindness and surprise someone with an unexpected gift? A card or letter or buying someone a coffee shows you care and it will lift someone's spirit.

**Love Thyself** - Valentine's Day is a good time for introspection and self-reflection. The love you receive is a direct correlation to the love you have for yourself. Take some time to exercise self-love such as thinking of a positive phrase to say to yourself.

**Love thy neighbours** and friends. Love isn't only about the romantic kind, but non-romantic loves too. Consider planning an outing with neighbours and friends to connect and be entertained. Silver Threads Service has two special Valentine's Day events that fit the bill.

Wednesday, February 12<sup>th</sup> the Saanich Centre is hosting the Guess Who's Coming to Dinner. The menu is Garden Salad, Stuffed Roast Pork Loin with Cranberry Stuffing, and for dessert Chocolate Mousse. The dinner starts at 5:00pm and following dinner entertainment will be provided by musical trio Steve, Sherry and Dale. See below for more information.

Friday, February 14<sup>th</sup> the Victoria Centre will hold a Valentine's Day Tea. Enjoy tea, coffee and sweet treats while listening to local singer Bob Meikle. The Tea will run from 1:00pm to 3:00pm and tickets are \$7.35. Reservations are required for both events, please call or come into one of our centres to book your seat!



*"Be gentle with yourself, learn to love yourself, to forgive yourself, for only as we have the right attitude towards ourselves can we have the right attitude towards others." – Wilfred Peterson*

### Guess Who's Coming to Dinner

**Wednesday, February 12<sup>th</sup>**

**Valentine's themed Dinner Menu:** Garden Salad, Stuffed Roast Pork Loin with Cranberry Stuffing & Gravy, Roasted Carrots & Squash, Duchess Potatoes & Chocolate Mousse for Dessert  
**Entertainment:** Steve, Sherry and Dale

**Wednesday, March 11<sup>th</sup>**

**St Patrick's themed Dinner Menu:** Irish Stew, Green Beans, Boiled Potatoes with Mint & Chocolate Brownies for dessert  
**Entertainment:** Bob Meikle

**\$15 / members; \$18 / non-members. Dinners are Wednesday from 5:00pm to 7:00 pm. Call our Saanich Centre at 250-382-3151 to make your reservation by the Monday before the dinner.**

## February 2020 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 February 3<sup>rd</sup>, “**Beginner’s Mind and Wisdom – Connecting Seniors and Children**”

**Date:** Monday February 10<sup>th</sup>, “**Why is Everyone So Sensitive These Days?**”

**Date:** Monday February 24<sup>th</sup>, “**Life in a Medieval Village ~ author Maureen Thorpe**”

**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 February 12<sup>th</sup>, “**The Hundred-Foot Journey**”

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

**Cost:** No charge

#### Where in the World Travel Series: “Iran”

Join Jennifer Waelti-Walters as she takes us around the second largest country in the Middle East.

**Date:** Wednesday February 26<sup>th</sup>

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

**Cost:** No charge but pre-register required

#### Line Dancing (Beginners)

**Date:** Tuesdays, February 25<sup>th</sup> to March 31<sup>st</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, February 21<sup>st</sup> to March 27<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

#### Nautical Love Knots

Join Laura Robin from the Maritime Museum to create a Nautical Love Knot. Generously Funded through the Victoria Foundation

**Date:** Monday, February 3<sup>rd</sup>

**Time:** 1:00pm to 3:00pm

**Cost:** No charge

#### TIME™

This unique program is tailored to people who are able to walk 10 meters with or without a walking aid and who live with conditions such as stroke, MS, acquired brain injury or weakness after a hospital stay.

**Date:** Mondays & Thursdays, February 20<sup>th</sup> to March 30<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 16<sup>th</sup> to February 20<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

#### Silver Treads Walking Group

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

**Date:** Mondays

**Time:** 10:00am to 11:00am

**Cost:** No charge

#### 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)

### Blood Pressure Clinics

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

Saanich Centre ~ Monday, February 10<sup>th</sup> Victoria Centre ~ Friday, February 14<sup>th</sup>

10:00am to 12:00pm

10:00 to 12:00pm

## January Highlights



### Robbie Burns Dinner

It was a fun night at our Robbie Burns dinner at the Saanich Centre. Thanks to Ambrosia Catering and Chef Anthony for a delicious Shepherd's Pie. And trifle for dessert.

