

We are reopening!



It's true! We will reopen our centres starting the week of July 6th...but as we are still in the midst of COVID-19 we will be taking "baby steps" and a measured approach. Know that we are following all necessary protocols to keep you, our members and participants, safe. Our centres and our procedures will be different than before so please read the information below to know what to expect when you come to our centres.

During our closure, Silver Threads Service staff relocated our Victoria Centre and completed renovations at our new centre at 1911 Quadra Street; started a Meal Delivery Program; continued our Reassurance Program; and made countless phone calls to check in with members.

It will have been almost four months since we closed our centres in March, and this has been a challenging time for all of us, as individuals as well as for our organization. As a Charity and a not-for-profit the financial impact has been worrisome, and we are grateful for the generosity of the community that donated to the Rapid Relief Fund through the Victoria Foundation as well as the United Way Greater Victoria. Thankfully they provided funding for our new venture of the Meal Delivery Program and we were able to maintain employment for staff.

Our hope is that this generosity will continue and are asking our members to show their support for Silver Threads by renewing their membership, recognizing that your contribution will bring more of stability as we determine the impact and what lies ahead. We know that there are still challenging times as we adjust to new ways of connecting and supporting older adults in Greater Victoria. For now we are looking forward to seeing everyone again soon.

What to expect at our Centres

Silver Threads Service will be reopening our centres beginning on July 6th, 2020 and we have developed a Safety Plan that follows guidelines from Worksafe BC, Ministry of Health, local Health Authorities and BC Recreation and Parks Association. Copies of the Plan will be posted in our Centres. Know that the experience at Silver Threads will be different and here is what you can expect:

A limited number of programs will be offered in order to manage group size in the Centres. Activities have been assessed to ensure they are conducive to all health protocols of physical distancing requirements and are scheduled to allow adequate cleaning of rooms and equipment between classes. We will not be holding special events, Food Services or Treasure Trove for the foreseeable future.

Please see the program schedule on Page 2.

All programs must be pre-booked by phoning in advance to reserve your spot. We ask you to arrive close to the designated time to avoid congregating. We encourage advance payment by phone—purchasing a punch card avoids cash handling.

When you arrive at the Centres please use the hand sanitizer provided upon entering (and exiting). If you are bringing in your own equipment, please sanitize it as well.

Check in with the Reception Desk. You will be signed in for your program,

When you are in the centre and your program area please follow all directional signage and maintain 2 metre physical distance. Wherever possible we encourage wearing a mask.

Kits that contain a disposable mask, sterilizing wipe and gloves are available for purchase at the desks.

Your name and contact information will be kept on a daily log in case we need to get in contact if there is a COVID related illness reported. As well, we will ask you COVID-19 related Health questions prior to admission to the centres. Entrance to the facilities will be denied if anyone has symptoms that are related to COVID-19.

July Program Schedule

Time	Program	Sign up / Costs
Monday – Victoria Centre Phone 250 388-4268 9:00am to 2:00pm		
9:00 am to 2:00 pm	Book and Puzzle Lending Library Food Share and Coffee is on	Drop-In/Free
10:00 am to 11:00 am	Functional Fitness (Mild/ Moderate) Instructor: Kim Davidson	Sign up by phone at Victoria Centre \$4 members \$6 non-members
1:00 pm to 2:00 pm	Brain Games Instructors: Amaiah Paradine, Sophie Nielsen	Sign up by phone at Victoria Centre 4 classes: \$16 members \$24 non-members Preregistration for July or August
Tuesday – Saanich Centre Phone 250 382-3151 9:00am to 2:00pm		
9:00 am to 2:00 pm	Book and Puzzle Lending Library	Drop-In/Free
9:30 am to 11:00 am	Table Tennis (singles only)	Sign up by phone at Saanich Centre \$2 members \$5 non-members
1:00 pm to 2:00 pm July 14th and 28th	Enjoying My Community Instructor: Wendy Campbell	Sign up by phone at Saanich Centre / Free
Wednesday – Saanich Centre Phone 250 382-3151 9:00am to 2:00pm		
9:00 am to 2:00 pm	Book and Puzzle Lending Library	Drop-In/Free
10:00 am to 11:00 am July 15th and 22nd	Victoria Computer Club "Zoom Video Conferencing" group class	Sign up by phone at Saanich Centre \$2 member \$5 non-member
12:30 pm to 2:00 pm	Pickleball (coached; singles only)	Sign up by phone at Saanich Centre \$4 member \$6 non-member
Thursday – Saanich Centre Phone 250 382-3151 9:00am to 2:00pm		
9:00 am to 2:00 pm	Book and Puzzle Lending Library	Drop-In/Free
10:00 am to 10:50 am	Seated Exercises Instructor: Joy Kruger	Sign up by phone at Saanich Centre \$4 members \$6 non-members
11:15 am to 12:15 pm	Fun & Fitness Instructor: Joy Kruger	Sign up by phone at Saanich Centre \$4 members \$6 non-members
11:30 pm to 1:00 pm	Food Share drop-in	Drop in/Free
Thursday – Victoria Centre Phone 250 388-4268 9:00am to 2:00pm		
9:00 am to 2:00 pm	Book and Puzzle Lending Library Food Share and Coffee is on	Drop in/Free
9:30 am to 11:00 am	COVID Coping Instructor: Sophie Nielsen	Sign up by phone at Victoria Centre Free for members, \$2 non-members
1:00 pm to 2:00 pm	Chair Yoga Instructor: Janice Arnott	Sign up by phone at Victoria Centre 4 classes: \$35 member \$52.50 non-members
10:00 am to 11:30 am	Random Crafts of Kindness	Sign up by phone at Victoria Centre \$2 member \$5 non-member

