

Valentine's Day

As the saying goes, 30 days has September, April, June and November, all the rest have 31, except for January which had about seven hundred. As I write this on January 727th I for one am looking forward to February. Just 28 days, may it be short and sweet and get us one month closer to spring!

This month we have Valentine's Day and Family Day falling on the same weekend, so it's a time to celebrate friendships and family. Silver Threads would like to share some love with Cupid Calls on Friday, February 12th. We will call you or someone you care about to share a poem and a Valentine's wish. Let us know the name and phone number and our volunteer Cupids will be in touch. Of course you should also celebrate with chocolate, that's a given.

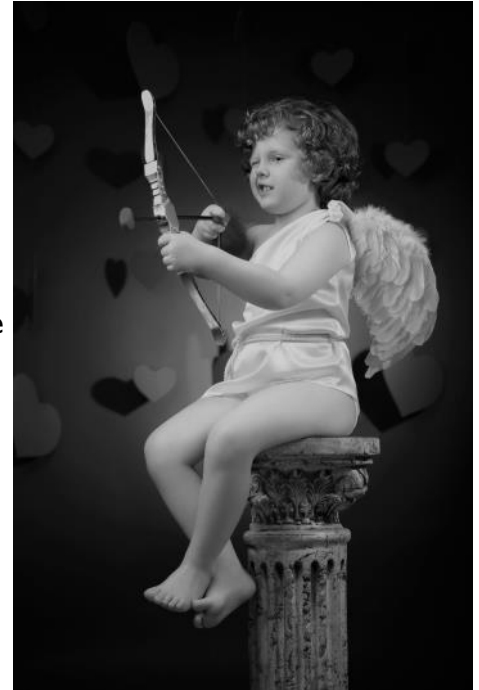
Speaking of celebrations, we enjoyed the Curbside Christmas so much we are going to host a Hop-by Easter Dinner at Saanich on Wednesday, March 31st and will safely deliver an Easter Ham Dinner to you in whatever mode of transportation you arrive in. We will miss hosting an in person Guess Who dinner and I will miss telling my one Easter joke that I tell every year.....

What do you get when you pour hot water down a rabbit hole? (The answer is contained somewhere in this edition.)

While we all look forward to spring, and nicer weather, and maybe our COVID restrictions lifting a bit, we are also planning for the Tax season. In March we will be starting our CRA Income Tax Service. This year we will follow all COVID protocols and all appointment will be done by phone to keep our clients and volunteers safe. We will book appointments and help make sure you have all the paperwork in hand first to make this an easy process. Read through the information further in the newsletter, we will be managing all phone appointments through the Victoria Centre. Have a sweet February and keep looking forward!

Tracy Ryan,
Executive Director

"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon."



BC Recovery Benefit

The Provincial Government is providing the BC Recovery Benefit that will give a one-time, tax free benefit of up to \$1,000 for families and \$500 for individuals (annual income of less than \$62,500)

Applications will be accepted up to June 30th, 2021.

You can apply online <https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>

Or by phone [1-833-882-0020](tel:1-833-882-0020) Monday to Friday, 7:30 am to 5:00 pm, excluding statutory holidays.

What you need to apply

- Your net income from your 2019 tax return. This is Line 23600 on your income tax return.
- Your social insurance number, individual tax number or temporary tax number.
- Driver's license number, if you have one.
- Direct deposit information, (this information is found on your personal cheque).

If you would like to apply online and need assistance, one on one appointments will be available to help you.

Book your appointments now at the Victoria Centre. You must have filed your 2019 return.

February Programs

Enjoying My Community

With the help of our dedicated and knowledgeable volunteer Wendy Campbell, we continue to offer Later Life Education sessions and “Hey, What’s the News” weekly at both our Centres, allowing a small group of seniors to connect and have intellectual discussions. Preregistration is required.



Victoria Centre

Date: Tuesday February 2th and February 16th

Time: 1:00pm to 2:30pm

Cost: No charge

Saanich Centre

Date: Tuesday February 9th and February 23rd

Time: 1:00 pm to 2:30pm

Cost: No charge

Brain Games - Victoria Centre

A casual and fun program designed to stimulate the brain through word challenges, lively discussion, riddles and trivia.



Date: Mondays, February 8th, 22nd, March 1st and March 8th

Time: 1:00 pm to 2:00 pm

Cost: \$16 members, \$24 non-members (4 classes);

\$4 member/\$6 non-member - single classes, as available

Instructor: Amaiah Paradine

Visit [Programs & Events | Silver Threads](#) for our complete Program Schedule

Telephone Reassurance Program

Silver Threads' Telephone Reassurance Program (TRP) is a no charge community service providing daily contact to people 55+ living alone in the Victoria Area. Trained volunteers offer a friendly check-in phone call weekday mornings to ensure that seniors are safe and well.



The friendly voice that people hear each day right now is that of Kay. Kay has been volunteering with Silver Threads for two and a half years now. She feels that the TRP is the perfect volunteer opportunity for her as she is familiar with interacting with seniors from her time as a Community Health Worker with Beacon Community Services and she has always been a real “people person.”

Kay has always worked in the service industry from her time as a cosmetics sales clerk when she lived in Japan to working in a Japanese restaurant when she first immigrated to Canada in 1979. Kay's dream job was when she worked in the tourism industry for 10 years and was able to travel across Canada leading tours for Japanese clients.

When Kay took early retirement she realized quickly that the one thing she missed the most was connecting with people, older adults in particular. Volunteering to do daily reassurance calls with Silver Threads was just the answer for her. We are so appreciative of Kay's dedication and compassion.

For more information or to register to be a part of our Telephone Reassurance Program please contact our Saanich Centre (250) 382-3151.

