

The COVID Diaries - Month One

The first month of reopening is now under our belts! For those of you who have ventured out – it is good to see you! For those we haven't seen – we certainly hope to soon. We are figuring out how to run our centres within the new reality and the limits on the programs and the number of participants we can safely serve. We understand this can be frustrating, we all wish we could magically go back to the way it was, these are tough times for sure.

Thank you for expressing your gratitude and the recognition that reopening is a lot of work for staff. Who knew? Who knew that our centres would smell more like aquatic centres with the smell of chlorine bleach wafting through the air as staff clean and sanitize as part of our regular routines.

Thank you for the appreciation from those we are delivering meals to, it is especially important to us. This was a way for us to “pivot” and change the way we serve. We hear on the news about the downturn for the economy, businesses and their survival, and take heart in the stories of hope of those that are able to thrive, often as a result of a pivot. We are pleased that we have made this shift and it is fulfilling a need.

For charities, the impacts of the pandemic are unknown, not widely discussed and means that we can't look too far in the future. One thing I do know is that the pandemic is forcing us to look at how we are working in the charitable sector. There is an openness and willingness to explore partnering in new and different ways. This month we welcome Seniors Serving Seniors as our new “roommate” in the Victoria Centre. Like college roommates – we have equal parts of necessity during times of financial challenges and optimism for the future – kind of like we are sharing the Kraft Dinner now but one day we will have steak.

We are all doing the best we can – and are grateful. Thank you for being part of the journey.

Tracy Ryan, Executive Director



COVID-19 rules - maintain a 6 foot distance, keep your groups less than 6. But don't forget to enjoy the sun and dance.

COVID-19 Safety Plan

Silver Threads Service reopened our centres this summer and we follow our Safety Plan that follows guidelines from Worksafe BC, Ministry of Health, local Health Authorities and BC Recreation and Parks Association. Copies of the Plan are 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. Further details on our protocols are on Page 3.

August Program Schedule

Time	Program	Sign up / Costs
Book and Puzzle Lending Library is available in both Centres during operating hours Food Share available at Victoria Centre during operating hours		
Monday – Victoria Centre Phone 250 388-4268 to sign up 9:00am to 2:00pm		
10:00am to 11:00am	Functional Fitness (Mild/ Moderate) Instructor: Kim Davidson	\$4 members \$6 non-members
11:30am to 12:30pm	Line Dance Instructor: Jan Lalonde	\$4 members \$6 non-members
1:00pm to 2:00pm	Brain Games Instructors: Amaiah Paradine, Sophie Nielsen	4 classes: \$16 members \$24 non-members
Tuesday – Saanich Centre Phone 250 382-3151 to sign up 9:00am to 2:00pm		
9:30am to 11:00am	Table Tennis (singles only)	\$2 members \$5 non-members
1:00pm to 2:00pm August 11th and 25th	Enjoying My Community Topics: Keeping up Appearances and What's the News Instructor: Wendy Campbell	Free. Please sign up by phone.
Wednesday – Saanich Centre Phone 250 382-3151 to sign up 9:00am to 2:00pm		
10:00am to 11:00am August 5th	Victoria Computer Club "Zoom Video Conferencing" group class	\$2 member \$5 non-member
12:30pm to 2:00pm	Pickleball (coached; singles only)	\$4 member \$6 non-member
Thursday – Saanich Centre Phone 250 382-3151 to sign up 9:00am to 2:00pm		
10:00am to 10:50am	Seated Exercises Instructor: Janice Arnott	\$4 members \$6 non-members
11:15am to 12:15pm	Functional Fitness Instructor: Janice Arnott	\$4 members \$6 non-members
11:30pm to 1:00pm	Food Share drop-in	Drop in/Free
Thursday – Victoria Centre Phone 250 388-4268 to sign up 9:00am to 2:00pm		
9:30am to 11:00am	COVID Coping Instructor: Sophie Nielsen	Free for members, \$2 non-members
10:00am to 11:30am	Random Crafts of Kindness	\$2 member \$5 non-member
1:15pm to 2:15pm	Chair Yoga Instructor: Janice Arnott	4 classes: \$35 member \$52.50 non-members
Friday – Victoria Centre Phone 250 388-4268 to sign up 9:00am to 2:00pm		
9:30am to 10:15am or 10:30am to 11:15am	Table Tennis	\$2 member \$5 non-member
12:30 am to 2:00 pm	Chinese Brush Painting	\$2 member \$5 non-member

Hearts for Seniors Project

A much-loved crafts and knitting program at our new Victoria Centre has been re-branded as **Random Crafts of Kindness**, where each season participants work on a new project together to benefit the community -- with the added benefit of connecting with each other through creativity and conversation. This Summer's Project is *Hearts for Seniors*. We are making and distributing hearts to give out to Seniors who may feel isolated or cut-off from many activities due to COVID. Some of the hearts will go into making a large heart banner to hang up, to keep people thinking about the Seniors in their lives and spread some hope, caring and joy during this difficult and unprecedented time. If you would like to participate as a crafter, patterns are available to pick up, or can be sent by email if not comfortable joining in person. If you know a senior who might really appreciate a hand-crafted heart, please call our Victoria Centre at 250 388-4268. The crafters meets on Thursday from 10:00am to 11:30am for more information see page 2 of the newsletter.



