

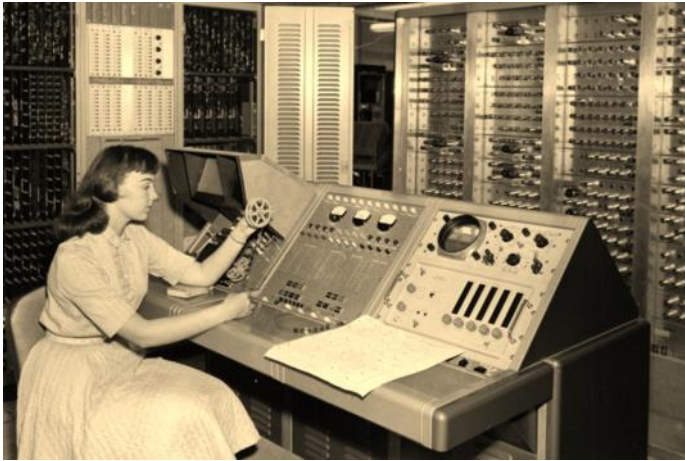


February 2022

NEWSLETTER

Celebrating 65 years of service to the community

Trying technology



We are pleased to be able to restart our physical programs with the Provincial announcement of January 18th that allows gyms and fitness centres to resume operations. Know that we are ready to go, however there are still protocols in place. Proof of Vaccine, mask wearing and social distancing are still required. These are small sacrifices to make in order to get back to exercising, playing Pickleball, table tennis and line dancing!

With COVID a part of our community and something we need to manage, it can be a challenge to keep connected to others if you are relying on only seeing people face-to-face. It is becoming clear that we all need to look to other ways to talk to friends and family, and groups. So now might be the time to learn how to Zoom!

What exactly is Zoom? It is a computer program that allows you to meet using this video conferencing tool. It is like a phone call

where you can see the person or persons you are talking with. You are able to both see and hear friends, and it is a good option to consider.

To use Zoom you will need either your smart phone, a tablet, a laptop or computer with a camera, speakers and microphone. Zoom works on both Apple and Android operating systems. (If you don't know what that means no worries!)

If you are familiar with using email, you are half way there, and our staff at Silver Threads Service would be able to provide support and instruction to learn how to use Zoom. An in person class will be held at the Victoria Centre on Thursday, February 17th. See Computer Programs for more information.

The benefits of learning Zoom - aside from amazing your family members - is being able to have social connections and good conversations again. As well, Silver Threads Service offers a number of online classes using Zoom that include Brain Games, Travel Series and more. Call our Victoria Centre at 250 388-4268 to sign up. Give it a try, Zoom just may work for you! We are here to help.

Lunar New Year and Valentine's Day are this month and while we can't celebrate with events like we use to, I hope you can find a way to do a little something special for yourself. Good coffee and chocolate are on my list.

Tracy Ryan,
Executive Director

"You have such a February face, So full of frost, of storm and cloudiness."

William Shakespeare

(February Face? One more good reason to keep wearing a mask...)

Celebrating 65 years of service to the community

We proudly celebrate this milestone and recognize that our success and our growth has been the result of those that came before as well as our current volunteers, members and staff. Thank you to all!

Thank you to 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. Be sure to check it out: https://youtu.be/nk-Cgupz_Po

Victoria February Programs

Call 250-388-4268

All programs are subject to GST and will be added at time of sale.

Song Circle

Join Patrick for a good old sing along.

Date: Monday, February 7th

Time: 1:30 to 3:00pm

Cost: \$2 M, \$5 NM

Book Club

New format - each month will feature a suggested book for discussion.

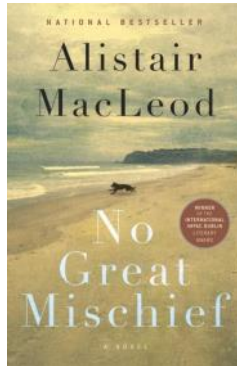
February the book will be "No Great Mischief" by Alistair MacLeod.

Date: Wednesday, February 23rd

Time: 10:30pm to 11:30pm

Cost: \$2M, \$5NM

Leader: Adele Pauls



Lunch with TED

TED Talks are influential, educational videos from expert speakers on a variety of topics. This is a great way to find out something new and share your thoughts over lunch. It is sure to inspire.

Dates: Thursdays, February 10th and 24th

Time: 11:30pm to 1:00pm

Cost: \$5M, \$7NM

Leader: Peggy Elves

Interest Lists

We are taking interest lists for a variety of new program ideas, including learning to play Bridge, Euchre, Walking Groups and art. If you have an interest or a skill you would be willing to share, give us a call at 250 388-4268.

Learning for Life Series

Come join us for an interactive discussion group, sharing thoughts and information in a social setting. This month we will discuss Memory and Current Events and 2021 recap. The group is facilitated by Lisa Coulson.

Saanich 1:00 to 2:30pm

Tuesday, February 8th - Discussion on Memory

Tuesday, February 22nd - Current Events

Victoria 1:00 to 2:30pm

Tuesday, February 1st - Discussion on Memory

Tuesday, February 15th - Current Events, 2021 Reflection

Cost: \$2 M, \$5 NM

Saanich Centre under construction

In January the District of Saanich began a facility renovation to install an accessible washroom in the centre. This will provide upgrades to the existing washrooms and create a third unisex washroom large enough to accommodate individuals using mobility devices. The project will continue to the end of April and it is our intention to remain open during this time and staff will communicate any disruption we may experience. We ask for your continued patience as we maneuver through construction (and COVID), the end results will be worth it!



Under wraps.....construction in the hallway to the Auditorium.

