

Victoria Centre is on the move!



Silver Threads Service will be moving the Victoria Centre to a new location at 1911 Quadra Street, **at the corner of Caledonia Avenue and Quadra Street**, with the continued financial support of the City of Victoria.

The new 5,400-square-foot Centre will bring additional services for older adults to the growing North Park neighbourhood, while continuing to offer residents throughout the city a wide range of social programs, recreation and outreach services.

The new location will also allow a closer working relationship with the City of Victoria's Crystal Pool and Fitness Centre. This partnership will enable programs and services at both locations to be expanded and provide more opportunities for older adults to stay connected and active.

Silver Threads has been serving seniors since 1956 and has a long history with the City of Victoria that began in 1965 with the operation of a purpose-built, City-owned seniors centre in Centennial Square. After this property was sold to the CRD, Silver Threads moved to Douglas Street and in 2014 moved to the Richmond Road location. After many years of searching for a long term, financially viable solution for the Victoria Centre we are pleased to take advantage of this opportunity.

Silver Threads is a charitable, not-for-profit society that works to enhance social connections and well-being for seniors by providing programs and services that are accessible to all. Our vision aims to see seniors in Greater Victoria engaged and

supported, enhancing their quality of life.

Our last day at Richmond Road will be Friday, April 24th and current Victoria members will be able to extend their membership to then. The new Caledonia Street Centre is scheduled to open May 4th. An Open House will be held and further information will be shared in the coming months. We hope you will stop by for a visit! If you require any further information please contact Tracy at 250 382-3151.

"Every new beginning comes from some other beginning's end" – Unknown

Guess Who's Coming to Dinner

Wednesday, March 11th

St Patrick's themed Dinner Menu: Irish Stew, Green Beans, Boiled Potatoes

Mint & Chocolate Brownies for dessert

Entertainment: Bob Meikle

Wednesday, April 8th

Sponsored by: Connect Hearing

Easter themed Dinner Menu: Glazed Ham, Scalloped Potatoes, Rutabaga, Carrots & Butternut Squash, Lemon Meringue Pie for dessert

Entertainment: Hampton Singers and Saanich Songmen



\$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.

March 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 March 2nd, “Cooking for One”

Date: Monday March 9th, “What’s the Big News?”

Date: Monday March 16th, “Creating Visual Life Stories”

Date: Monday March 23th, “Joy Audit”

Date: Monday March 30th, “Living with Multiple Health Challenges”

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 March 11th, “Red Joan”

Time: 1:30pm to 3:30pm **Cost:** No charge

Where in the World Travel Series: “Hiking in Japan - The Old Roads of Kumano ”

Join Dr. Cody Poulton from the UVic Speaker’s Bureau as he takes us on the Kumano Kodo, or “old road,” connecting scores of temples and shrines scattered across the stunning Kii Peninsula of Japan.

Date: Wednesday March 25th

Time: 1:00pm to 2:00pm

Cost: No charge but pre-registration required

Ukulele (Beginners: Level 2, Continuing, and Experienced)

Date: Wednesdays, March 4th to April 8th

Time:

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

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

11:30am to 12:30pm (Beginners – Level 2)

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

Instructor: Patrick Alexander

Living Life to the Full Course

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.

Date: Tuesdays, April 7th to May 26th

Time: 1:00pm to 2:30pm

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

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: 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)

Instructor: Isabel Arias-Santos

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, March 5th to March 26th

Time: 2:15pm to 3:15pm

Cost: 4 sessions: \$35 (members), \$52.50 (non-members)

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

Instructor: Janice Arnot

Life in a Medieval Village Slide Show

Join author Maureen Thorpe to learn about Medieval England and day to day life on a Manor. This is a companion presentation to Maureen’s novel, ‘Tangle of Time’.

Date: Thursday, March 19th

Time: 1:00pm to 2:30pm

Cost: No charge

Irish Trivia Time

Join Susan for an afternoon of Irish trivia. Come & kiss the Blarney Stone and maybe spot some leprechauns.

Date: Monday, March 16th

Time: 1:00pm to 2:00pm

Cost: No charge

Blood Pressure Clinics

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

Saanich Centre ~ Monday, March 9th Victoria Centre ~ Friday, March 13th

10:00am to 12:00pm

10:00 to 12:00pm

February Highlights

Valentine's Day Afternoon Tea

A lovely afternoon was had on Valentine's Day at the Victoria Centre, with music by Bob Meikle, Zoe from the Heat & Stroke Foundation and the highlight of the afternoon - the Chicken Dance!