What we did during the Pandemic.....



We moved the Victoria Centre to 1911 Quadra Street, across from the Police Station and near the Crystal Pool. The 5,400 square foot centre was renovated and we love the open lobby and kitchen area. The Activity Rooms will work well, and there are good spaces to meet, create and gather—while maintaining physical distancing.

We encourage you to come for a tour, give us a call at 250 388-4268 we would be happy to show you around.



**Above: Library and Puzzle Nook
Left: Lobby Area Right: Activity Room**



**We made
995 Daily Reassurance and check in calls
to see that people were managing okay!**

**We delivered
881 meals to 338 seniors,
216 bags of produce and groceries, and
143 hygiene kits to help keep people
safe at home and have access to
good food!**



Thank you to the Rapid Relief Fund initiated by the Jawl Foundation, Times Colonist and the Victoria Foundation, United Way Greater Victoria, Cobs Bread, Soap for Hope, & Food Share Network for helping us serve the community during COVID-19. We are grateful!

Victoria Computer Club

Tip of the month:

How to connect during COVID-19

Everyone's interactions have changed with COVID-19. Now we are expected to use technology to keep in touch with loved ones, to shop, and to carry on.

The Victoria Computer Club has also adapted. Our members now use their smart phones, tablets, or computers to meet at least weekly, using Zoom video conferencing. It is nice to see new and familiar faces, even over video.

It is not easy for everyone. Join the Victoria Computer club to learn how to get online in these trying times. Once online, you can enjoy various weekly topics for seniors.

Check out our website at <http://victoriacomputerclub.org/> or email us at victoriacomputerclub@gmail.com.

How to cope during COVID-19

COVID Coping is a 1.5 hr program where participants learn helpful strategies for coping with additional stress or difficulties brought on by the COVID-19 pandemic. The program will be held at the Victoria Centre and details are available on page 2.

The small staff-lead group will be held monthly on Thursday mornings as a safe space for Older Adults to check in about how they're doing with COVID and to learn tools that will help them continue to move forward. Activities will include things such as mindfulness, art, positive self-talk and assertive communication with a different topic each month. An optional one time follow up phone call will be offered and a resource list provided.

Instructor: Sophie Nielson, Registered Social Worker

Memory PLUS Programs

(Practice, Laughter, Useful Strategies)

We hope one day soon we will be able to offer the Memory PLUS Program, for now here is a little puzzle to get you thinking.

A **REBUS** is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

Ban ana	FOOT	T O W N
R R O O A D D S S	<u>MAN</u> BOARD	R E A D I I N G
SAND	AGENT AGENT	J ^{an} B

Hidden Meanings: Banana split, Bigfoot, Downtown, Crossroads, Man overboard, Reading between the lines, Sandbox, Double agent, An inside job

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
Sophie Nielsen Outreach Worker
Kim Davidson Reception/Instructor

For general inquiries please email:

inquiries@silverthreads.ca

Silver Threads Service Locations

Saanich Centre
 286 Hampton Road
 Victoria, BC V8Z 1H1
 Phone: 250 382-3151

Victoria Centre
 1911 Quadra Street
 Victoria, BC V8T 4C1
 Phone: 250 388-4268

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