Senior Serving Seniors joins Silver Threads

Silver Threads is pleased to welcome Seniors Serving Seniors to the new Victoria Centre starting this month. We look forward to having them reside with us and to be able to collaborate in new ways. Our two organizations have a combined 103-year history of serving seniors in Greater Victoria. Seniors Serving Seniors is a registered non-profit



Executive Director, Vicki Pilot of Seniors Serving Seniors settles into the office at 1911 Quadra Street

charitable society in British Columbia that supports the well-being of seniors. They produce the "Blue Book", the Seniors Directory many of us are familiar with and an important resources for information in our community. We are excited about this partnership and finding new and innovative ways of working to serve older adults in the community. To contact Seniors Serving Seniors please call (250) 413-3211.

Face Masks

A very special thank you to volunteer Terry for hand sewing masks as a fundraiser for Silver Threads. More adult ones are on the way and we now have adorable child sized masks that would be great for grandkids and other little people in your lives. Child size masks are \$5, Adult are \$7 and are available at both centres.

Dr. Bonnie Henry said the World Health Organization and the U.S. Centers for Disease Control are moving towards supporting more extensive use of masks by people during the pandemic. "This is something we've been considering as well, knowing what's been going on around the world," she said at a news conference on July 22nd.



All the best to Joy!

For many years instructor extraordinaire Joy Kruger has led the exercise programs at Saanich and sadly will be leaving us at the end of July. Joy always brought enthusiasm, and a gentle, positive teaching style.



Participants were made comfortable and knew that the classes were safe and enjoyable. We will all miss her, and thank her for her dedication to all of us at Silver Threads. May our paths cross again and we wish Joy much happiness and good health in the future.

COVID Safety Plan (continued from page 1)

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.

Victoria Computer Club

Tip of the month: Managing Photos

With people spending more time at home and possibly on their computers/devices, it's a good time to sort out your photos and happy memories. Possibly you have new memories which you can share with family and friends.

Do you have hundreds of photos on the hard drive of your computer or laptop that you copied from a camera card after a vacation, or used a program that installed them in a folder and you aren't sure how to find them? Many people put their photos in the cloud on Onedrive, Drop Box, Google Photos, etc.

Do you ever go in and delete bad shots or duplicates? Do you know how to move files in File Explorer – copy, paste, move, delete? You can share photos in the cloud to friends and family.

These are one of the many of the topics we cover in online sessions during our new normal.

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

Memory PLUS Contest Winners...

Thank you to all who participated in the June 2020 Word Wizardry Bonus Activity and Contest. We hope you enjoyed the wordsmithing and a cognitive workout. One of the challenges was to make a *creative memory story* in order to remember a random list of words.

Winning Entries are:

Margaret A. (Cedar Hill – St. Luke's)

Betty R. (Cedar Hill – St. Luke's)

Doreen H. (Victoria)

Joe T. (Oak Bay United)

Please call in to the Victoria Centre (250) 388-4268 to claim your prize and your accolades!

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.

Word Search

Look for words of things that are good for you and bring joy to our lives!

B S I E R S L N Y O U Z M O V E M E N T
O L D H A P P Y A C D E L V T A T I P U
S D U V D A E R N E K A O E H I L N A L
U G N E C H M R I A C L S R V P G U S D
N A C T I V E U E N O A C I O A S E A
S R O L K F G A I C G U W O N S L T R N
H D N K E U W A L K T S M M T E I V O C
I E N I T A H N T T A T D E F B S I E E
N N E R A I N G X H H C A N E I T K Y T
E H C S Y A O R E F L Y R L E R E E S E
T O T U S A T E A A S O L I J D N E S T
S U E D R I G E S M I H V V I S E S E R
R E D O Z E N N E I E Y F E K N I G O E
X G E S Y Y S G O L A U H G T E R R F E
C R E A T I V I T Y K M B F L O W E R S

Words: Active, Connected, Healthy, Walk, Dance,
Creativity, Fly, Love, Live, Laughter, Flowers, Trees,
Nest, Birds, Listen, Value, Evolve, Movement, Over-
come, Zealous, Spring, Happy, Blue, Clean, Rain, Red,
Ocean, Green, Zen, Sing, Garden

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

