

Still wearing our masks.....

Welcome to October! We start the month with National Seniors Day on the first and will stay masked up until Halloween on the 31st. By now most of us will be double vaccinated and while still being careful, hope you are able to enjoy a few more things in your lives including visiting Silver Threads. If you haven't come to see us yet, there should be some programs to pique your interest this month.

You will now be required to show your Vaccine Card with the QR code at all non-essential businesses including Silver Threads and if you would like a wallet size laminated copy stop by our Reception Desks, fill out a quick form and we can take care of that for you in a few days!

We are pleased to welcome new staff this month. At the Victoria Centre, Erica Loenen is our Centre Administrator and will be the smiling face to greet you and check you in. Lisa Coulson has returned to the staff team after 5 years and will be leading the Memory PLUS and Learning for Life Programs as we return to in person classes. After 19 months it will be good to start these classes again and meet face to face. Read further for details on our new staff and the Memory PLUS classes that will start October 19th.

There are more and more of us who are comfortable meeting on Zoom, and the monthly Travel Series is now being offered by Zoom. This month features a Speaker from the University of Victoria presenting on Mexico's Day of the Dead. If you would like a lesson or quick review on how to Zoom before the "trip" on the 29th, give us a call at the Victoria Centre. Then you can "travel" from the comfort of home, just bring your own snacks!

Also a reminder that if you are on Facebook, visit and like our page, then you will get all the updates and last minute news. And don't forget to pick up your frozen Turkey Dinner at one of the Centres!

Tracy Ryan,
Executive Director



"Happy Halloween! Eat, drink and wear a scary mask!"

National Seniors Day October 1st, 2021



Did you know that October 1st is National Seniors Day in Canada? This date coincides with the United Nations International Day of Older Persons. This is a day for Canadians to celebrate seniors and their contributions to their homes, families, workplaces, and communities. The very first National Seniors day was celebrated ten years ago on October 1st, 2011, after the Celebrating Canada's Seniors Act received Royal Assent in 2010. From all of us at Silver Threads thank you for all you've done and we look forward to seeing you in our centres.

COVID-19 Safety Plan

Silver Threads Service is following the Provincial Health Order and will require proof of vaccination to access programs and services. Starting September 13th, all staff, instructors, volunteers and participants must have at least one dose of a COVID-19 vaccine. By October 24th, all must be fully vaccinated. Silver Threads Service will ask to see proof of vaccination and valid government ID. The requirement is in place until January 31, 2022, subject to extension. Silver Threads Service will continue to implement the COVID Safety Plan that includes tracking, health checks, sanitization, small group size, physical distancing and mask wearing. Masks are now mandatory in the centres but can be removed during exercise or when eating and drinking when physical distancing can be maintained. Your attendance in all Programs must be pre-booked by signing up at Reception or calling the Centres. Note: There are some specific programs that will require all participants to be fully vaccinated to protect our Instructors and each other from possible exposure. This includes all One on One appointments, Victoria Computer Club, Ukulele, all Choirs and singing, Bridge and Games.

Victoria Programs

Piven Portraits: Make funny caricatures using a variety of outdoor or household materials.

Dates: Wednesdays, October 13th to November 3rd

Time: 1:00pm to 3:00pm

Cost: \$16 M, \$24 NM includes GST

Instructor: Lucille Proulx

Song Circle: Listen and sing along to songs from across the decades. Double vaccination against Covid-19 is required for this program.

Dates: Mondays, October 4th and 25th

Time: 1:30pm to 3:00pm

Cost: \$2 M, \$5 NM includes GST

Instructor: Patrick Smith

Brain Games Online: Using Zoom play word games, brain teasers, trivia, and connect with others online!

Dates: October 21st to November 25th

Time: 2:00pm to 3:00pm

Cost: \$24 M, \$36 NM includes GST

Instructor: Kim Davidson

Learning for Life Series Saanich

Navigating The Healthcare System

1:00 to 2:30pm Tuesday October 12th

Current Events Discussion Group.

1:00 to 2:30pm Tuesday, October 26th

Victoria

Navigating The Healthcare System

1:00 to 2:30pm Tuesday October 5th

Current Events Discussion Group.

1:00 to 2:30pm Tuesday, October 19th

Saanich Programs

Walking Group: Join us on our weekly walk as we explore around the Saanich Centre.

Dates: Wednesdays, starting October 6th

Time: 10:00am to 11:00am

Cost: No charge

Leader: Raewyn McLean

Zumba Gold: Low-intensity, easy-to-follow choreography focusing on balance, range of motion and coordination.

Dates: Fridays, October 8th to November 19th (excluding November 12th)

Time: 1:15pm to 2:15pm

Cost: \$56.70 M \$81.90 NM, includes GST

Instructor: Isabel Arias-Santos

Tai Chi Therapy

(learn more about the benefits of Tai Chi on Page 3)

Date: Tuesdays,
November 2nd to
December 7th

Time: 10:00am to 11:00am

(Victoria) or 1:30pm to
3:30pm (Saanich)

Cost: \$56.70 M \$81.90 NM, includes GST



Watercolour Workshop: Develop an enjoyment of watercolour painting and come away with one or several finished projects.

Dates: Tuesdays, November 9th to 30th

Time: 10:00am to 12:00pm

Cost: \$84 M \$100.80 NM, includes GST plus supplies

Instructor: Janos Varga

We are on Zoom Classes -Travel Series, ACTS, Brain Games!

Memory PLUS

Practice, Laughter, Useful Strategies

We are back!

Beginning October 12th we will be offering in person classes at our Centres with Lisa! Groups will be small and there is a choice of 3 options.

