

You haven't missed the IT Boat!



Whether sharing your photos, talking with friends over a distance, reading or writing, you can do it more easily with a computer, laptop, digital notebook, tablet or phone. For many these devices can be daunting. But a friend can help, and the volunteer members of the **Victoria Computer Club** at Silver Threads can be that help.

How often do you wish you could see the photos of your children and grandchildren as they are growing up in a city far away? There are many ways this can be done: via email, Skype, FaceTime, Facebook, Google Photos, etc.

If this sounds complicated, it's really something everyone can learn with either one-on-one coaching or weekly lessons at the Victoria Computer Club at Silver Threads Saanich Centre.

Learn to use a device to get advice, read articles, or watch videos - all this is possible with help. So many of our members are happy to be able to use all the technology to keep them in touch, especially when they have been given some of it from their children. After learning the basics, you can become ever more creative.

Haven't been to the Victoria Computer Club before? New Computer Club members get their first month's computer club membership for free – attend your favourite club course or try them all. (Silver Threads drop-in fees still apply.) Cost for a yearly membership is \$25.

To see all of our classes and schedule go to our website: <http://victoriacomputerclub.org/>

Computer Basics	Monday – 10:00am to 12:00pm
Genealogy	1st Thursday of each month - 9:30am to 11:30pm
Apple Mobile Group	2nd Thursday – 10:00am to 12:00pm
Android Group	3rd Thurs – 10:00am to 12:00pm
Camera Group	4th Thurs – 10:00am to 12:00pm

“Never trust a computer you can't throw out a window.” Steve Wozniak

Guess Who's Coming to Dinner in October

October 3rd

Menu: Thanksgiving Dinner - Turkey
with all the Trimmings,
Pumpkin Pie
Entertainment: Soul62

During the month of October our Frozen take away meals will include: Turkey Dinners!
\$6.50

October 17th



Sponsored by by Revera – Parkwood
Menu: Oktoberfest - Bratwurst and Ham,
Potato Pierogis, Black Forest Cake
Entertainment: Victoria Accordion Club

Cost \$15 for members and \$18 for non-members.

Call our Saanich Centre at 250-382-3151 to make your reservation.

Dinners are Wednesday from 5:00pm to 7:00 pm. Seating begins at 4:30pm

NOTE: Reservation cut-off is 11:00am on the Monday before the dinner
www.silverthreads.ca

October 2018 Programs & Events

Complete information is available in our Program Guide and on our website.

(all prices include GST)

Saanich Centre

Enjoying My Community

Enjoy this social group with weekly topics and speakers.

Date: Monday October 1st, **National Seniors Day**

Outing: "Lives Well Lived"

Date: Monday October 15th, **"Take a Thought to**

Court" and other Mind-Body Strategies for Health

Date: Monday October 22nd, **"Do You Want to Know Some Facts on Aging?"**

Date: Monday October 29th, **"Haunted Victoria? Ghost Stories – Fact or Fiction"**

Time: 1:00pm to 2:30pm

Cost: No charge

Afternoon at the Movies

Enjoy movies on the big screen TV.

Date: Wednesday October 3rd, **"Finding Your Feet"**

Date: Wednesday October 17th, **"Gifted"**

Time: 1:30pm to 3:30pm

Cost: No charge and Free Popcorn

Pickleball Jamboree

Enjoy a full day of Pickleball with fun competitions and a noontime Pot-Luck lunch.

Date: Saturday October 13th

Time: 9:00am to 2:00pm

Cost: \$10.50 (members), \$21 (non-members)

Where in the World Travel Series:

Churchill, Manitoba

Join Colin and Lois Allen for a fascinating journey.

Date: Wednesday October 24th

Time: 1:00pm to 2:30pm

Cost: No charge

Try one of our Registered Programs this October

Ukulele (Various Levels)

Zumba Gold (New)

Gentle Somatic Yoga

Consult our Program Guide or Call the Centre for details.

Victoria Centre

Lunch and Learn: "Talking About Dying Is Good For Your Health"

Come explore this topic and learn how facing one's death head-on can actually free you up to live more fully and authentically.

Date: Tuesdays, October 16th

Time: 12:00pm to 1:30pm

Cost: With Lunch: \$10.50 (members), \$14.70 (n-m)

Without Lunch: \$3.70 (members), \$5.80 (n-m)

iPad for Beginners

Learn how to use all the basic functions of your iPad including email, photos, apps and more with our certified Apple instructor.

Date: Mondays October 15th to November 5th

Time: 1:30pm-3:00pm

Cost: 4 sessions: \$52.50 (members); \$78.75 (n-m)

Card Making Workshop

Cut, glue, stamp and stencil your own beautiful handmade cards with the help of our talented instructor, Margo. Materials provided.