We were entertained by Cookeilidh, who gave a lively performance.

Check out our face book page to see the video of dancers Anne and Paul!

### Chinese Lunar New Year Tea

A special thank you to Li Paper and members of the Chinese Women's Friendship Association for hosting the Chinese Lunar New Year Tea at the Victoria Centre. We learned a lot, enjoyed treats and prizes, some of us even tried dancing! It was a delightful afternoon!



## City of Victoria Seniors Action Plan



The City of Victoria and the Seniors Task Force is seeking input to the development of a Seniors Action Plan and we encourage all our members to share their thoughts on how Victoria can better understand the opportunities and barriers to making Victoria more healthy and age-friendly for seniors.

The Seniors Task Force was formed last fall and is comprised of 19 community-minded individuals including two reps from Silver Threads. It is co-chaired by Victoria City Councillors Ben Isitt and Geoff Young.

This focus is guided by eight topic areas identified by the World Health Organization:

1. Outdoor Spaces and Buildings
2. Transportation
3. Housing
4. Respect and Social Inclusion
5. Social Participation
6. Communication and Information
7. Civic Participation and Employment
8. Community Support and Health Services

Attend in person:

**Town Hall @ Victoria City Hall Tuesday, February 4**  
2:00pm to 5:00pm Open House and Town Hall

### Online / Email Feedback

Read the draft recommendations for the Seniors Action Plan and share feedback with the Seniors Task Force by emailing [engage@victoria.ca](mailto:engage@victoria.ca) with "Seniors Action Plan" in the subject line by **Sunday, February 9, 2020**. Visit [engage.victoria.ca](http://engage.victoria.ca) to have your say.

## February Outreach Bus Trips

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

### Thursday, February 6th Saanich

Roost Winery Tour

Pick up 12:45pm Drop off 3:15pm Cost: \$5

### Tuesday, February 11th Saanich & Victoria

Bug Zoo Tour

Pick up 1:30/1:45pm Drop off 3:15/ 3:30pm Cost: \$10

### Tuesday, February 18th Saanich

Observatory Tour

Pick up 1:00pm Drop off 4:00pm Cost: \$10

Visit the Reception Desks to sign up. Space is limited.

## February 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. February meals are:

Beef Stroganoff on Egg Noodles

Butter Chicken with Rice

Liver and Onions with Mash

Mozzarella Chicken

Rockfish with Dill Sauce

Spaghetti and Meatballs

## Victoria Computer Club Tip of the month: Disposing of Equipment

Disposing of equipment can be very daunting for some as you don't know what to do with it when you get new equipment to replace it. The first choice is to recycle it, but there are proper procedures you must follow to make sure all of your data and any information about yourself is removed before it goes to a Recycle centre like Return IT in Victoria.

If you Google "how to recycle electronics in Victoria BC" you will see many informative sites like the Island Return IT Electronics site or <https://www.recyclemyelectronics.ca/bc/victoria/>

This applies to phones (Android or iPhone), tablets, USB drives, SD cards, External Hard drives, etc.

If you need some guidance as to what to do, drop down to the Victoria Computer club. Check out the website at <https://victoriacomputerclub.org>

## 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.

Call for more information: (250) 382-3151

Enjoy a word scramble all about Valentine's Day.

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|--------------|------------|
| 1. dcar      | 6. ptraren |
| 2. rpeissru  | 7. ancmeo  |
| 3. cohateol  | 8. lfeosrw |
| 4. velo      | 9. ubtuqeo |
| 5. oenfafcit | 10. ehtar  |

### CBC The Nature of Things: "Aging Well"

In October, CBC's The Nature of Things did some filming at Silver Threads for an upcoming episode called "Aging Well". The full show, with a few of our snippets will be airing on CBC on the following dates:

#### CBC TV Dates / Times:

- Friday February 28th,  
9:00 pm
- Saturday February 29th,  
3:00 pm
- Sunday March 1st,  
1:00 pm



### BC Family Day

Both our Centres will be closed on  
Monday, February 17<sup>th</sup>  
In recognition of Family Day.



- |            |              |              |            |              |
|------------|--------------|--------------|------------|--------------|
| 1. card    | 2. surprises | 3. chocolate | 4. love    | 5. affection |
| 6. partner | 7. romance   | 8. flowers   | 9. bouquet | 10. heart    |

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

