



January 2022

NEWSLETTER

Celebrating 65 years of service to the community

Resolve to make 2022 a better year

As 2021 comes to a close, we can all look forward to a new year and hopefully a better 2022. By now, we all know that COVID is going to be a part of our lives for the foreseeable future and we have all adapted in many ways. In keeping with the Provincial Health Orders announced December 21st our Program Schedule will be limited for the first part of January. We will not be running exercise and physical programs, and all programs will be kept to small groups. Know that Silver Threads Service continues to require proof of vaccination for everyone in our centres. We put safety first and follow COVID safety protocols. If you have been hesitant about resuming some of your favourite activities or are feeling complacent about getting out, it will do your head and heart good to connect, and you can breathe easy (with a mask on) knowing that we take protecting your health seriously.

Of course we always think about starting a new fitness program in the new year, and sometimes the thinking even leads to "doing"! Hopefully after January 18th we can help with the "doing". We have standing and seated exercise classes at both of our Centres, as well as Chair Yoga, Meditation, Zumba Gold, Tai Chi Therapy and more. Later in the month we will announce an exciting new indoor Walking Program in a great new location that you will not want to miss.

Memory PLUS Programs will begin January 18th and we have spaces for the Tuesday and Wednesday morning classes at the Victoria Centre. The purpose of Memory PLUS is for participants to learn in a group setting led by a qualified facilitator and explore techniques, play brain games and do other challenges to increase cognitive function. It is a relaxed and social setting perfect for connecting with peers.

The Learning for Life Discussion Group (formally known as Enjoying my Community) meets twice a month in each of our centres. In January we will start the year reflecting on the past years' news and big events and discuss current issues that are of interest. The group is facilitated and is a safe place to share ideas and learn from each other. For those of you who are computer savvy, check out our programs at www.silverthreads.ca. And for those of you who aren't familiar with computers but are computer curious we do have a number of opportunities to learn about technology in one on one and group settings - talk to us to learn more. We can be reached at the Saanich Centre 250 382-3151 or the Victoria Centre 250 388-4268. Together let's make 2022 a better year all around!

Tracy Ryan,
Executive Director

"A New Year's resolution is something that goes in one year and out the other."

Author Unknown



Be like Lucy & Ethel! Check out our weekly Fitness Schedule on page 3.

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 January Programs

Call 250-388-4268

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

Memoir Writing

Dates: Thursdays, January 13th to March 3rd
Time: 1:30pm to 3:30pm
Cost: 8/ \$50M, \$75NM
Leader: Jennifer Ferris



Beginner Ukulele

Dates: Fridays, January 14th to February 18th
Time: 1:30pm to 2:30pm
Cost: 6/ \$24M, \$36NM
Leader: Avram McCagherty

Living Life to The Full

A Canadian Mental Health Program designed to give practical guidance and strategies for coping.
Dates: Mondays, January 17th to March 7th
Time: 10:00am to 11:30am
Cost: 8/ \$30
Leader: Don Tufford

Mindfulness and Meditation

Dates: Tuesdays, January 11th to February 15th
Time: 2:00pm to 2:45pm
Cost: 6/ \$24M, \$36NM
Leader: Erica Loenen

Interest Lists

We are taking interest lists for a variety of new of new program ideas, include 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 start the year reflecting on the past years' news and big events and discuss current issues that are of interest. The group is facilitated by Lisa Coulson and is a safe place to share ideas and learn from each other.

