

## Celebrating 65 Years



Silver Threads Kitchen Band  
April 1968

The year was 1956, and in the City of Victoria a public meeting was held to address the needs of seniors. Out of this meeting, two committees were created, one of which was the Personal Services Committee and the beginning of Silver Threads Service.

With a newly formed Board, one staff and community support, the organization set to endeavor to find resources to provide such services for the “welfare of elderly people and to coordinate and stimulate community services”. Providing information, support, companionship, recreation, and a social centre were as important in the 1950’s as they are today.

The Colonist Newspaper held a “Name the Agency” Contest in 1957. The winning name chosen was “Silver Threads Service,” submitted by Mrs. Ibbotson, who won \$50 from Woodward’s Department Store. A crest was designed by 16-year-old Victoria High School student Harold Ridgeway.



The original Silver  
Threads logo

The timeless human need for belonging, laughter and simply enjoying the

company of others is clear in the hilarity of the Kitchen Band that practiced at the Sidney Centre in the 1960’s. The 17 members played instruments that included the clothes basket base, the frying pan banjo and all performers accompanied on kazoos. Said one of their conductors, “We are too busy to grow old.” This spirit continues today.

The first location of Silver Threads was in Spencerhouse on Cook Street.

Over the years we have operated in Esquimalt, Sidney and across the CRD with Meals on Wheels. Our longstanding relationships with the City of Victoria and the District of Saanich continues today, with centres in both municipalities. Membership gives those 55 years and better access to both centres.

Today, the organization serves a wide variety of social and recreation needs of older adults, from online classes, technology training, discussion, art and writing groups to energetic Pickleball, Zumba Gold, table tennis and fitness classes. There is something for everybody 55+ with a variety of interests.

During the month of November, Silver Threads Service will celebrate the occasion virtually. Watch for stories and posts in the Times Colonist, on Facebook and on our website. Celebrating 65 years will also be a theme in the launch of our Annual Fundraising Campaign.

Tracy Ryan,

Executive  
Director

*“I sincerely thank on behalf of myself and Council, Silver Threads for 65 years of service in our community. It is really remarkable when a community agency has been serving so many people for so long. It is important to stop, take the opportunity to say Congratulations and also to say thank you.”*

**Mayor Lisa Helps, City of Victoria**



World Table Tennis Day  
April 2018

## COVID-19 Safety Plan

Silver Threads Service is following the Provincial Health Order and will require proof of vaccination to access programs and services. As of October 24th all staff, instructors, volunteers and participants 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 continue to be 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.

**Let's continue to be kind, be calm and be safe.**

### Victoria Programs

Call 250 388-4268

#### Tai Chi Therapy

In this standing class explore gentle movements to improve posture, range of motion, and reduce stress. Learn the foundations of Tai Chi and build a sequence.

**Dates:** Tuesdays, November 2nd to December 7th

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

**Cost:** \$56.50 M, \$81.90 NM

**Leader:** Jaz Ibarra

#### Beginner Ukulele

If you have had a small amount of instruction and are still keen to learn and improve among peers this is the class for you!

**Dates:** Fridays, November 12th to December 9th

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

**Cost:** \$ 56.70 M, \$78.90 NM

**Leader:** Avram M.



### Saanich Programs

Call 250 382-3151

#### Tai Chi Therapy

In this standing class explore gentle movements to improve posture, range of motion, and reduce stress. Learn the foundations of Tai Chi and build a sequence.

**Dates:** Tuesdays, November 2nd to December 7th

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

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

**Leader:** Jaz Ibarra

#### Experienced Ukulele

For continuing student who know the basics.

**Dates:** Wednesdays, November 10th to December 15th

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

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

**Leader:** Patrick Alexander

#### Beginners Line Dance

It's time to get moving with this easy to follow class.

**Dates:** Mondays, November 1st to December 6th

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

**Cost:** \$44.10M, \$63NM

**Leader:** Vicky McCulloch

#### Intermediate Line Dance

For the experienced dancer, try this lively class.