Hop-By Easter Dinner

Wednesday, March 31st



Following our successful Curbside Christmas Dinner we are holding a **Hop-By Easter Dinner**. Pick up a scrumptious frozen complete ham meal as well as some surprise extra goodies on Wednesday March 31st at the Saanich Centre. The Easter Bunny will safely deliver the meals to you curbside at your car, bike, scooter or on foot..

To reserve your Easter meal call the Saanich Centre at 250 382-3151.
Cost: \$10 members \$15 non-members.

What do you get when you pour hot water down a rabbit hole?
Hot Cross Bunny!

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.

Syllables Puzzle

The answer to each clue is a word made up of some of the syllables listed in the box below. The number of syllables in each answer is in brackets following the clue. After you use a syllable, cross it off; each syllable will be used only once.

JAM	TO	A	CA	GREEN
VER	RO	FLO	SIL	WIS
BA	RON	LAY	TIL	NINE
EV	BEA	RIG	NI	SET
TO	A	VER	ER	DOM
	TA	TO	LA	

1. Knowledge, discernment, & insight (2) _ _ _ _ _
2. Ontario's capital city (3) _ _ _ _ _
3. A type of pasta (4) _ _ _ _ _
4. Man's best friend (2) _ _ _ _ _
5. Second place (2) _ _ _ _ _
6. Popular Creole dish (4) _ _ _ _ _
7. Hieroglyphic stone (3) _ _ _ _ _
8. Douglas fir (3) _ _ _ _ _
9. On the back of a nickel (2) _ _ _ _ _
10. 10. A group of ships (3) _ _ _ _ _

Answers: 1 Wisdom, 2 Toronto, 3 Rigaton, 4 Canine, 5 Silver, 6 Jambalaya, 7 Rosetta, 8 Evergreen, 9 Beaver, 10 Flotilla

COVID Safety Plan

As of November 27th, 2020

Silver Threads Service has a Safety Plan in place that follows guidelines from Worksafe BC, Ministry of Health, local Health Authorities and BC Recreation and Parks Association.

In keeping with Provincial Guidelines face coverings or masks are now mandatory at our Centres. If you do not have one check in with us at the Reception Desk and we will provide you with a disposable mask.

- 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, safety and are scheduled to allow adequate cleaning of rooms and equipment between classes.
 - 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) and wear your face covering or mask.
 - 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.
 - While in programs we encourage wearing a mask.
 - Your name and contact information will be kept on a daily log for 30 days 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 or refusal to wear a face covering or mask.
- Thank you for your cooperation and understanding..

Income Tax Preparation

Between March 1st and April 30th, Income Taxes for 2020 can be filed at Silver Threads, through the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP). Eligibility for Seniors 55+ includes having a moderate income (up to \$35,000 for a single person or \$45,000 for a couple) and a simple tax situation. Due to COVID-19, this year our volunteers will be e-filing all returns and appointments will be by phone only. The service is free of charge, and you can book an appointment once you have received your relevant tax forms in the mail. Please call 250-388-4268 for more information.

Victoria Computer Club

riding the technology wave

since 1983

Tip of the month: Using Zoom

Many of you are continuing to work remotely, and learning to connect with friends and family using various conferencing tools such as Zoom, Facebook Video, FaceTime, Google Duo, etc. For these tools to work well we need to ensure our devices are kept up to date at all times, be they computers, tablets or smartphones. Make a point of updating at least monthly to keep the scams at bay.

Our lives continually change with COVID-19 -- staying at home, not travelling, keeping our distance. Everyone has had to adapt to using technology to keep in touch with loved ones in care homes and afar. We have a few more months to persevere.

The Victoria Computer Club also evolved to using Zoom conferencing with great success. Our affiliations with computer clubs in the US have opened many avenues of learning to us, every day of the week if we want.

The room we meet in is closed, but you are welcome to join us virtually if you are interested in learning about our club. We invite you to join our Zoom Session on February 11 at 9:45 a.m. <https://us02web.zoom.us/j/86139147455?pwd=bGswTzBPMTI3L3MzUmU4NlIgwSDhjdz09>

Please call the Saanich Centre at 250 382-3151 for the ID and Passcode.

Check out our website at <https://victoriacomputerclub.org/> or email us at VictoriaComputerClub@gmail.com You are still welcome to join the Victoria Computer club for help and learning online in these trying times using Zoom.

Seniors Serving Seniors

Seniors Serving Seniors is a charitable society that supports the well-being of seniors. The organization operates out of the Victoria Silver Threads Centre at 1911 Quadra Street

Seniors
Serving
Seniors

Service Provider Database

Senior Serving Seniors maintains a database with private-pay services for seniors who may need support at home. Each year over 1,000 seniors call looking for help with everything from household repairs to personal care.

Currently we are looking for independent mobile practitioners: massage therapists, reflexologists, footcare, as well as home care, house cleaners.

Providers are screened and must provide a Police Information Check and three references prior to having your information on our Private Provider List and referrals to seniors who call us looking for your specific service. If this interests you please send an email to ed@sssbc.org

Vicki Pilot,
Executive Director
Call 250 413-3211 for more information for more information on this or any of our services.

Family Day Closure

Family Day is Monday,
February 15th.
Our Centres will be closed,
reopening on
February 16th.
Enjoy your long Valentine's -
Family Day weekend!



Silver Threads Service Staff

Tracy Ryan Executive Director
Anne Nelson Saanich Centre Director
Ro Fife Saanich Centre Assistant
Amaiah Paradine Program Coordinator
Sandy Firth Bookkeeper
Donene Eve Food Services Coordinator
Kim Davidson Program Assistant

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

