



December 2021

NEWSLETTER

Celebrating 65 years of service to the community

Holidays & History



When we talk about the good old days at Silver Threads, I don't think we can beat this one from our archives. The year was 1966 and 52 members of Silver Threads flew off to Hawaii for two weeks! The photo shows the group arriving at the Honolulu Airport. I do hope they shed the coats and hats shortly after the photo was taken.

We continue to celebrate our 65 year history and hope you are enjoying our virtual party as much as we are presenting it. On November 14th we launched with an 8 page commemorative piece in the Times Colonist, if you missed it visit our website <https://silverthreads.ca/> to view an online copy. Thank you to all our partners and supporters for participating and to the

Honourable Premier John Horgan, Mayor Lisa Helps and BC Seniors Advocate Isobel MacKenzie for their messages. This Fall we worked with a student team from the Douglas College Marketing Program. Students Carolina, Erika, Sunny and Shruti created a video for Silver Threads' 65th by conducting interviews, filming classes and using our research information. Thank you to this hardworking team for completing this project. We will share it when it is finished!

Most importantly, thank you everyone who has donated to our Annual Fundraising Campaign. Now, more than ever the financial support we receive is helping our organization weather the COVID storm and will ensure we are here to step into the next 65 years. Thank you to each and every one of you. For those who are considering, know that a donation made before December 31st will be issued a tax-receipt that can be included in your 2021 tax return. This month our Centres are open up to December 23rd with programs and services. Due to COVID we are not offering holiday events as we have in the past. We will find smaller ways to enjoy the season with each of you and hope for brighter days ahead. On behalf of the Staff and Board of Silver Threads Service, we thank you for your support, interest and involvement this past year. And we commit to finding a way to celebrate our 65th with a big Birthday Cake in the new year!

Tracy Ryan,
Executive
Director

"Congratulations, again on 65 outstanding years of enhancing quality of life for seniors and their families. The work you do ensures that BC remains a welcoming, inclusive home for people of all ages and abilities. Please accept my best wishes for your continued growth and success in the coming years. Happy Anniversary!"

Honourable John Horgan Premier of BC

65th Celebration Gift for you!

Silver Threads Service celebrates our 65th Anniversary and we would like to share a gift with you!

During December register for a January program and you will receive a \$10 punch card for any Drop-in/Booked Program. There is lots to choose from at both Centres. You can start your new year off right by signing up for Line Dance, Ukulele, Watercolours, Tai Chi Therapy, Chair Yoga or Memory PLUS. Your gift of a punch card can be used to try Exercise Classes, Crafts, Woodworking and a variety of games.



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 December Workshops

Call 250-388-4268

Sea Glass Ornaments

Join us for this workshop on creating beautiful decorations using sea glass. All supplies are included.

Date: Monday, December 20

Time: 1:00pm to 3:30am

Cost: \$4 M, \$7 NM

Presented by the Maritime Museum of BC



Blood Pressure Clinic

Come to the centre and have your blood pressure checked by one of our Kinesiology staff. Set up to help you be proactive and monitor so you can discuss with your Doctor. This free service is offered once monthly.

