

## Welcome Back!



It's September and we are all dressed up and ready to go with Fall Programs, even if we are all still trying to wrestle the crocodile that is COVID to the ground!

Know that Silver Threads Service will be in compliance with all Provincial Health Orders pertaining to Vaccines and Masks. When programs begin on September 13<sup>th</sup> everyone within the Centres will be required to show proof of their first vaccine, and by October 24<sup>th</sup> proof of both vaccines are required. For many of us this will provide peace of mind that we can safely participate in some of our favourite activities and reconnect with friends again. We will continue to do everything we can to make it a good experience.

We will begin the month with an Open House Week (see below), here is an opportunity to visit the Centres, check out the Program Schedule and try an activity. Each month we will hopefully be adding new classes and increasing services as we can in keeping with the PHO.

During COVID we provided Meal Delivery and after 17 months and 7,837 meals wrapped the service at the end of August as we transition to providing Food Services in our Centres. A very special thank you to our staff and the great group of volunteers who worked on this and made it such a remarkable program. It is very much appreciated.

We hope to see you in the Centres soon!

Tracy Ryan,  
Executive Director

*“Change moves incrementally from breath to breath and moment to moment, allowing for course-correction along the way.”*

### Open House Week - September 7th to 10th

Silver Threads Service will be hosting an Open House Week at our two convenient locations September 7th to 10<sup>th</sup> from 9:00am to 3:30pm. With more of us being fully vaccinated and being mindful of continuing safety protocols we will be gradually adding new and old favourites of our programs and services this fall. It's time to safely reconnect to the places and people that will bring you good health and happiness.

Our centres are located in Saanich at 286 Hampton Road and in Victoria at 1911 Quadra Street. Membership as of September 1st will be \$35 and is valid to March 31<sup>st</sup>, 2022 and gives you access to both centres. If you visit us during the Open House Week and renew or take out a membership, along with a new STS membership card we can also laminate a copy of your vaccination card if you have had both shots. People have asked where they can get their vaccine cards laminated and we are happy to offer this service. Note that there will be a different process for the Provincial Vaccination Plan.

Older Adults are welcome to stop by, have a tour, enjoy a fresh lemonade and treat. Since the pandemic started in March of 2020, we moved the Victoria Centre into a newly renovated facility and we cleaned and spruced up the Saanich Centre, so if you haven't been in during the past year please do stop by and see the changes.

There will be a number of free activities planned for folks to try out. Tai Chi Therapy, Table Tennis, Art for Anyone, and Online Program demos. Space will be limited for the classes in keeping with safety protocols so please call to book your spot. The Treasure Trove and Silver Spoons Café will also be open at the Saanich Centre. Check out the schedule at <https://silverthreads.ca/>

## 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

**Calligraphy:** Join local artist Kathy Guthrie to learn the age old art of calligraphy. Learn to make charming and consistent stylized lettering.

**Dates:** Wednesdays, September 15th to October 6th

**Time:** 1:00pm to 3:00pm

**Cost:** \$80 M, \$116 NM includes GST

**Instructor:** Kathy Guthrie

**Ukulele: Beginner** This class is open to all beginners, Students can focus on basic techniques and learn to strum the chords of their favourite songs, while choosing to incorporate as much music theory as they want.

**Dates:** Fridays, September 17th to October 22nd

**Time:** 1:00pm to 2:00pm

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

**Instructor:** Avram McCagherty

#### Lunch With TED Talks:

Join us for a catered lunch and nourish your mind while a TED Talk is shown. Please register and pre-order your lunch by September 23.

This program is funded by the Victoria Foundation and City of Victoria Strategic Planning Grants.

