

Dancing into Spring

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As of March 29th we have reduced our programs to be in compliance with the new Provincial Health orders and are not offering exercise, social or group programs. We are offering one on one appointments that include Income Tax, BC Recovery, Legal advice and computer support. Our weekly Meal Deliveries will continue. Both Centres remain open for our puzzle and book libraries and food share. We hope that this three-week break will shift the numbers in BC to a better place and we will have restrictions lifted on April 19th. Consider liking Silver Threads on Face Book to receive regular updates.

[Silver Threads Service | Facebook](#)

During April we celebrate National Volunteer Week and give thanks for our volunteers. This year has been a year unlike anything we have faced before and we simply could not have accomplished what we have without the support of a smaller, but highly dedicated group of volunteers. We are so lucky to have our More than Meals Volunteer Drivers who, in addition to delivering meals and groceries, provided connections to seniors; our Front of House Greeters, who helped make the new Victoria Centre a welcoming place; volunteer instructors, decorators, photographers, phone reassurance callers, library volunteers, kitchen helpers and Tax Preparers, and our Board of Directors for their overall leadership. All of you have helped us remain steady, provided solid support and care to those who needed it and helped build connections in the community. Thank you!

Be safe, and stay connected!

Tracy Ryan,

“We make a living by what we get, but we make a life by what we give.” Winston Churchill



Income Tax Preparation

There are still appointments in April for having your 2020 return prepared and 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, through our Victoria Centre 250 388-4268.

2021-22 Membership Renewal

Even though our Centres are not fully operating due to COVID-19 you can show your continued support to Silver Threads Service this year by renewing your membership! Our membership runs from

April 1st to March 31st

and you can sign up NOW!

Membership is \$55 (GST included)

Thank you Volunteers!



This past year there were 50 incredible individuals who gave their time and skills to support Silver Threads Service and we appreciate each and every one of you!

These are a few of the beautiful faces who helped make the world a bit brighter. Our heartfelt thanks, we are very grateful.



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 Ladders

In word ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step!

LEFT

British elevator

The 'vie' in "c'est la vie"

Fishing wire

Parking penalty

Locate

Look after and provide for oneself

Fix holey socks

Intellect

The back of an animals' body

HAND

Answers: lift, life, line, fine, find, fend, mend, mind, hind

March Highlights

Easter Bunnies

Thank you to Terry Kwok for the donation of the very cute knitted Easter Bunnies. Some bunnies literally hopped off the counter at Silver Threads Victoria Centre to go to loving homes, and some of the litter darted down the road to the Victoria Jubilee Hospital Gift Shop for another



fundraising project. If you would like to make your own knitted Easter bunny, please call the Victoria Centre and we can email a pattern to you.

Opening of the Fridge

Thank you to Li Paper and the Chinese Women's Friendship

Group for their donation towards the purchase of a new fridge for the Victoria Centre.

This generous gift will help support our food share program. We did a ribbon cutting to open the fridge!



Spring Cleaning

How's this for a before and after?

Thanks to the Municipality of Saanich Facility Operations for having our roof power washed. Now we can truly say "there ain't no moss on us!"



Before.....



After.....

COVID Safety Plan

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 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.

Marketing and Rebranding Surveys

Thank you to everyone who participated in our research and answered a survey or joined a focus group with our Student Teams from Douglas College Marketing Program. They have gathered some good information and are giving us lots to think about. The winners of the Tim Horton's \$25 Gift Cards are:

Elaine A.

Sylvia K.

Julie A.

Ed P.

We will be in touch with the winners to make arrangements for you to claim your prize!

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