

April 2022



NEWSLETTER

Celebrating 65 years of service to the community

Silver New Year and Happy Easter!



At Silver Threads, April 1st is like New Year's but without the resolutions. It is the start of our new membership year as well as our fiscal year, spring is coming and along with the lifting of some of the Provincial Health Orders there is a sense of better days ahead.

We hope you will consider renewing or signing up for Membership this month. You receive the benefits of reduced fees for programs at two Centres for \$55 a year. The Leisure Involvement for Everyone (LIFE) Program offered through the Municipalities provides a subsidy for those with a lower annual income. Ask at the Reception Desks for more information on how to apply. Beginning in April we are introducing a new Program Guide that includes all our offerings at both the Saanich and Victoria Centres. This will replace our Program Schedules and is posted on our website for easy on-line reference. As we work on growing our

programs after COVID, we are striving to offer a wide variety of art, education and physical activities. In addition to your regular activities there might just be something new that piques your interest.

While the Provincial Health Orders are lifting the requirement for masks in public places, we are moving ahead as "masks strongly encouraged." COVID is something we are all learning to manage and live with. There are varied comfort levels, we are an older segment of the population (sorry, that's the truth) and we have an increased risk, so we will continue to use our now well-honed safety skills. Wear a mask if that feels right for you. We will still keep cleaning, maintaining our distance and hoping that everyone is boosted.

This month we take time to celebrate our Volunteers. April 24th to 30th is National Volunteer Week. This past year we have had 67 different individuals support Silver Threads by volunteering their time and talent. From our Board of Directors, to Food Services, Senior Mentors, Program Instructors and more, every area of our organization benefits from these dedicated people who give back to our community. The Silver Threads theme this year is "Volunteers are a key piece to our Success", and is very true. Thank you to all our Volunteers.

April is Silver New Year. Resolve to make it a good one.

Tracy Ryan,
Executive Director

"Spring is nature's way of saying 'Let's Party.'"

Robin Williams

**Our Centres will be closed for Easter, Friday, April 15th and Monday, April 18th.
We will reopen on Tuesday, April 19th.**

2022-23 Membership Drive

Annual Membership starts April 1st, 2022 to March 31st, 2023

If you already are a member it is time to renew. If you think you would like to become a member, now is the time! You belong with us!

Membership is valid at both the Saanich and Victoria Centres.

Cost \$55 (includes GST)

www.silverthreads.ca

Thanks to our Volunteers

Every year our Volunteers give so much to Silver Threads Service. This past year we had 67 different volunteers work in governance and programs, and contribute 3400 hours to our organization.

Board of Directors

Marjorie Moulton, President Twyla Johnson, Vice President
Andy Robinson, Secretary, Past President
Shawn Rankin, Treasurer
Margaret Jacobson, Kerri Gibson,
Gail Snider, Kim Duffus, Directors

Program Volunteers

Deborah Barr	Raewyn McLean
Margo Bell	Dan McLeod
Sylvie Bennett	Charlie McMartin
Mike Boutilier	Keiko Mueller
George Bowden	Blair Munro
Rick Brokenshire	Joan Mury
Gail Brown	Narender Nagpal
Wendy Campbell	Brenda Nicolson
Chris Cantwell	Ethel O'Neill
Richard Chadwick	Deirdre Paisley
Gord Collins	Adele Pauls
Sandy Cook	Matt Peddle
Dorothy Cushway	Marcus Piché
Scott Dyer	Ed Prior
Peggy Elves	Lucille Proulx
Ildiko Fashoway	Judith Quinlan
Jennifer Ferris	Brian Riddell
Matthew Ford	Laural Roberts
Doug Greenberg	Mike Seal
Guy Hanchuk	Monika Semmens
Kim Harrison	Ted Semmens
Joyce Hayden	Carol Sherwood
Anna Hendren	Patrick Smith
Kayla Huggard	Bev Stewart
Don Inch	Michael Swift
Catharina Jager	Sandra Tolley
Elise Kennedy	Donald Tufford
Rick Lavoie	Frank Whysker
Lillis Lawrence	Bev Wooden
Charles Martin	

The Magic of Memoir

By Jennifer Ferris

Each one of us is a library containing the stories of our lives. An autobiography would represent all your stories from the entrance to the exit but a memoir is a selection of events



that are a weaving together of common threads and find the meaning in them. A finished memoir might have as its theme, accepting change, friendship, work-history, survival or, perhaps, something that communicates the truth of our lives to others. Memoir is, in a way, a record of social history – what life was like when we were young, struggles that were experienced by families and individuals. A good historian will look, not only at the official records but also, in letters, diaries and memoirs that were written at the time of a particular area of study.