**Dates:** Wednesdays,

November 3rd to  
December 8th

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

**Cost:** \$44.10M, \$63NM

**Leader:** Vicky McCulloch



### Learning for Life Series Saanich

#### Technology: Benefits and Frustrations

1:00 to 2:30pm Tuesday November 9th

**Current Events Discussion Group.**

1:00 to 2:30pm Tuesday, November 23rd

#### Victoria

#### Technology: Benefits and Frustrations

1:00 to 2:30pm Tuesday November 2nd

**Current Events Discussion Group.**

1:00 to 2:30pm Tuesday, November 16th

## Memory PLUS

Practice, Laughter, Useful Strategies  
65<sup>th</sup> Word Scramble

The purpose of Memory PLUS is for participants to learn in a group setting led by a qualified facilitator to connect with peers, explore techniques, play cognitive games and do other challenges to increase cognitive function. Here is an Anniversary puzzle to get you thinking!

1. vleisr	6. sirverynana
2. socicano	7. trayp
3. tincroera	8. momutycni
4. rtcnee	9. opniociamshn
5. teleroniacb	10. locias

We are now offering in person classes with the next session planned for January. Call 250 388-4268 for more information.

### Victoria Centre

**Dates:** Tuesdays, January 18th to March 8th

**Times:** 9:30 to 11:30am

### Victoria Centre

**Dates:** Wednesdays, January 19th to March 9th

**Times:** 9:30 to 11:30am

### Saanich Centre

**Dates:** Wednesday, January 19th to March 9th

**Times:** 1:00 to 3:00pm

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

To register call 250 388-4268.

Answers: 1. Silver, 2. Occasion, 3. Recreation, 4. Centre, 5. Celebration, 6. Anniversary, 7. Party, 8. Community, 9. Companionship, 10. Social

## Frozen Meals

Frozen Take Away Meals and Soups 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 good and fresh. They are prepared by Souper Meals (an Island Health Funded Program). This month the menu includes:

Coconut Chickpea Curry	Beef Lasagna
Lemon Rosemary Pork Tenderloin	Beef Burrito
Macaroni, Cheese and Ham	Chicken Stroganoff
Spaghetti and Meatballs	Beef Chili
Soups: Creamy Chicken & Mushroom, Carrot and Cumin	

## Treasure Trove

Did you know that we have a Thrift Store at our Saanich Centre?

We have a nice variety of household goods, men's and women's clothing, crafts and knit wear. During the last year, staff have given the store a refresh and we designed a new logo.

Come and check out our ever changing treasures and meet our wonderful team of volunteers. We are happy to receive donations as well. Donations of good quality, clean homewares and clothing accepted. All proceeds support the programs and services of Silver Threads.

The Treasure Trove is open Monday to Friday 11:15 am to 1:00 pm.



**Handmade cards, toques, wood carvings and other unique items**



**Pretty in Pink:  
This lovely outfit is less than \$10**

## 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)

## 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 offerings 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 at Saanich The friendly helpful society of computer users

riding the technology wave

since 1983

#### The holiday season is coming.....

With seasonal sales on electronic devices coming in the next couple of months, you may be choosing what to buy. A word of advice: Choose one universe, and stick with it, be it Google, Apple, or Microsoft. Though it is possible to take a photo on an iPhone and store it in Microsoft's cloud, or in Google's cloud, it is easier to store it in the Apple cloud. Likewise, a photo taken on a Google Android phone is most easily stored in the Google cloud.

We are now running in-person classes and 1-on-1 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](http://VictoriaComputerClub.org) or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com)



1956

Communication  
tools.  
Then and now



2021

### Computer Programs 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.

November 1 - Intro to iPad

November 15 - Intro to iPhone

**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 November presentation will explore "Europe off The Beaten Path" part two! Join us and hear about travel tales from guest presenters Cliff and Diana.

Friday, November 26th 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](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

