

## All in the same Boat

We hope that you are able to enjoy connecting with friends and family this summer and are feeling comfortable in getting out and about. Hopefully the COVID storm is passing and we can look forward to smooth sailing heading into the Fall.

There will be some changes this month, a few new programs at the Victoria Centre, Doubles table tennis and pickleball are back at Saanich and our Saturday Sampler at Royal Athletic Park continues in August. We are excited to host the Local Author Panel on July 31<sup>st</sup> it will be an amazing afternoon, see below for all the details. Our Centres will be closed the week of August 30<sup>th</sup> so staff can get ready for an Open House Week, September 7<sup>th</sup> to 10<sup>th</sup> and a more robust program schedule that kicks off September 13<sup>th</sup>.

As we start to think about increasing our contacts, I have seen articles on how children may need to relearn social skills post COVID and I say what about those of us 55 and older? It fills me with both excitement as well as trepidation to think we can gather again, *Are hand shakes a thing of the past? How do you make small talk? Will I embarrass myself eating in public?* All I can suggest is we all practice together, come into one of the Centres, take a class, try something you used to enjoy and learn to flex your social muscles again. It will be safe and comfortable, because we are all in the same boat and can practice together. See you soon!

Tracy Ryan, Executive Director



*"Friends are the sailors who guide your rickety boat safely across the dangerous waters of life."*

Unknown

### Saturday Sampler at Royal Athletic Park

Located in the heart of the North Park Neighbourhood, Royal Athletic Park will be the outdoor venue for the Saturday Sampler. Each Saturday, running to August 28<sup>th</sup> Silver Threads Service 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. Upcoming sessions include:

#### July 31<sup>st</sup>: Local Authors Panel

In support of our Writers Club and Book Club, we will explore our love of literature with a panel presentation and discussion that will be sure to inspire. With thanks to Munro's Books we are pleased to announce the event will be moderated by Anny Scoones, Times Colonist contributor and author of *Homes: Tales of a Heritage Farm*. Local Authors include: Jo Owens, author of *A Funny Kind of Paradise.*, M.A.C. Farrant, author of *One Good Thing: A Living Memoir*, Arlene Pare, winner of the Governor General's Award for *Lake of Two Mountains*.

For the month of August our schedule is:

August 7: Men's Fitness

August 14<sup>th</sup>: Art Exploration and Demonstration

August 21<sup>st</sup>: Musical Bingo

August 28<sup>th</sup>: Words: The Art of Stories

Then in September consider registering for your favourite activity and attending weekly sessions at Silver Threads Victoria Centre. 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. Silver Threads staff can provide assistance prior to the class to test your system if you require.

### Zoom Travel Series - Visit Egypt

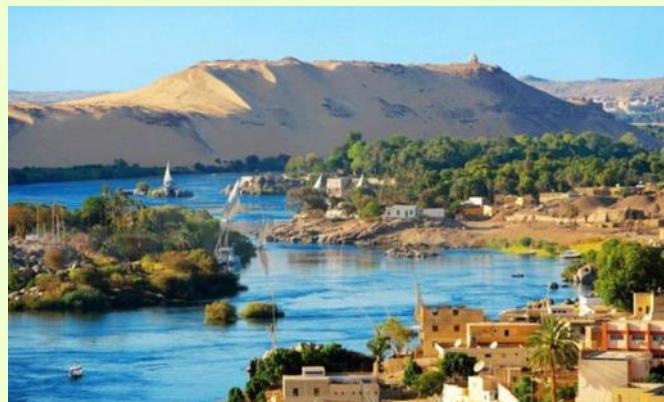
The ever popular travel series is back! From the comfort of your own home, Zoom in and join our talented and well-travelled speakers, Cliff and Diana Cunningham as they share stories, facts, and stunning images from their past travels abroad. The series will be hosted online on the last Friday of each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

**Date:** Friday August 27th

**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.



## New Programs for August Victoria

### Film Club: Tea With The Dames

Drop in and watch four of Britain's most distinguished theatrical dames come together in this 2018 film. You'll see Judy Dench, Joan Plowright, Maggie Smith, and Eileen Atkins talking about their experience in cinema over the years. It will feel like you're overhearing the conversations of old friends while at the same time remembering personal memories of past performances. Once the film is over you're encouraged to stay and discuss your thoughts and feelings about the film.



1pm Tuesday August 24th, \$2 Members, \$5 Non Members

### Art Workshop: Mandala Rock Painting

Have you seen these works of art on the beach or left in strategic places? Mandalas draw your eyes into the center, to notice the geometric shapes and repeated patterns. In this 90 minute workshop with an experienced volunteer, you will learn the basics of mandala rock painting and perhaps find a new hobby to express your creativity! All supplies provided.



1pm Monday August 23rd \$4 Members, \$6 Non-Members

## Double up!

We are excited to announce that Doubles Table Tennis and Doubles Pickleball will be available at the Saanich Centre in August. You can enjoy Table Tennis on Tuesdays and Fridays from 9:30am to 11:30am and Pickleball on Wednesday from 12:30pm to 2:00pm. To book call the Saanich centre at 250 382 3151

## Learning for Life Series

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

### Saanich

#### Seven Common Neglected Challenges to Address for Healthy Aging'

Education and discussion on ways to stabilize healthier outcomes as we age.