Our intention in writing might be to leave something for our children and grandchildren but a memoir is also a way to share experiences, life lessons and wisdom even when it is through our mistakes. It is a chance to take another look at our younger selves through more experienced eyes, a chance to learn more about us, an opportunity to come to terms with what happened and have a new understanding. According to researcher, Brené Brown, human beings are hardwired for connection and when we share our stories we connect with people who have gone through the same experience or, as writer, Isabelle Allende says, 'I have more freedom when I write fiction, but my memoirs have had a much stronger impact on my readers. Somehow, the message, even if I am not aware that there is one, is conveyed better in this form.'

It is possible to write on one's own but, since we do not live our lives alone, many writers find that writing with others opens memory doors and windows that they did not even know were there. The physical practice of writing together, reading excerpts to each other, giving and receiving gentle feedback is immensely helpful in the creative process of setting down a true event in such a way that it has the elements of a good story that will engage the reader. A good way to hone these skills is to join a Memoir workshop. The Victoria Centre will be offering a Memoir Writing Class with instructor Jennifer Ferris. The 8-week session will be Thursday, April 7th to May 26th from 1:30 to 3:30pm. Cost is \$50 for members and \$75 for non-members. Call 250 388-4268 for more information.

Memory PLUS

Practice, Laughter, Useful Strategies
Word Scramble

Memory PLUS is a Silver Threads Service program for those 55+ who would like to enhance their memory skills 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 Writing scramble.

okob -----
albefs -----
tprecah -----
ytrso -----
pyarhgoib -----
treaylri -----
tofcini -----
nsrahig -----
valoc -----

Registration is now on for the Spring sessions!

**Wednesdays, March 23rd to May 11th or
June 1st to July 20th**

Victoria Centre - 9:30am to 11:30am

Saanich Centre - 1:00pm to 3:00pm

8 sessions/\$72 Members

\$104 Non-members

sharing, vocal

Answers: book, fables, chapter, story, biography, literary, fiction,

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 once you have received all your relevant tax forms.

Thank you Tax Volunteers!

We are lucky to have great volunteers who come back year after year to help 100's file their tax returns. Thank you to Ted, Narender and Frank.



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).

Note: Meals are subject to change due to supply chain, food costs and other issues.

Chicken Parmesan Strips
Penne Pesto Chicken
Roast Chicken with Gravy
Herb Crusted Rockfish

Beef Stroganoff
Shepherd's Pie
Teriyaki Tofu
Macaroni and Cheese

World Table Tennis Day

Take part in some fun games and friendly competition to celebrate World Table Tennis Day with the chance to win PRIZES. We'll have players on hand to show you the ropes if you've never

played before or want to brush up on some skills.

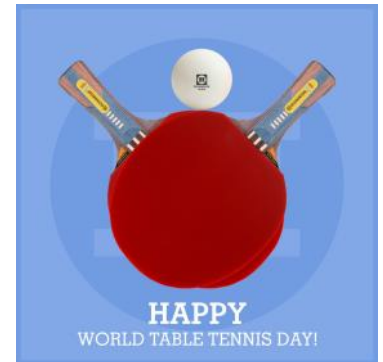
Date: Tuesday April 5th

Time: 9:30am to 11:30am

Location: Saanich Centre,
286 Hampton Road

Cost: No charge

Registration: 250-382-3151



Event supported by:

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 in our Program Guide, 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

Updates from the Computer Club

It's Spring! Time to take a look at your computer(s), laptop(s), tablet, or cell phone to ensure you have all current updates. Clear out the clutter, clean the screens, wipe the keyboards - don't put any liquids on the devices - just on the cloth. Use the proper cleaning solution from a computer store. Make a time each week or month, to ensure that all your devices are up to date with the latest updates. For example, if you have a Windows device, Patch Tuesdays fall on the 2nd Tuesday of every month from Microsoft – you will need to keep your computer on for more than a mere 10 minutes as the updates need time to download. Reboot your computer to make sure you are getting the updates. Learn how to check for updates.

The library of Silver Threads 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 when asked. 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

Hampton Concert Orchestra 2022 Spring Concert With Conductor Charles Encell

Performances Saturday, April 23rd, 7:30pm
Sunday, April 24th, 2:30pm
Saanich Centre - Auditorium
Community Access

The Hampton Concert Orchestra will be performing:
Tragic Overture in D, Op. 81 J. Brahms
Concerto for Piano and Orchestra No.1 Beethoven
Soloist: David Watson
Symphony No.99 in E flat major F
Website: www.hamptonconcertorchestra.com
Admission by Donation



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