Date: Friday, October 5th

Time: 10:00am to 12:00pm

Cost: \$5.25 (members), \$7.35 (non-members)

Felted Wool "Fulling"

Maureen will teach you how to make a felted wool coaster or small change purse in this fun workshop. Participants should have basic knitting skills. Materials provided.

Date: Fridays, October 12th and 19th

Time: 10:00am to 12:00pm

Cost: \$15.75(members), \$17.85(non-members)

Tunisian Crochet Workshop

Tunisian Crochet is often known as the "afghan stitch" and is a combination of techniques that mimics both knitting and crochet. Tunisian crochet is considered the easiest of all three to learn. **Instructor:** Dela Wilkins "The Railway Knitter"

Date: Friday, October 26th

Time: 10:00am to 12:00pm

Cost: \$15.75 (members), \$17.85(non-members)

September Highlights



Saanich Dining Room—new look!

During the last week of August the Dining Room at Saanich had beautiful new floors installed! Thank you Saanich for investing in the improvements at the Les Passmore Centre. We appreciate it!

Stop by for coffee and check it out!

Lunch & Learn Series off to a great start!

On September 25th the first of a series began at the Victoria Centre. Remember the popular show Body Moves? We welcomed local health and fitness professional, Lara Lauzon as the first keynote speaker.

Her honest, practical and inspiring presentation reflected how one's approach to wellness evolves over a lifetime.

Our next session is coming up on October 16th. Come and listen, lunch and learn new ideas!



The Enhanced Road Assessment Information

Session is being held at the Victoria Centre on Friday, October 12th from 1:00pm to 3:00pm. Cost: No charge

Food Services Staff Announcement



Please join us in welcoming Donene Eve to our staff as the Food Services Coordinator. Donene has worked in the food service industry for many years, is trained in pastry making and has been a valuable Silver Threads Volunteer.

The hours of the Silver Spoons Café will be Monday to Friday 9:00am to 2:00pm. Our daily service will include soup, sandwiches, and baked goods along with coffee! We will continue to supply good food and snacks.

As an organization that works to support and connect seniors the social component of chatting over lunch or coffee is a service we are committed to. But as a not-for-profit charitable organization we must operate food service in a way that is fiscally responsible. To this end we will continue to outsource some products (and make some treats ourselves).

These measures will ensure the continuation of Food Services, reduce the financial impact to the organization and help continue to serve our community for the next 60 years! Thank you for your understanding.

Victoria Computer Club Tip of the month:

Always back up your computer, laptop, tablet or phone as required. You don't want to lose all your photos and documents.

Make it a habit, add it to your weekly/monthly list of things to do. If you need assistance ask us.

For more information on the VCC call 250 382-3151

Blood Pressure Clinics

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

Victoria Centre— Friday, October 26th
10:00am to 12:00pm

Saanich Centre—Monday, October 22nd
10:00am to 1:00pm

Flu Clinics

Get your flu shot from a Rexall Pharmacist. Drop-in, no appointment needed. No charge for BC Seniors with a care card.

Victoria Centre—Thursday, October 25th
12:00 to 2:00pm

Saanich Centre—Monday, October 29th
9:30am to 12:30pm

New Memory PLUS Challenge

Practice, Laughter, and Useful Strategies

Memory PLUS is a Silver Threads Service program for those 55+ who would like to increase their memory in an active and social group setting. The PLUS stands for Practice, Laughter, Useful Strategies. The 12-week program is offered in various locations in Greater Victoria.

Words in Words Game

Write down all the words you can make from the word below... We've given you one to get you started!



Suggestions: cent, chon, chyle, clog, clone, clood, clot, cloth, cloy, cog, cogent, cogently, cogan, cologne, colon, colony, colt, coo, coon, cot, coy, coyote, cygnet, echo, ecology, ego, gel, gently, goosey, hoe, hotel, length, loco, notch, once, theology

TELUS LivingWell Campaign supports Silver Threads Service



The promotion will continue for the month of October—individuals can purchase a TELUS LivingWell Companion product and a contribution of \$25 will be made by TELUS to Silver Threads Service.

The LivingWell Companion products are wearable devices to keep you safe at home and living independently. Devices allow you to speak to a trained operator at the push of a button, or detection when you fall and connects automatically. Starting at \$20 per month and no upfront fees. Installation is included.

Thanksgiving closure

The Centres will be closed for Thanksgiving on Monday, October 8th.



Why can't you take a turkey to church?

They use FOWL language.

Why did they let the turkey join the band?

Because he had the drumsticks

Silver Threads Service Staff

Tracy Ryan Executive Director

Anne Nelson Saanich Centre Director

Jennifer Jakobsen Victoria Centre Manager

Ro Fife Saanich Centre Assistant

Christine Hagen Victoria Centre Assistant

Amaiah Paradine Centre & Program Assistant

Toby Schnoor Program Coordinator

Nicola Gunter Memory Plus Coordinator

Sandy Firth Bookkeeper

Donene Eve Food Services Coordinator

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

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

