

# Silver and Sage 55+ Social Group

*by Brenda Morgan*



Silver and Sage, a social group for seniors 55+, is coming to St. Luke's. This new community outreach, run by volunteers, is for anyone from any background or walk of life.

Whether you're looking to learn, laugh, or simply connect with others in a vibrant community, this gathering is designed to offer something for everyone. Share your stories, discover new interests, and make lasting memories with fellow members. We will offer focussed and informative discussions, physical exercise, art and music.

Meetings will be held twice a month, on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 1:30 – 3:30 pm. Occasionally we may meet on Saturdays to encourage intergenerational gatherings or to accommodate a special activity. We will be using the St. Luke's church space for speakers and musical events, and we have the option of the Hall or the Sequoia Lounge for other forms of activity.

About us: The name we have chosen for the group, Silver and Sage, is suggestive of what we believe in and acts as a metaphor for who and what we are.

Imagine a candlestick in a thrift shop, blackened with tarnish. Under all the tarnishing though, the shape is beautiful, so you buy it. You soak it in an aluminum-foil-lined basin with washing soda, and you start to notice the tarnish disappearing. A little more work with polish, and it's gleaming – Silver! Glad you bought it? You bet! Silver is valuable, beautiful, tough, long-lasting. It can be brought up to a shine. Hey! That's not grey hair you have – it's silver!

As for 'Sage': The word is evocative in so many ways. The sages of old were always elders, revered for their wisdom. We lose so much, incrementally, as the years go by, but there is something we gain—wisdom. It's a universal truth: We wish we were in our youth the people we become in our old age. Sage is also a herb, intense in smell and flavour, used to enliven plain foods. Our Indigenous people use it for spiritual healing and serenity. Sage is also a colour, a tone of green; it has a hint of grey in it, but still green—and green is ever youthful in spirit, hopeful, and alive.

Valuable, strong, glowing, wise, youthful in spirit, hopeful, lively, thoughtful, spiritual, serene: if any of these words resonate for you, then you are a candidate for the group. Please join. You will have much to gain, and we hope, much to offer. If you have knowledge of an interesting field, please offer a presentation.

Through this evolving project, we hope to encourage healthy ageing. We want to address social isolation and keep seniors intellectually engaged and informed. Our exercise sessions will help seniors remain flexible, and our computer sessions will address basic computer literacy and scam-awareness. We hope to encourage a sense of purpose by offering opportunities for

volunteering or leadership in charity drives. We are planning joy too: music and other entertainment. We mostly want people to feel at home and have fun.

This is new for the Silver and Sage planning team, and we will learn as we go. Any group is dependent on its members' enthusiasm and willingness to be engaged, so whether you are 55 or 85+, if you want to be involved, if you want to make new friends, if you want to maintain mental and physical agility, if you want to have fun, please consider joining, and bring your friends along too.

## **Silver and Sage Topics for the Fall**

|         |                                              |
|---------|----------------------------------------------|
| Sept 25 | <b>Fourteen</b> , a Short One-Act Radio Play |
| Oct 9   | Art, the New Transformer                     |
| Oct 23  | Under the Hood - Basic Car Maintenance Tips  |
| Nov 13  | Explore a Theme through Story and Poem       |
| Nov 27  | Earth and Its Treasures                      |
| Dec 11  | Some Christmas Cheer and a Sing-Along        |