**Date:** Thursday, September 30

**Time:** 11:30am to 1:00pm

**Cost:** \$5 M, \$7 NM includes GST



### Saanich Programs

#### Beginner Line Dance

**Date:** Mondays, September 13th to October 25th

**Time:** 9:30am to 10:45am

**Cost @ 6:** \$44.10 M, \$63 NM includes GST

**Instructor:** Vicky McCulloch

#### Intermediate Line Dance

**Date:** Wednesdays, September 15th to October 20th

**Time:** 10:00am to 11:30am

**Cost @ 6:** \$44.10 M, \$63 NM includes GST

**Instructor:** Vicky McCulloch

#### Tai Chi Therapy

**Dates:** Tuesdays, September 21st to October 26th

**Cost @ 6:** \$56.70 M, \$81.90 NM includes GST

**Times:** 1:30pm to 2:30pm

**Instructor:** Jaz Ibarra

#### Ukulele: Absolute Beginners

**Dates:** Wednesdays, September 22nd to October 27th

**Cost @ 6:** \$56.70 M, \$81.90 NM includes GST

**Times:** 9:30am to 10:30am

**Instructor:** Patrick Alexander

#### Ukulele: Experienced

**Dates:** Wednesdays, September 22nd to October 27th

**Cost @ 6:** \$56.70 M, \$81.90 NM includes GST

**Times:** 10:45am to 11:45am

**Instructor:** Patrick Alexander

## More than Meals Program

After 17 months the More Than Meals Program started at the beginning of the Pandemic that officially wrapped up on August 26th. A team of 15 Volunteers led by Anne, Ro and Donene managed the Program during these challenging time with incredible results that include:

- Delivering 7,837 Meals
- 3,375 Visits
- Distributing \$117,000 worth of groceries

We got to know so many great people and built connections, the positive feedback from those we were helping included such good feedback:

*"This was an important support during the pandemic"*

*"I appreciated the connection, the food, and the wonderful volunteers"*

*"All of staff and volunteers from Silver Threads have been terrific. Thank you so much for all you have done for me this difficult year"*  
*"I thank you from the bottom of my heart"*

In September we will be transitioning to Food Programs within our Centres. Food Share pick up will be offered every Thursday at both Centres, as well as Frozen Meals (see below). The Silver Spoons Café reopens at Saanich and the new Men's Breakfast and Lunch with TED (Talk) will be offered at Victoria.

The More than Meals Program received financial support from generous individual Donors and the following organizations: Island Health, United Way Southern Vancouver Island, Victoria Foundation, First West Financial, Island Savings.



## Amaiah's Good bye

We are sorry to announce that Amaiah Paradine will be leaving Silver Threads Service as she and her family are moving for other opportunities in September.

Amaiah has supported many areas of the organization since starting with us in 2017. She worked in both Centres, on Reception, instructing programs and special events. In 2017 she began facilitating the Memory PLUS Programs in the community and this was a match made in heaven! For those of you who were lucky enough to participate in one of her classes it was a well planned, highly stimulating educational experience that participants loved! Since the start of COVID in March 2019 Amaiah has helped with the relocation of the Victoria Centre and the start up in our new location.

We all will miss her warm and friendly approach and the care she took in her work and thank her for her contributions. We wish her the very best in all her future endeavors.



### 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)



### Frozen Meals

We will be offering frozen Take Away Meals and individual Frozen Soup at the both Centres for pick up! The meals will be \$7. and the soup \$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 will include:

Beef Burrito	Chicken a la King
Chicken Mushroom Casserole	Chicken Stroganoff
Parmesan Chicken Strips	Meatloaf
Spaghetti and Meatballs	

### Silver Spoons Café

Reopens at the Saanich Centre starting September 13th. Open Monday to Friday 9:00am to 1:00pm. Coffee is on!



### Learning for Life Series

Call to reserve your spot.

#### Saanich

**Current Events** Discussion Group.  
1:00 to 2:30pm Tuesday, September 28th

#### Victoria

**Current Events** Discussion Group.  
1:00 to 2:30pm Tuesday, September 21st

## Computer Support for Novice to Experience 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*

The Victoria Computer Club is a Club of computer enthusiasts that meets at the Saanich Centre and provides a variety of classes and social connections around a shared interest in technology.

#### The September Calendar includes:

**Group Learning** Tuesday September 21<sup>st</sup>

9:30am to 11:30am

**Cost:** \$2 STS members, \$5 Non-members

**One on One Help** Fridays September 17<sup>th</sup> and 24<sup>th</sup>

9:30am to 12:30pm

**Cost:** \$2 STS members, \$5 Non-members

Additional Groups include Apple Group, Photography and the Everything Else Group.

**In person attendees must be masked and fully vaccinated and pre-book your spot online**

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)

### 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.

September's dates and topics below:

September 13 - Introduction to iPads

September 20 - Introduction to iPhones

September 27 - Photos on iPads and iPhones

**Time:** 1:00pm to 2:30pm

**Cost:** Per Session \$40 (member), \$60 (Non Member)

**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.

**Date:** Wednesdays September 22nd to December 8th

**Time:** 1:00 to 2:30pm

**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**

The ever popular travel series is back! Our September Trip will be to Europe! Friday, September 21st from 1:30 to 3:00pm. 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

**Shelley Brown** Program Manager

**Amaiah Paradine** Program Coordinator

**Kim Davidson** Program Coordinator

**Sandy Firth** Bookkeeper

**Donene Eve** Food Services Coordinator

**Sue MacGregor** Receptionist

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*

