

Twenty Resolutions for 2020



res o l u t i o n

noun

a firm decision to do or not to do something.

"Trixie kept her new years resolutions like her martinis—shaken"

This year let's resolve to keep our resolutions realistic, we all have come this far in life and are pretty close to perfection—all we need are some minor tweaks right!

Here are 20 achievable resolutions for 2020 that you might want to try this year. Try one and see if you can stick to it for a week, or give yourself a different daily challenge for a month and see how it feels. If it is easy it just might become a positive habit.

On average it takes more than 2 months or 66 days before a new behaviour becomes a habit. Sometimes a simple thing like having a big glass of water each morning or giving daily thanks for something or someone are small changes that can have a positive and unexpected pay off. Give it a try!

We hope that 2020 will be a very happy, healthy and fulfilling year for all of you!

- Have more citrus
- Compliment yourself or someone else
- Declutter one area
- Try volunteering
- Watch less TV
- Read more
- Focus on your breath
- Listen to upbeat music
- Display some different family or favourite photos
- Write someone a letter
- Drink more water
- Go to bed earlier
- Eat an apple a day
- Be in nature
- Increase your vocabulary – learn a new word every day
- Forgive yourself
- Move more
- Give thanks for 5 things
- Start a journal
- Try a new food

"Cheers to a new year and another chance to get it right" Oprah Winfrey

Guess Who's Coming to Dinner

Wednesday, January 22nd

Robbie Burns themed Dinner Menu: Sheperd's Pie, Braised Leeks & Turnips & Trifle for Dessert

Entertainment: Cookeilidh

Wednesday, February 12th

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

\$15 / members; \$18 / non-members

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

January 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 January 6th, **“Is Your Leisure Portfolio Ready for Retirement?”**

Date: Monday January 13th, **“What’s the Big News”**

Date: Monday January 20th, **“Medical Marijuana – Risks and Benefits”**

Date: Monday January 27th, **“The Good & Bad of Conflict”**

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 January 8th, **“RBG”**

Date: Wednesday January 22nd, **“Apollo 11”**

Time: 1:30pm to 3:30pm

Cost: No charge

Where in the World Travel Series:

“Camino de Santiago”

Join Dr. Olav Krigolson as he takes us on the network of ancient pilgrim routes stretching across Europe.

Date: Wednesday January 29th

Time: 1:00pm to 2:00pm

Cost: No charge but pre-register required due to space limitations.

Ukulele (Absolute Beginners, Continuing Beginners and Experienced)

Date: Wednesdays, January 8th to February 12th

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 14th to February 18th

Time: 12:30 pm to 1:45 pm

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

Instructor: Vicky McCulloch

Victoria Centre

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, January 6th to February 13th

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 10:00am for neighbourhood walks.

Check our Program Schedule for Fall Prevention and Stretch and Strength.

Lunar New Year Tea

Many of us know this as “Chinese New Year” but in traditional Chinese culture it is known as the Spring Festival. The Chinese Women’s Friendship Association and Silver Threads Victoria invite you to gain a cultural understanding of the Spring Festival with a presentation and tea. Everyone welcome.

Date: Saturday, January 25th

Time: 1:00pm to 3:30pm

Cost: \$5.25 (members) \$7.25 (non-members)



Blood Pressure Clinics

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

Saanich Centre ~ Monday, January 13th Victoria Centre ~ Friday, January 17th

10:00am to 12:00pm

10:00 to 12:00pm

December Highlights

Christmas Concerts

The Saanich Centre Concert was a fabulous afternoon! Special thanks to our sponsors Pacific Coast Health Services (formally We Care). Our 115 guests enjoyed music by our "house bands" The Hampton Singers and the Saanich Songmen. Followed by the Greater Victoria Police Chorus who were in top form again this year. Refreshments were enjoyed at intermission and all agreed it was a lovely afternoon.



At the Victoria Centre guests enjoyed the music of Richard Bird and South Island Harmony along with refreshments, even joining in and singing along.

Amica on the Gorge - Helping Hands Baskets

There is so much generosity this holiday season! A special thanks to Amica on the Gorge and their Helping Hands Baskets for seniors in the community. We were pleased to deliver these baskets to all the residents of LeBlond Housing who were thrilled with the gifts and the thoughtfulness. Thank you Amica on the Gorge!



Christmas Dinner

It was a full house the week before Christmas with 90 guests enjoying a full turkey dinner with all the trimmings. The Christmas classics performed by Rosie and Corinne put everyone in the holiday frame of mind. Thank you to our sponsor Pacific Coast Health Services for their support! Formally We Care Home Health, this is the 5th Year they have sponsored our Christmas events!

Bus Trips

Our Outreach staff were pleased to take groups to Butchart's Garden, for evening light drives and to see the Christmas Gingerbread Houses and the Festival of trees in December. And there was so much more...Sing-a-longs, pot lucks, Trivia, visits from Santa and the News Years Eve Daytime Party.



January 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:

Saanich Centre **Robert Bateman Centre Tour**

Thursday, January 16 1:00pm to 3:30pm \$2

Victoria Centre **Level Ground Coffee Tour**

Wednesday, January 29th 12:15pm 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

January 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.

January meals are:

- Beef Stroganoff on Egg Noodles
- Chicken Salisbury Steak with Mash
- Liver and Onions on Mash
- Parmesan chicken Strips with Orzo Pilaf
- Roast Pork Tenderloin with Rice Pilaf
- Shepherd's Pie

Victoria Computer Club Tip of the month: Windows 7

Another year has arrived and hope some of you considered upgrading your PC or Laptop that may have Windows 7. The time has almost run out. As of January 14, 2020 Microsoft will no longer be supporting Windows 7. You will be vulnerable to viruses and no further updates will download until you move to Windows 10.

Once you have got your new devices up and running with all of your data, it's time to properly dispose of it in a secure manner. There are many ways to do this, but you should never take your PC or laptop to a recycle depot without first wiping the drive or removing it. This also applies to any electronics that may have any of your personal information recorded on it.

We will cover some of the options in the February article.

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>

Thank you to our Donors!

We are so thankful for our members and participants for their generous contributions to Silver Threads Service. Our Annual Campaign raised \$9,700 this year and donations are still coming in. The funds are directed to operations and help us continue to provide programs and services at reasonable costs.

On behalf of all of us, we appreciate your support and show of confidence in our work and look forward to continuing to serve you in 2020.

Thank you!

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

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
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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



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 New Year

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|--------------|------------------|
| 1. eisrfrwko | 6. etrisounslo |
| 2. arpyt | 7. oahydli |
| 3. rgtaeh | 8. larecebet |
| 4. irefdns | 9. ybba_ewn_eyar |
| 5. dnhitmig | 10. nsieoraemk |



- | | |
|------------------|----------------|
| 1. Fireworks | 5. Midnight |
| 2. Party | 4. Friends |
| 3. Gather | 3. Celebrate |
| 4. Baby New Year | 2. Holiday |
| 5. Noisemaker | 1. Resolutions |