

NEWSLETTER

Restart for BC, build back for Silver Threads

Like many others, the not-for-profit sector has been faced with many challenges during COVID-19. For Silver Threads it has felt like a stack of blocks that came tumbling down. Over the past 15 months we would stack a block or two or three, then have to dismantle it all again as new Provincial Health Orders were announced. It has been a long, hard process for all of us.

Now that we are entering Step 3 of BC's Restart Plan there is a light at the end of the tunnel. Staff have received both vaccines and are feeling hopeful as we build back programs and services, literally one block at a time. Your continued support and patience is appreciated. To quote Dr. Bonnie Henry our programs start up "is not going to be a light switch, it will be a dimmer switch." Each month we will add a few programs and services, and once the base is solid, we will add a few more. This is our opportunity to build back stronger. In time we will be better than before.

We anticipate that it will be later this year or early next before some things like Guess Who's Coming to Dinner and Memory PLUS return. Our Daily Food Service at Saanich will start in September. Online and Digital Programs will continue. This summer we are starting our Outreach Programs with a twist.

During July and August, we will offer the Saturday Sampler (see below) and hope you will come and join us in Royal Athletic Park to try an activity or join a presentation. Bring a friend! It's a good opportunity to see what we can offer at the Victoria Centre in the Fall. We hope to see you there and in the centres soon!

Tracy Ryan
Executive Director

"The only difference between stumbling blocks and stepping stones is the way you use them."
American Proverb



Saturday Sampler at Royal Athletic Park

Now that COVID restrictions are beginning to lift and it is more comfortable to venture out, Silver Threads Service has just the thing for you. Located in the heart of the North Park Neighbourhood, Royal Athletic Park will be the outdoor venue for the Saturday Sampler. Each Saturday, beginning July 10th and going through to August 28th Silver Threads' instructors will feature a different activity designed for those 55 years and better to try, free of charge. Activities will start at 1:00pm and will be outdoors so dress for the weather.

Our July schedule includes:

July 10th Tai Chi Therapy is a standing practice that is not only enjoyable, but has many benefits associated with it: improved immune response, cardio functioning, balance, strength, overall wellbeing and quality of sleep.

July 17th Functional Fitness is focused on a variety of exercises required for activities of daily living and contributing to your optimal fitness. Classes will be seated and will have a warm-up, cardio, balance, coordination, and strength component, ending with gentle stretches.

July 24th Introduction to Memory PLUS is a program designed for individuals to learn tools and specific strategies to help improve brain function and memory.

July 31st: Local Authors Writers Panel

In support of our Writers and Book Clubs, we will explore our love of literature with a panel presentation of local authors and discussion that will be sure to inspire.

For more information, call us at 250 388-4268.

Online Programs

During the pandemic some of us learned to become more comfortable using Zoom, and some of us are thinking we should have. Even though things are beginning to open up again, the ability to connect to the digital world is still important. Once you get the hang of Zoom it is easy to do. After registration, your instructor will provide the link through email to the Zoom room. Simply click the URL link or cut and paste into your browser to open the meeting. Zoom should automatically and quickly download to your computer and you are ready to go! Silver Threads staff can provide assistance prior to the class to test your system if you require.

<https://www.seniorsguide.com/technology/a-step-by-step-guide-to-a-zoom-meeting/>

Brain Games Class – Virtual

Join Amaiah via your computer, iPad or tablet to challenge your brain with word games, puzzles, local trivia and fun topics to spark conversations and anecdotes. Connect with us from the comfort of your home through the user-friendly Zoom platform. Call 250-388-4268 for more information.

Date: Thursday July 22nd to August 12th (4 weeks) **Time:** 2:00pm to 3:00pm

Cost: \$16 members/\$24 non-members

Zoom Travel Series

The ever popular travel series is back! From the comfort of your own home, Zoom in and join our talented and well-travelled speakers, Cliff and Diana Cunningham as they share stories, facts, and stunning images from their past travels abroad. The series will be hosted online on the last Friday of each month.

Date: Friday July 30th **Time:** 1:30pm to 3:00pm

Cost: \$2 members/\$5 non-members

To register or for help in using Zoom please call our Victoria Center at 250 388 4268.

Upcoming Programs

Saanich

Zumba Gold

Zumba Gold is an exercise program using the rhythm and movements of Latin dance. It involves low-intensity, easy-to-follow choreography that focuses on balance, range of motion, and coordination.

Date: Fridays, July 9th to 30th

Time: 1:15 pm to 2:15 pm

Cost: 4-sessions: \$37.80 (members), \$54.60 (non-members), includes GST **Instructor:** Isabel Arias-Santos

Victoria

Chair Yoga

Join Janice for a relaxing, seated class that will have you stress free and feeling good.