Welcome New Staff

We are pleased to welcome Vicky to the staff team. Vicky will be working part time at the Saanich Centre helping us at the Front Desk. She comes to us with over 20 years of experience with the Provincial Government and has been a business owner and entrepreneur. She enjoys Pickleball so will be able to relate to many of the Saanich members!



Income Tax Preparation

Between February 28th and April 29th, Income Taxes for 2021 can be filed at both centres through the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP). Eligibility for Seniors 55+ includes having a moderate income (up to \$35,000 for a single person or \$45,000 for a couple) and a simple tax situation. Appointments will be in person and volunteers will be e-filing all returns. The service is free of charge, and you can book an appointment after February 14th once you have all your relevant tax forms.

Memory PLUS

Practice, Laughter, Useful Strategies
Word Scramble

Memory PLUS is a Silver Threads Service program for those 55+ who would like to increase their memory in an active and social group setting. The PLUS stands for Practice, Laughter, Useful Strategies. We are now offering in person classes. Call 250 388-4268 or visit www.silverthreadsservice.ca for more information.

We encourage you to exercise your brain by solving an all about Zoom puzzle.

iwfi	_____
altetb	_____
ieovd	_____
emlia	_____
tshca	_____
nienol	_____
maarec	_____
colsia	_____
turiavl	_____

We are now offering in person classes with the next session planned for April 2022.

Call 250 388-4268 for more information and to be added to the interest list.

Classes at the Victoria Centre are Tuesdays or Wednesday mornings from 9:30 to 11:30am. And at the Saanich Centre Wednesday afternoons 1:00 to 3:00pm. Cost for 8 sessions is \$72 for members or \$104 for nonmembers.

Answers: wifi, tablet, video, email, chats, online, camera, social, virtual

Frozen Meals

Frozen Take Away Meals are available at both Centres for pick up at \$7 each. They are prepared by Souper Meals (an Island Health Funded Program). This month the menu includes:

Honey mustard Baked Ham,	Bangers & Mash
Spaghetti & Meat Sauce & Garlic Toast	
Curry Chicken,	Chicken a la King
Shepherds Pie & Mashed Potatoes,	Liver & Onions

Food Share

The Food Share Network is a charitable organization in the CRD that works to contribute to the enhanced health of people. They (and we do too) believe that no one should go without access to fresh, local, nutritious food. This partnership was a significant contributor to our COVID response and the Meals Programs and their support continues today.

In 2021 we received and distributed \$43,000 worth of food or over 16,000 pounds. In 2020 we received and distributed \$28,000 or 10,000 pounds of food.

As we have transitioned back to in person food services, we will have Food Share, along with COBS Bread available for pick up:

Victoria Centre: Tuesdays 11:00am to 1:00pm

Saanich Centre: Thursdays 11:00am to 1:00pm

Thank you to our volunteers who help pick up, sort, package and give out the food each week. We are pleased to offer this well needed and appreciated service!



Food Services funding is provided by Island Health and the City of Victoria Strategic Planning Grant Program.

Pre-booked Drop in Fitness Schedule

Classes will be offered at both centres with COVID Safety protocols in place.

Cost: \$4 members \$7 non-members.

Call to book your spot!

	Saanich Centre 250 382-3151		Victoria Centre 250 388-4268		
	Monday	Tuesday	Wednesday	Thursday	Friday
Functional Fitness (Seated & Standing)	10:00 to 11:00am		10:00 to 11:00am	10:00 to 11:00am	10:00 to 11:00am
Fusion Fitness (Seated & Standing)	1:00 to 2:00pm				
Seated Exercise (Seated)				11:15 to 12:00pm	

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.

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



Updates from the Computer Club

It's the 2nd month of 2022 and many of us are still relying on our electronics to keep in touch with family, work from home and learn new skills on devices we possibly got for presents in December.

With the chip shortage and supply chain issues, people may be delayed in getting new equipment in the near future. Windows 10 will be fine to use until October 2025, at which time it will be retired. Many of the new PC's (if you can find one) will come with the new Windows 11 operating system. There are many new skills to learn with this platform.

The library of the Saanich Centre that we meet in is now open. Everyone must pre-book for classes and one-on-one sessions, pay a drop in fee, be vaccinated and wear a mask. We also have meetings as a hybrid - which is to Zoom online or attend in person for help and learning. Check out our website at <http://victoriacomputerclub.org/> or email us at victoriacomputerclub@gmail.com

Computer and Online Programs at Victoria

Designed for those who are new to computers and technology.

Intro to iPad and iPhone

Date: Mondays, January 17th to February 7th

Time: 1:00pm to 2:00pm or 2:15 to 3:15pm

Cost: 4 Sessions \$80 M, \$120 NM

Instructor: Dave Bassett

Learn to Zoom

Are you curious about Zoom? Join us for a one time introductory class to see if this is for you. Zoom is a good way to connect with friends and family, take classes and attend meetings. Well worth an hour of your time!

Date: Thursday, February 17th

Time: 11:30am to 12:30pm

Cost: \$10 M, \$14 NM

Instructor: Erica Loenen

Zoom Travel Series

Our February presentation will explore the "Touring the Midi Canal". Join us and hear about travel tales from our presenter Uvic Professor Ian Cameron.

Friday, February 25th from 1:30 to 3:00pm.

Call 250 388-4268 to book your ticket!

Brain Games Online

A chance to try your Zoom skills and challenge your brain to improve your memory. Next session starts February 24th. Thursdays from 2:00 to 3:00pm.

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

Vicky Strandlund Receptionist

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.

For general inquiries please email:

inquiries@silverthreads.ca

stay active • stay healthy • stay connected