1:00 to 2:30pm Tuesday, August 10th

**Current Events** Discussion Group.

1:00 to 2:30pm Tuesday, August 24th

### Victoria

#### Understanding Emotions of Aging

Education and discussion on understanding the emotions of aging and realizing the need to understanding our own emotions on aging.

1:00 to 2:30pm Tuesday, August 3rd

**Current Events** Discussion Group.

1:00 to 2:30pm Tuesday, August 17th

## 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.

### Hidden Words

Each of the words below contain a hidden word. Can you find 5 birds, 4 body parts, 3 world capitals, 2 foods, and 1 car brand?

1. Microwaveable 1. \_\_\_\_\_
2. Acknowledgment 2. \_\_\_\_\_
3. Probing 3. \_\_\_\_\_
4. Chrysanthemum 4. \_\_\_\_\_
5. Graveness 5. \_\_\_\_\_
6. Languishingly 6. \_\_\_\_\_
7. Nanosecond 7. \_\_\_\_\_
8. Thanklessness 8. \_\_\_\_\_
9. Daiquiris 9. \_\_\_\_\_
10. Comparison 10. \_\_\_\_\_
11. Aerodromes 11. \_\_\_\_\_
12. Heathens 12. \_\_\_\_\_
13. Nutrition 13. \_\_\_\_\_
14. Archipelago 14. \_\_\_\_\_
15. Marauding 15. \_\_\_\_\_

### August Closure

The Centres will be closed the week of August 30th for staff to prepare for a Fall Reopening. We will be hosting Open Houses from September 7th to 10th. More details to come in the September Newsletter.

## September Programs

We are working to confirm new and returning programs to our Centres starting September 13th. Be sure to stay connected with us through Facebook, by e-newsletter or call or visit! Here are some of our potential activities:

### Saanich Centre

Bridge (Duplicate and Social)  
Carpet Bowling  
Choirs  
Clarinet Club  
Computers  
Cribbage  
Functional Fitness  
Fusion Fitness  
Hampton Concert Orchestra  
Learning for Life  
Line Dancing (Beginner and Intermediate)  
Pickleball  
Scrabble  
Seated Exercises  
Shuffleboard  
Snooker  
Table Tennis  
Tai Chi  
Ukulele (Beginner and Experienced)  
Walking Group  
Weaving  
Woodcarving  
Zumba Gold

### Victoria Centre

Art Classes  
Blood Pressure Clinic  
Book Club  
Brain Games  
Calming Colouring  
Chair Yoga  
Chinese Brush Painting  
Computer Classes  
Crafts of Kindness  
Digital ACTS  
Connecting through Stories  
Film Club  
Functional Fitness  
Learning for Life  
Living Life to the Full  
Ladies Lunch  
Lunch & Listen  
Memoir Writing  
Men's Breakfast Club  
Men's Fitness  
Tai Chi  
Walking Group  
Writer's Group  
Zoom Travel Series

### Support Programs

Food Share, Book and Puzzle Lending Libraries at both Centres

Legal, Senior Mentoring and One on One Computer Appointments available at Victoria

### 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](mailto:inquiries@silverthreads.ca)



**Answers:** 1 Crow, 2 Owl, 3 Robin, 4 Emu, 5 Raven, 6 Shin, 7 Nose, 8 Ankle, 9 Iris, 10 Paris, 11 Rome, 12 Athens, 13 Nut, 14 Chip, 15 Audi



## Victoria Computer Club

riding the technology wave

since 1983

### Tip of the Month - How Technology can help you Remember

The older we get, "Now don't forget" becomes only good for "Now". Tomorrow we will have forgotten. Instead we need calendars, notes, reminders, lists, and watches that buzz on our wrists. We need Google to tell us that famous actor's name, when to take our meds and emails to schedule our week. But the more we use smartphones to augment our memory, the more our brains lose the ability to remember. We need to exercise our memory! By the way, there's an App for that! There are ways that computers help you concentrate, and ways they mess you up, disturbing your sleep, and distracting you. Some things are better remembered by a computer, and some things are better remembered by you -- like your password to start your computer. The Victoria Computer Club will lower your stress by sorting these out.

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](mailto:VictoriaComputerClub@gmail.com)

### Happy BC Day!

Our Centres will be closed Monday, August 2nd and will reopen on Tuesday, August 3rd. Have a safe and enjoyable long weekend.



### The Spoken Word: Connecting Through Story Group and Art of Story Workshop

Telling and listening to stories can help us feel a greater sense of connection as we form or strengthen bonds with one another. Within this informal group that meets monthly at the Victoria Centre, you can tell a tall tale, share a heartfelt story, or simply come to listen and connect with others.

Even if you feel you are not much of a storyteller, you may be surprised to pick up tips and inspiration to turn everyday conversation into a riveting story of your own to share at a later date! After all, practice makes perfect!

To hone your storytelling skills or learn more about storytelling, please attend the Saturday Sampler at Royal Athletic Park on August 28<sup>th</sup> for "The Art of Storytelling" by Jennifer Ferris of the Victoria Storytelling Guild.

The Connecting Through Story Group meets regularly on the 2nd Tuesday of each month. The next one is August 11<sup>th</sup> from 1:00pm to 2:30pm. \$2 members, \$5 non-members.

### Silver Threads Service Staff

**Tracy Ryan** Executive Director  
**Anne Nelson** Saanich Centre Director  
**Ro Fife** Saanich Centre Administrator  
**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](mailto: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

