

Let's get physical

At Silver Threads Service we were pleased to hear the Provincial Restart Announcement and the plan to bring us back together. It is something we all were waiting for. Like the plan, our approach to reopening is gradual, safe and will follow all guidelines. A new, limited program schedule begins May 31st and reintroduces some fitness, physical, social and support programs. The website www.silverthreads.ca will be updated regularly as we are able to offer more. Note that all the COVID protocols are still in place for a little while longer, including the wearing of masks in the centres and during programs, including exercise.



We are offering some classes on line by Zoom and are piloting a 4-week Brain Games Program to keep you engaged and thinking! Not sure about doing a class by Zoom? We can arrange a one on one lesson to get you comfortable. As well, we are bringing back the popular Travel Series online. Friday, June 25th will be the debut with popular presenters Cliff and Diana Cunningham. Look for the Travel Series once a month and see the world from the safety of your own home.

Coming this summer, we will be doing some outdoor programs at Royal Athletic Park on Saturdays. Picnic Presentations and Stretch & Strength classes are in the works!

There are a couple of important reminders this month. The deadline to apply for the BC Recovery Benefit is June 30th. This is a one-time, tax-free payment of up to \$1,000 for eligible families and up to \$500 for eligible individuals. It was announced in December, but you must apply online or by phone to receive the benefit.

Also, if you received your first dose of a COVID-19 vaccine before April 6th you **MUST** register to receive your second dose. This is a change from what you would have been told when you got your first shot. Everyone in BC must register with the "Get Vaccinated" provincial registration system once.

Details on both reminders are included in the newsletter. Our wish for you this month – money in your pocket, a shot in your arm and a welcome back in person or on line as we head into a great summer.:

Tracy Ryan
Executive Director

"No matter how hard the past is, you can always begin again."

Buddha

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.

Book your appointments now at the Victoria Centre 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 June 3rd to 24th (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 as they share stories, facts, and stunning images from their past travels abroad. The series will be hosted online once monthly. The “trip” in June will be Amazing Africa hosted by Cliff & Diana Cunningham.

Date: Friday June 25th **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.

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.

Words in Words

Each of the words below contains a smaller word hidden inside. Read the clues and see if you can find all of the words within words!

Original Word	Clue	Hidden Word
Magnetic	Meshed fabric to catch things with	
Passage	Aromatic herb	
Accident	A small mark on a hard surface	
Recovery	Sheltered beach	
Envelope	Run off or abscond	
Infant	An apparatus for cooling and ventilating	

There may be more than one hidden word in each of these words. Once you've found all the ones related to clues go back and see if you can find some more words in words that we didn't hint at!

Answers: 1 Net, 2 Sage, 3 Dent, 4 Cove, 5 Elope, 6 Fan

Living Life to the Full

In this 8-week program offered in partnership with the Canadian Mental Health Association, you will be taught strategies to deal with feelings when you feel fed up, worried or hopeless. Using Cognitive Behavioural Principles, participants will learn how to reverse negative habits and develop new processes to rebuild happiness — important skills to practice and build in these uncertain times. Please call 250 388-4268 to register.

Date: Wednesdays,
June 16th to August 8th

Time: 1:30 pm to 3:00 pm

Cost: 8 sessions: \$30 (includes resource materials)



Enjoying my Community Later Life Learning Series

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

Saanich

Current Affairs Discussion Group.

1:00 to 2:30pm Tuesday, June 8th

Understanding the Emotions of Aging

1:00 to 2:30pm Tuesday, June 22nd

Victoria

Current Events Discussion Group.

1:00 to 2:30pm Tuesday, June 1st

Alzheimer's-Red Flag or False Alarm?

1:00 to 2:30pm Tuesday, June 15th

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 and while in programs. 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

Updates and Back ups

It's the 6th month of the year and yes we are continuing to rely on our electronic equipment... have you been keeping your devices up to date with the Microsoft updates on a regular basis? This usually happens on the 2nd Tuesday of each month after 10 am. Some people think their devices update automatically but you may be very surprised once you start updating them, especially Android and Apple Devices, as well as your desktop and laptops.

Are all your Android/Apple devices updated and backed up? Do you know how to check to see if your devices need updates? It doesn't matter if you have a laptop, desktop PC, tablet, phone - learning how to update your devices on a regular basis is good practice both for the device and for your safety. The second most important thing to do is to know how to back up your precious files and pictures, either using an external hard drive, thumb drives, cloud services, etc.

If you require assistance, you can join in our Zoom sessions - Ask the Experts for help on some of these procedures.

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.



COVID-19 Vaccine Update



If you received your first dose of a vaccine before April 6th you MUST register to receive your second dose.

Everyone in BC must register with the "Get Vaccinated" provincial registration system once. This includes seniors, indigenous people, and those who are clinically vulnerable and people who received their first dose of AstraZeneca/COVISHIELD at a local pharmacy.

How To Register:

For all forms of registration you will need your first and last name, date of birth, postal code, personal health number (found on your BC Services Card/Care Card) and either an email address that gets checked regularly or a phone number that can receive text messages. If you don't have a Personal Health Number, you need to register by phone.

Register Online:

Visit: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register#register>

Register By Phone:

Call: 1-833-838-2323. Phone line is open seven days a week, 7 am to 7 pm (PDT), translators are available. Telephone for the Deaf: Dial 711

Silver Threads Service Staff

Tracy Ryan Executive Director

Anne Nelson Saanich Centre Director

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Shelley Brown Program Manager

Amaiah Paradine Program Coordinator

Kim Davidson Program Coordinator

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