Victoria Centre

Dates: Tuesdays, October 19th to December 7th

Times: 9:30 to 11:30am

Victoria Centre

Dates: Wednesdays, October 20th to December 8th

Times: 9:30 to 11:30am

Saanich Centre

Dates: Wednesday, October 20th to December 8th

Times: 1:00 to 3:00pm

Cost: 8 sessions M \$75.60 NM \$109.20 includes GST

To register call 250 388-4268.

Tai Chi Therapy

Instructor Jaz Ibarra is a Registered Manual Osteopathic practitioner and Tai Chi instructor with Postureffect (Osteopathic Health & Wellness).

When Jaz started to practice Taoist Tai Chi she saw a lack of understanding on how the body should move and be positioned. She began to blend Tai Chi wisdom with the science of western Biomechanics / Osteopathic perspective and created "Tai Chi Therapy, an Osteopathic approach to Tai Chi".

The regular practice of Tai Chi Therapy helps improve posture, movement, breathing, organ function and contributes to a more focused and peaceful state of mind.

Classes will be offered at both Centres. For more information or to register call the Saanich Centre, 250-382-3151 or the Victoria Centre, 250-388-4268.

Frozen Meals

Frozen Take Away Meals and individual Frozen Soup are available at the both Centres for pick up! The meals are \$7 and the soups are \$5. The serving sizes are generous, and are fresh and very good. They are prepared by Souper Meals (an Island Health Funded Program).

This month the menu includes:

Beef Burrito	Chicken a la King
Chicken Stroganoff	Bangers and Mash
Parmesan Chicken Strips	Meatloaf
Spaghetti and Meatballs	Butter Chicken
Mac, Ham and Cheese	

Thanksgiving Frozen Meals

Order a frozen turkey dinner with all the fixings and pick-up at either Victoria or Saanich Centre between October 4th to 8th. Cost: \$8.00 each

Welcome New Staff

Lisa Coulson, Program Coordinator

We are pleased to welcome Lisa back to Silver Threads. It was 5 short years ago that she was Coordinating the Memory PLUS Programs and she will be restarting the program for us this month! With 30 years' experience, facilitating programs and activities, her experience working in a variety of settings has given her insight to the diversity of people as they grow older and what matters most to them as things change.

Lisa looks forward to making new connections with people through her work with Silver Threads, and is passionate about helping others through meaningful interactions and activities. In addition to the Memory PLUS Program she will be leading the Learning for Life Groups.



Erica Loenen, Victoria Centre Administrator

New to our team is Erica who you will see at the reception desk at the Victoria Centre. She brings knowledge and experience in a diverse range of areas including kinesiology, office administration, and recreation program leadership. She holds her bachelor's degree in



exercise and wellness, and has experience working with local non-profit organizations, community centres, and recreation facilities. Erica is passionate about health and wellness, and about offering a warm and inviting space where others are free to engage and explore movement, mindfulness, and community-building.

How to stay connected with us

If you would like to receive our monthly newsletter by email please let us know at :
inquiries@silverthreads.ca

Computer Support for Novice to Experienced Users

One thing we learned during COVID is that being able to use technology to connect to the people and services that are important are skills anyone can learn. If you are new to using a tablet or computer check the offering at Silver Threads, and when you have more experience consider joining the Victoria Computer Club. Please talk to us for more information. We are happy to help.

Victoria Computer Club

The friendly helpful society of computer users

riding the technology wave

since 1983

Since March of 2020 we continue to take precautions. October is Cyber Security Month - time to ensure that

- your devices are up to date,
- virus/malware programs are working as they should,
- you have an inventory of your digital equipment,
- you changed and secured your passwords, and
- you are not falling for all the scams and fake emails.

The VictoriaComputerClub.org website and the Government of Canada website getcybersafe.gc.ca both offer advice on securing your devices.

We are now running classes and I-on-I help, both in person with pre-registration for Victoria Computer Club members. And we continue to run online Zoom classes and remote help sessions. Check out our website at

VictoriaComputerClub.org or email us at

VictoriaComputerClub@gmail.com

Zoom Details for Cyber Security

Topic: Bob G: Is Cyber Security Really Important

Time: October 5, 2021 09:30 AM Victoria

Join Zoom Meeting

[https://us02web.zoom.us/j/85613132981?](https://us02web.zoom.us/j/85613132981?pwd=c2toaXZGS2VYWlczQ3JsZlMlYitLUT09)

[pwd=c2toaXZGS2VYWlczQ3JsZlMlYitLUT09](https://us02web.zoom.us/j/85613132981?pwd=c2toaXZGS2VYWlczQ3JsZlMlYitLUT09)

Meeting ID: 856 1313 2981 Passcode: 123600

Silver Threads Computer Programs

Introductory Classes at Victoria

Designed for those who are new to computers and technology. These in-person entry level classes offer insights into how to use various devices.

October's dates and topics below:

October 4 - Android (Samsung, LG, etc)

October 18 - iPad/iPhone/Android Travel

November 1 - Intro to Mac

Time: 1:00pm to 2:30pm

Cost: Per Session \$40 M, \$60 NM includes GST

Instructor: Dave Bassett

ACTS 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, Zoom.

The next session will be offered in January 2022. Call now to have an introductory discussion and see if this program is right for you!

Cost: Program is free to eligible participants thanks to funding from the New Horizons for Senior Program, Island Health and others. Call 250 388-4268 for more information.

Zoom Travel Series

Our October presentation will explore Mexico's Day of The Dead. Friday, October 29th from 2:00 to 3:30pm. Call to 250 388-4268 book your ticket!

Silver Threads Service Staff

Tracy Ryan Executive Director

Anne Nelson Saanich Centre Director

Ro Fife Saanich Centre Administrator

Erica Loenen Victoria Centre Administrator

Shelley Brown Program Manager

Lisa Coulson 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