Seniors Engagement Session

The City of Victoria is developing a Seniors Action Plan to support older adults and build healthy community. We hosted an Engagement Session at the Victoria Centre and members shared their ideas. CBC Radio (shown) was there and interviewed Judy. Thank you to all who participated.



Valentine's Day Guess Who's Coming to Dinner

We had a stellar dinner of Stuffed Roast Pork Loin and chocolate mousse followed by music by Steve, Sherry and Dale. We were happy to celebrate Valentine's Day AND Helen's 100th Birthday! Congratulations and thank you to Helen for her involvement over the years!

It's time to renew your membership

Our Annual Membership Drive for the April 1st 2020 to March 31st 2021 (fiscal) year will begin in March. Membership is \$55 (includes GST) and you will receive:

- Full access to Silver Threads Service programs offered at both Saanich Centre and the new Victoria Centre when it opens in May.
- Preferential (reduced) members program fees for centre activities and events.
- Priority registration for space limited programs, outings or other seasonal special events.
- Courtesy calls for program changes or cancellations.
- Annual Coupon for 1 complimentary coffee break (good for a hot beverage and a cookie).
- A sense of community belonging.

For current Victoria Members your 2019-20 membership will be extended to April 24th. We hope you will visit our new location at 902 A Caledonia Avenue to renew. Stay tuned for further incentives.

Visit the reception desks at our Centres to sign up



Our new Victoria Centre at Caledonia Avenue

March Outreach Bus Trips

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

Wednesday, March 11th Saanich & Kiwanis

Power to Be Nature Walk & Talk

Pick up 12:30pm Drop off 4:00pm Cost: \$2

Thursday, March 12th Saanich & Viewmont

Observatory Tour

Pick up 12:30/1:00pm Drop off 3:30/ 4:00pm Cost: \$10

Tuesday, March 17th Saanich

Tea for Tutu Ballet

Pick up 1:30pm Drop off 3:15pm Cost: \$2

Tuesday, March 24th Saanich & Victoria

Poppies Flowers Tour & Coffee Shop

Pick up 1:00/1:15pm Drop off 3:00/3:15pm

Visit the Reception Desk to sign up!

March 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.

March meals are:

Baked Ham and Potato Gratin

BBQ Chicken Drumsticks with Mash

Chicken Salisbury Steak on Rice Pilaf

Meatloaf Stroganoff on Egg Noodles

Old Fashioned Beef Stew with a Bun

Spaghetti and Meatballs

Victoria Computer Club

Tip of the month: Updates

It's the 3rd month of the year... have you been keeping your devices up to date with the Microsoft updates on a regular basis? Are all your Android/Apple devices updated and backed up? Do you know how to check to see if your devices need updates?

It doesn't matter if you have a laptop, desktop PC, tablet, phone - learning how to update your devices on a regular basis is good practice both for the device and for your safety. The second most important thing to do is to know how to back up your precious files and pictures, either using an external hard drive, thumb drives, cloud services, 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>

Income Tax Clinics

For the months of March and April volunteers will be preparing taxes for seniors with a maximum single gross income level of \$35,000 (\$45,000 couples). For an appointment, call our centres. There is no charge for this service.

Saanich Centre:

Tuesdays and Fridays, 10:00pm to 2:40pm

Victoria Centre:

Tuesdays and Thursdays 12:00pm to 2:30pm

Wednesdays: 9:30am to 12:10pm



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 St Patrick's Day.

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|---------------|-------------|
| 1. eegnr | 6. olgd |
| 2. rlecphenua | 7. awroibn |
| 3. ulcyk | 8. ilearnd |
| 4. rlcevo | 9. smarchko |
| 5. toapotse | 10. pdraea |

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Easter Closure

Our Centres will be closed for Easter on Friday, April 10th and Monday, April 13th. We will reopen on Tuesday, April 14th.



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|---------------|-------------|
| 1. Green | 5. Potatoes |
| 2. Leprechaun | 4. Clover |
| 3. Lucky | 3. Shamrock |
| 6. Gold | 2. Ireland |
| 7. Rainbow | 1. Parade |

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	Victoria Centre
286 Hampton Road	2340 Richmond Road
Victoria, BC V8Z 1H1	Victoria, BC V8R 4R9
Phone: 250 382-3151	Phone: 250 388-4268

For general inquiries please email:

inquiries@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