Date: Thursdays, July 8th to 29th

Time: 1:00 to 2:00pm or 2:15 to 3:15pm

Cost: 4 sessions: \$35 (members) \$52.50 (non-members). Includes GST.

Instructor: Janice Arnott



Welcome New Staff



Leigh-Ann Rowlandson has joined our staff as an Outreach Worker. She is a third year Social Work student at the University of Victoria and brings a wealth of experience in education, mental health, and restorative health.

The Outreach Program operates in partnership with

James Bay New Horizons and was started in 2015.

Leigh-Ann will be working to develop a phone based recreation program for people who are home bound but want to connect with others and have some fun.

The program will start Tuesday, July 27th from 1:30 to 2:30pm. All you need is a telephone! Call Leigh-Ann at 250 388-4268 to find out more!

The Neighbours Engaging on Phones Together is a partnership with Island Health and Municipal Recreation.

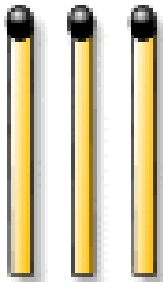
Memory PLUS Programs

(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.

Matchstick Puzzles

Use your creativity and spatial imaging to try and figure out the two problems below:



Rearrange these 3 matches into 6, without breaking them into pieces or adding any extras.



Move only one of the four matches to create a square.

Learning for Life Series

We are back with the series lead by Wendy Campbell.
Call to reserve your spot.

Saanich

Past, Present, Future

Education and discussion on where we were, where we are and possibly where we may be.

1:00 to 2:30pm Tuesday, July 13th

Current Events Discussion Group.

1:00 to 2:30pm Tuesday, July 27th

Victoria

Do You Want to Know Some Facts on Aging?

Find out what are facts and what are myths regarding aging.

1:00 to 2:30pm Tuesday, July 6th

Current Events Discussion Group.

1:00 to 2:30pm Tuesday, July 20th

COVID Safety Plan

Effective July 1st Silver Threads Service will continue with the same Safety Plan that follows guidelines from Worksafe BC, Ministry of Health, local Health Authorities and BC Recreation and Parks Association. The one change is in Stage 3 of BC's Restart Plan, masks are recommended in the centres and are no longer required when engaged in physical activities.

- 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. (Recommended)
- 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.
- 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. Thank you for your cooperation and understanding.

How to stay connected with us

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.

If you would like to receive our monthly newsletter by email please let us know at :

inquiries@silverthreads.ca



Victoria Computer Club

riding the technology wave

since 1983

Tip of the Month -

What to do if you lose your smartphone

Prepare to lose your smartphone, like millions of other unhappy Canadians do each year. Hide your accounts from prying eyes by requiring a pin number or pattern to start the phone.

Then add an app that lets you find your phone from another device, on a map, by ringing it loudly, and that lets you wipe the phone clean of all your data from afar. Upload photos on your phone to the cloud so you don't lose those treasures

Use a smart watch that buzzes when you get separated from your phone by more than 100 feet.

Now that phones are "unlocked" from providers, "found" phones have value to thieves because the phone's sim card can be switched and the phone works like new.

And just in case the finder is honest, display "If found, please email xxxxx@email.com" on the lock screen or taped to the phone. Good luck!!!

The virtual room we meet in is private, but you are welcome to join us if you are interested in learning about our club. Check out our website at <https://victoriacomputerclub.org/> or email us at VictoriaComputerClub@gmail.com

Happy Canada Day!

Our Centres will be closed Thursday, July 1st and will reopen on Friday, July 2nd.



For the love of literature and writing Biweekly Book and Writing Groups



At the Victoria Centre an interesting, fledgling group is emerging based on a common interest in reading and writing. The Book Club is a group that gets together every other week to talk about their love of books. The group doesn't read the same book, rather they discuss a variety of genres, authors, personal favourites, bestsellers, local authors and the underrated. Personal stories come from sharing books that had a positive impact and provided inspiration. Books provide food for your soul and this welcoming group will offer connection through this shared belief.

The Writing Group uses writing as a tool for creativity and wellness. The Facilitators provide the framework with "homework" to help develop your skills and explore your creative side. You can share with the group, listen to others read their stories and support each other through what is a challenging and rewarding venture.

The Groups meet on Tuesdays from 10:30 to 11:30am. The Book Club meets on July 14th and 28th. The Writers Group meets on July 7th and 21st.

Did you know that both of our Centres have Lending Libraries with a wide variety of books? Come by during our operating hours to see if there is a title that appeals to you.

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 Coordinator
Sandy Firth Bookkeeper
Donene Eve Food Services Coordinator
Leigh-Ann Rowlandson Outreach Worker

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