Saanich

1:00 to 2:30pm Tuesday January 25th

Victoria

1:00 to 2:30pm Tuesday January 18th

Saanich January Programs

Call 250-382-3151

Line Dance: Beginner

Dates: Mondays, On hold until after January 18th
Time: 9:30am to 10:45am
Cost: 6/ \$42 M, \$60 NM
Leader: Vicky McCulloch

Line Dance: Intermediate

Dates: Wednesdays, On hold until after January 18th
Time: 10:00am to 11:30am
Cost: 6/ \$42 M, \$60 NM
Leader: Vicky McCulloch

Tai Chi Therapy

Dates: Tuesdays, On hold until after January 18th
Time: 1:00 to 2:00pm
Cost: 6/ \$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: 6/ \$54 M, \$78 NM
Leader: Patrick Alexander

Ukulele: Experienced

Dates: Wednesdays, January 12th to February 16th
Times: 10:45am to 11:45am
Cost: 6/ \$54 M, \$78 NM
Leader: Patrick Alexander

Zumba Gold

Dates: Fridays, On hold until after January 18th
Times: 1:15pm to 2:15pm
Cost: 6/ \$54 M, \$78 NM
Leader: Isabel Arias Santos



Seated Exercise Class at Saanich

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 a new year puzzle.

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Space is still available in the following classes:

Victoria Centre

Dates: Tuesdays, January 18th to March 8th

Times: 9:30 to 11:30am

or

Dates: Wednesdays, January 19th to March 9th

Times: 9:30 to 11:30am

Cost: 8 sessions \$72 Members \$104 Nonmembers

Answers: Hope, Ribbon, Year, Glass, Horns, Plans, Friend,
Music, Memory

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:

| | | |
|-------------------|-----------------|-------------|
| Bangers and Mash | Curried Chicken | Meatloaf |
| Beef Stroganoff | Shepherd's Pie | Rockfish |
| Chicken a la King | Pork Tenderloin | Spanakopita |

8 Ways to stay mentally and physically strong during COVID-19

As COVID-19 becomes COVID-20, 21 and now 22 it is important to take care of yourself, body, mind and spirit. Some suggestions:

1. Get rid of the shame associated with grieving
2. Implement mindfulness in your everyday routine (check out our Mindfulness & Meditation program)
3. Remember that your breath is the gateway to the present
4. Create routines
5. Plan out your meals
6. Find fun, new ways of connecting to avoid feeling alone
7. Take it easy on yourself
8. Find ways to lean in to positivity

Written by Daniela Pierre-Bravo

For the full article visit

[8 ways to stay mentally and physically strong during COVID-19](https://www.nbcnews.com/8-ways-to-stay-mentally-and-physically-strong-during-covid-19)
(nbcnews.com)

Pre-booked Drop in Fitness Schedule

Classes will be offered at both centres and are on hold until after January 18th pending Provincial Health Orders. 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

riding the technology wave

since 1983

Being IT prepared for a New Year

With the tree put away for another year, it's time to hunker down with your electronic devices, but not your vices. Beware of the growing number of phishing (email) attacks, password hacks, and phone spam. Don't download attachments that you did not initiate, please use a smart phone to verify logins, and just don't pick up those unknown calls, even though they start with 250 area code. Let them go to voicemail.

Now is the time to try out a laptop, like a Chromebook, that is much more secure than Windows. The Victoria Computer Club can introduce you to a safer online experience so google us. We offer one-on-one help, classes, and remote help. We don't pretend to be Microsoft, who would never phone you on the fly, no matter how infected your computer looks. That is just a scammer's come on.

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.

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

Actively Connecting Together Safely (ACTS)

ACTS Part 1 - via Zoom for Beginners

Learn about social media, internet safety, online library resources, recreation and health & wellness opportunities and different computer programs. Don't know how to use Zoom? We will teach you. Don't have a tablet – we can help with that too.

ACTS Part 2 – In person

We know that Zoom can be a challenging learning environment so we would like to make sure you are confident and comfortable with your knowledge. There would be lots of time for questions and would only focus on computer knowledge with no outside presenters. Call 250 388-4268 for more information.

Zoom Travel Series

Our January presentation will explore the “Baltic and St. Petersburg”. Join us and hear about travel tales from our presenters Cliff and Diana.

Friday, January 28th 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

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

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

