

## Silver and Sage 55+ Social Group About Us



A community outreach, run by volunteers, Silver and Sage is a social group for seniors 55+ from any background or walk of life. Whether you want to learn, to connect with others in a vibrant community, or simply laugh, this gathering is designed to offer you something. We will offer focussed and informative discussions on diverse topics, entertainment, art, music, and relaxing coffee-&-chat time.

Meetings are 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 use St. Luke's Church for speakers and musical events, and we have the option of using St. Luke's Hall for other forms of activity if the space is available.

The name we have chosen, **Silver and Sage**, is suggestive of what we believe and acts as a metaphor for who and what we are.

**Silver** is valuable, beautiful, tough, long-lasting. It can be brought up to a shine with a little polish. Hey! That's not grey hair you have – it's silver! As for **Sage**: sages are elders, revered for their wisdom. Our Indigenous people use it for spiritual healing and serenity. Sage is also a herb, intense in smell and flavour, used to enliven plain foods. Sage is a colour, a tone of green that 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 at heart, hopeful, lively, thoughtful, spiritual, serene: that is how we see seniors, and if that is how you see yourself, you are a candidate for the group. Please join. You will have much to gain, and we hope, much to offer.

You can participate in so many ways: if you have knowledge of an interesting field, please offer a presentation; if you love baking, bring cookies along; if you see someone struggling to make friends, include them in your conversation, make them feel a part of everything.

Through this evolving project, we hope to encourage healthy ageing. We want to address social isolation and keep seniors intellectually engaged and informed and actively involved. We hope to encourage a sense of purpose by offering opportunities for volunteering or leadership. We are planning joy too: music and other entertainment. We mostly want people to feel at home and have fun.

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.

## Our Program for January – June 2026

Jan 8	Sitting is the New Smoking	Susanne Reul-Zastre—in the Church
Jan 22	Persian Culture	Behnaz Barani –in the Hall
Feb 12	Living Fully with Chronic Conditions	Liz McCarter – in the Church
Feb 26	Radio Play: “He Said and She Said”	Langham Court Readers’ Theatre – in the Church
Mar 12	Animal Poetry: from Bats to Bull Moose	Readings by Audrey Harry, Sharon McMillan, Eric Morgan, Joan Scandrett, and Fran Cohen – in the Church
Mar 26	How To... Computer and Mobiles	Maria Ross – venue to be determined
Apr 9	Saanich Volunteer Services	Caroline Herbert – in the Church
Apr 23	Music Concert	Elena Antontceva, Cellist – in the Church
May 14	Herbs and Lore	Thea Todd – in the Church
May 28	“I Didn’t Make Admiral”	Local author, George Jackson – in the Church
June 11	Under the Hood <b>or</b> On the Road	Matthew Robertson – in the Church