Date: Tuesday, December 21st

Time: 12:30pm to 1:30pm

Cost: No charge

Monitors: Kim and Erica

Learning for Life Series Saanich

Ageism Discussion

1:00 to 2:30pm Tuesday December 14th

Victoria

Ageism Discussion

1:00 to 2:30pm Tuesday December 7th

Saanich January Registered Programs

Call 250-382-3151

Line Dance: Beginner

Dates: Mondays, January 10th to February 14th

Time: 9:30am to 10:45am

Cost: 6@ \$42 M, \$60 NM

Leader: Vicky McCulloch

Line Dance: Intermediate

Dates: Wednesdays, January 12th to February 16th

Time: 10:00am to 11:30am

Cost: 6@ \$42 M, \$60 NM

Leader: Vicky McCulloch

Tai Chi Therapy

Dates: Tuesdays, January 11th to February 15th

Time: 1:30 to 2:30pm

Cost: \$54 M, \$78 NM

Leader: Jaz Ibarra

Ukulele: Absolute Beginner

Dates: Wednesdays, January 12th to February 16th

Times: 9:30 am to 10:30 am

Cost: \$54 M, \$78 NM

Leader: Patrick Alexander

Ukulele: Experienced

Dates: Wednesdays, January 12th to February 16th

Times: 10:45am to 11:45am

Cost: \$54 M, \$78 NM

Leader: Patrick Alexander

Zumba Gold

Dates: Fridays January 14th to February 18th

Times: 1:15pm to 2:15pm

Cost: \$54 M, \$78 NM

Memory PLUS

Practice, Laughter, Useful Strategies
65th 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 a holiday puzzle to get you thinking!

What do these three things have in common?

Buone Feste Natalizie

Nollaig Chrìdheil dhuibh

Mele Kalikimaka

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

Answer: They all mean Merry Christmas in different languages:
Italian: Buone Feste Natalizie
Scots Gaelic: Nollaig Chrìdheil dhuibh
Hawaiian: Mele Kalikimaka

Frozen Meals

Frozen Take Away Meals are available at the both Centres for pick up! The meals are \$7. 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:

Parmesan Chicken Strips

Chicken Stroganoff

Beef Chili

Meatloaf

Rosemary Pork Tenderloin

Liver and Onions

Christmas Turkey Dinners

We will have a limited number of turkey dinners available for pick up. To book yours call 250 382-3151. Dinners include turkey, stuffing and all the trimmings! For \$8 all you have to do is heat and serve. Dinners can than be picked up after December 15th.

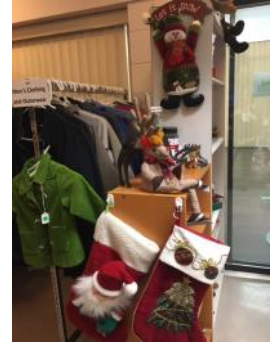
Christmas Happenings

Christmas Movie - Victoria Centre

The all time best holiday movie - A Christmas Story will be shown on Tuesday, December 21st from 1:00 to 3:00pm. Come for the movie, stay for the discussion. Call 250 388-4268 to reserve your seat.

Christmas in the Treasure Trove - Saanich Centre

Our Treasure Trove volunteers have decked out the store with new stock of decorations, with new-to-you items being added weekly. Starting December 1st all Christmas items will be 1/2 price!



You're Invited to our "chill" Christmas Social!

On Thursday, December 23rd come by our centres between 10:00am and 2:00pm and join the staff in toasting the holiday season with a hot apple cider and a few treats.

We will have the music and our Santa hats on and hope you will come by for a visit.



December Hours The centres will be closed Friday, December 24th and will reopen on Monday, January 3rd, 2022

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

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

Be Tech Prepared

Covid-19 is still with us and now we have a State of Emergency in BC. With the continuing supply chain and chip shortage for our tech gadgets, some may find they have a hard time getting what tech they require and may have to just use what they have. Perhaps it's time to make sure all your devices are running as they should.

- Make sure they are updated to the latest operating system or software updates on your phones, tablets, laptops, PC's, Apple devices, Chromebooks.
- Delete unused Apps, Software programs you never use, files you have downloaded and no longer require, pictures on the physical device
- Ensure you are running up to date virus scanning and malware programs on your devices if needed
- Backup what is required in case of failure
- Make sure your devices are charged and possibly get a power pack to charge when the power is out or there is no access to power

We are now running in-person classes and 1-on-1 help. 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

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:

Dec 6th - Intro to iPad

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, Library Resources, 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 December presentation will explore a "Humanitarian Trip to Fiji". Join us and hear about travel tales from our staff presenter Kim.

Friday, December 17th 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

