

The merry month of May.....



Spring is in the air, and we hope with the warmer weather everyone is feeling a sense of hope and optimism as we move towards what we all hope is a summer with less restrictions.

At Silver Threads we are keeping busy as we wait for the Provincial Health Orders to lift, staff have wrapped up Tax Season, we recognized our wonderful Volunteers, are doing some spring cleaning and making plans to reopen and start programs. We are in the centres and are available by phone, and you are always welcome to call, come by to pick up books, puzzles or food share.

As we all try and find something to be merry about and maybe to distract ourselves, I looked for the special days in May and of course we have Mother's Day and the Victoria Day Long weekend. But did you know that there is an abundance of offbeat National Days we can

use as an excuse to be merry about? Some of my favorites are: May 1st is National Chocolate Parfait Day, May 6th is International No Diet Day, followed by May 11th which is National Eat What You Want Day. Those are all days I can get behind! For the Poets out there May 12th is National Limerick Day. Then there is May 14th that is National Dance Like a Chicken Day, so check out our Facebook page that day to see how we celebrate that one! Like our page to stay connected: [Silver Threads Service | Facebook](#). May 28th is National Hamburger Day, so that is a good way to finish the month, maybe pop out to a local restaurant for a burger to go!

Hopefully along with parfaits and burgers, this month will bring new, relaxed Provincial Health Orders that will allow us to run a few more programs and services. We will be communicating any changes to our program schedule through an email update, on Facebook and for people who's classes were in progress by phone. Our wish is that more people are able to get their vaccines and of course, that everyone stays safe and healthy.

Tracy Ryan
Executive Director

*"May flowers always line your path and sunshine light your day.
May songbirds serenade you every step along the way."*

Irish Blessing

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)

BC Recovery Benefit - Last call!

If you have not yet applied for the BC Recovery Benefit there is still time! 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)

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

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

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

The deadline to submit an application is June 30th 2021.

Computer Assistance

One on one computer assistance is available at the Victoria Center with our skilled computer volunteers. Bring in your own smart phone, tablet, iPad or laptop and access help with settings, Windows 10, sending photos and attachments and basic troubleshooting. A plexi-glass divider is setup between participant and volunteer, and COVID safety measures strictly followed. Phone 250 388 4268 to book an appointment time. \$5.25 Members; \$7.35 Non-members

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.

Find The Linking Words

Each of the blank spaces below can be filled with one word that will act as a compound word for both the left and right columns. The linking word will always be the last half of a compound word for the left column and the first half of a compound word for the right column

Example: **Square** **Root** **Beer**

1. **See** **Horse**

2. **Sweet** **Nut**

3. **Horse** **Horn**

4. **Town** **Mile**

5. **Head** **Saw**

6. **Living** **Mate**

7. **Book** **Front**

Answers: 1 Saw, 2 Pea, 3 Shoe, 4 Square, 5 Band, 6 Room, 7 Store

April Highlights

Hop By Easter Dinner

Our bunnies had a blast delivering a little more than just eggs this year. Everyone who hopped by received a ham dinner, hot cross buns, a chocolate treat, and a cupcake inside beautifully hand decorated bags! These silly bunnies and their baskets made for a fun afternoon in the sun with smiles all around.



Income Tax Clinics

This year looked a little different at our income tax clinics but our dedicated volunteers made tax season a breeze! A big thank you is being sent out to our volunteers who adapted to running no contact taxes and filed over 150 income tax returns between March 1st and April 31st this year.



Ted

Narinder



Frank



Welcome Shelley

We are pleased to announce that Shelley Brown will be joining our staff team this month in the position of Program Manager at the Victoria Centre.



Shelley comes to us with a wealth of experience working with older adults, she recently retired as Program Coordinator

after 18 years at the City of Victoria Crystal Pool and was employed at the Senior Centre at West Vancouver Recreation prior to that. Her commitment and passion will be an asset to Silver Threads as she helps develop post-pandemic programs and services in our new centre. One of the initiatives she will be developing is the Actively Connecting Together Safely (ACTS) Program. We are going to help those who are not comfortable – get comfortable with using a tablet or device. It will be supportive, and we will take it step by step. More information is below. Call the Victoria Centre for more information (250) 388-4268.

Are you 55+?

Learn how to use an iPad or Tablet



Actively Connecting Together Safely

Let's meet online - we will show you how!

No tablet or iPad? No problem, we have one you can use.

Learn About:

- Social Media & Games.
- Internet Safety.
- Online Recreation and Health & Wellness programs.
- Have some fun. Connect with others.



Funded in part by the Government of Canada's New Horizons for Seniors Program



Runs June 9th - August 25th

For more information or to register :

Silver Threads Service
- Victoria Centre
1911 Quadra Street, Victoria, BC
250-388-4268

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.

Did You Know We Are On Facebook?

If you'd like to stay up to date with us give "Silver Threads Service" a like on facebook. We post small updates regularly and it is a great place to give us some input on what content you would like to see.



Victoria Computer Club

riding the technology wave

since 1983

Spring Cleaning and Technology

It's Spring, the time of decluttering... and yes your devices need to be decluttered on a regular basis.

With your laptop/PC's/tablets/phone you can delete files you no longer need or accidentally downloaded to the hard drive, review your pictures to make sure the blurry ones are deleted, delete those 1,000's of emails you never got around to reading, or take time to read and delete them.

Other decluttering tips are to get rid of electronics you no longer use, ensuring you do a factory reset or have a trusted technician remove all personal data. When you have done that, take an inventory of what you have and write down the Serial Numbers, Models, what year you purchased, etc., keeping all of this in a safe place. You may be surprised if you have more than 1 person in the household the amount of equipment you have.

Repurpose, Recycle and Donate. Sometimes a friend who isn't as fortunate to have electronics may be overjoyed at receiving something you are getting rid of. We can help answer some of these questions you may have about how to do this.

We are not able to meet in person right now at the Saanich Centre due to COVID but you are welcome to join us on Zoom if you are interested in learning about our club. Check out our website at <https://victoriacomputerclub.org/> or email us at VictoriaComputerClub@gmail.com

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

Hot off the presses for Senior Serving Seniors

Our first "The Blue Book Podcast" is out and ready for a listen. <https://youtu.be/3XBxH6U1i5U>

In our first episode of the "The Blue Book Seniors Serving Seniors Podcast" Executive Director Vicki Pilot is joined by Adam Newton, Dr. Penny MacCourt and Denise Cloutier to discuss the present effects and current research of COVID-19 and the impact it has had on the seniors' population in the Capital Regional District of British Columbia.

Senior Serving Seniors celebrates our 40th year of service this year. Our membership drive is in place and it would be fabulous if you helped us celebrate our four decades of supporting seniors by becoming a member!

A mere \$20.00 a year gets you voting rights at the Annual General Meeting and a copy of our Blue Book (Seniors Services Directory) mailed to your door!

Please call 250-413-3211 or email ed@sssbc.org for more information.



May Long Weekend

Victoria Day is Monday May 24th. Our Centres will be closed during the long weekend and will reopen Tuesday, May 25th. Have a safe celebration and a happy long weekend.

Silver Threads Service Staff

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

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

