



March 2022

NEWSLETTER

Celebrating 65 years of service to the community

Find your Balance

As we head into the month of March, BC continues to make COVID something we learn to live with and balance our need for connections with managing the health risk. At Silver Threads Service we continue to provide a safe place to come and join in great activities with good people. Our safety protocols continue to include showing Proof of Vaccination, mask wearing, physical distancing and sanitization. Our classes and programs are not back to 100% capacity yet, so groups are remaining smaller. When it is safe to do so we will increase our programs and registration.

This month we begin our Annual Membership Drive. Our membership year starts April 1st and we hope you will renew or sign up. By doing so, you show your support for Silver Threads Service. We have managed to hold steady during the past two years of COVID and look forward to growing back to pre-COVID levels. Our Centres are ready, our staff are committed and our programs are excellent. Consider renewing this month - it is very much appreciated!

In March our Income Tax Preparation Program is underway. We are booking in person appointments at both Centres this year. Our Tax Volunteers, Ted, Narender, and Frank are back again. They are invaluable and we could not offer this service without their skill and expertise. We know that many clients return each year because of the connections they have with the Volunteers.

New this month is the start of the Silver Treads Walking Group and a partnership with the Save On Foods Memorial Centre. We are pleased to have the Arena for an indoor, year round space that is safe and secure to hold a weekly walking program. Join us on Tuesday mornings at 9:00am, it will be ideal for staying out of the heat in summer, as well as cold and rain in fall. Call the Victoria Centre for more information.

With all the uncertainty and unrest in the world these days, we encourage you to unplug from your TV and screens and come to one of our Centres for a visit or sign up for a program. The Silver Spoons Café at the Saanich Centre is open 9:00am to 1:00 Monday to Friday for coffee and lunch, our libraries are open for puzzles and books. Do something good for yourself, we are here to help you find your balance.

Tracy Ryan,
Executive Director

*"Life is not about how fast you run or how high you climb,
but how well you bounce."*

Vivian Komori



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

Victoria March Programs

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



Call 250-388-4268

Silver Treads Walking Group

We are pleased to announce a new partnership and Walking Program at the Save On Foods Arena. Join us for a safe and comfortable weekly walk without having to worry about the weather, cracks in the sidewalks or where the nearest washroom is! Starting Tuesday, March 1st from 9:00am to 10:00am running year round.

Cost: \$2 M, \$5 NM

Call 250 388-4268 for more information and to book a space



Learn to Knit

This course is for absolute beginners or those still working on basic skills.

Dates: Mondays, March 7 to April 11

Time: 1:30pm to 2:30pm

Cost: 6/ \$24 M, \$36 NM

Mindfulness & Meditation

Led by Erica, a certified yoga instructor, this course is designed to increase mind-body awareness, promote relaxation, and soothe your nervous system. A portion of each class will be spent exploring a mindfulness exercise, while the remainder of the class will be spent in a guided meditation to relax the mind and body. No experience needed!

Dates: Tuesdays March 1st to April 5th

Time: 2:00pm to 2:45pm

Cost: 6/ \$24 M, \$42 NM

Learning for Life Series

Come join us for an interactive discussion group, sharing thoughts and information in a social setting. This month we will have a Show & Tell. The group is facilitated by Lisa Coulson.

Saanich 1:00 to 2:30pm

Tuesday, March 8th - Show & Tell

Tuesday, March 22nd - Current Events

Victoria 1:00 to 2:30pm

Tuesday, March 1st - Show & Tell

Tuesday, March 15th - Current Events

Cost: \$2 M, \$5 NM

Saanich March Programs

Call 250 382-3151

Line Dance: Beginner

Date: Mondays, March 14th to April 25th (not April 18th)

Time: 9:30am to 10:45am

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

Facilitator: Vicky McCulloch

Line Dance: Intermediate

Date: Wednesdays, March 9th to April 13th

Time: 10:00am to 11:30am

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

Facilitator: Vicky McCulloch

Tai Chi Therapy

Dates: Tuesdays, March 15th to April 19th

Times: 12:30pm to 1:30pm

Cost: 6 / \$54 M, \$78 NM

Instructor: Jaz Ibarra

Ukulele: Continuing

Date: Wednesdays, March 2nd to April 6th

Time: 9:30am to 10:30am

Cost: 6 / \$54 M, \$78 NM plus \$5 music fee

Instructor: Patrick Alexander

Ukulele: Experienced

Date: Wednesdays, March 2nd to April 6th

Time: 10:45am to 11:45am

Cost: 6 / \$54 M, \$78 NM plus \$5 music fee

Instructor: Patrick Alexander

Zumba Gold

Date: Fridays, March 11th to April 22nd (not April 15th)

Time: 1:15pm to 2:15pm

Cost: 6 / \$54, \$78 NM

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.

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 Discussion Groups scramble.

stoenteirpna _ _ _ _ _
ninioop _ _ _ _ _
feeilb _ _ _ _ _
ytrso _ _ _ _ _
shugla _ _ _ _ _
narle _ _ _ _ _
slinte _ _ _ _ _
datecouin _ _ _ _ _
valoc _ _ _ _ _

Registration is now on for the Spring session!
Wednesdays, March 23rd to May 11th

Victoria Centre - 9:30am to 11:30am
Saanich Centre - 1:00pm to 3:00pm
8 sessions/\$72 Members
\$104 Non-members
Call 250 388-4268 to register

Answers: presentation, opinion, belief, story,
laughs, learn, listen, education, vocal

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.**

Penne Pesto Chicken	Bangers & Mash	Beef Chili
Spaghetti & Meatballs	Pork Tenderloin	Spanakopita
Curry Chicken	Beef Stroganoff	Chicken Strip
Liver & Onions		

Pre-Order your Frozen Easter Ham Dinner today

Pick-up Dates: April 11th to 14th

Pick-up available at either Centre Cost: \$8.00 each

To Pre-Order call: 250-382-3151

Centre Updates

Saanich Tapestries

When you are next at the Saanich Centre make sure to have a look at the wonderful new tapestries by the pool table. The panels were designed and made by members of our Weaving Group. Two panels are completed and a third panel is in the works.



Thanks Sandra & Adele
Missing from photo: Ethel

Libraries

Thanks to our volunteer Librarians the shelves at Saanich and Victoria are fully stocked with a vast variety of books and the libraries are well used. It has been a welcome source of entertainment for so many during COVID. Come and check it out.

Pre-booked Drop in Fitness Schedule

Classes are 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
Fusion Fitness (Seated & Standing)	10:00 to 11:00am		10:00 to 11:00am		10:00 to 11:00am
	1:00 to 2:00pm				
Functional Fitness (Standing)				10:00 to 11:00am	
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

Updates from the Computer Club

So you now have a new piece of technology and are busy learning how to use it. The next most important thing you must do is dispose of replaced equipment properly. This can be daunting if you don't know what to do with it. The first choice is to recycle it, but there are proper procedures you must follow to make sure all of your data and any information is deleted before it goes to a Recycle center like Return IT in Victoria.

If you Google "how to recycle electronics in Victoria BC" you will see many informative sites like the Island Return It Electronics site or <https://www.recyclemyelectronics.ca/bc/victoria/> This applies to phones (Android or iPhone), tablets, USB drives, SD cards, External Hard drives, etc. The VCC can assist you.

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.

Introduction to iPad and iPhone & iPad Level 2

Dates: Mondays, February 28th to March 21st

Time: 1:00pm to 2:00pm iPad Level Two

or 2:15 to 3:15pm Introduction to iPad and iPhone

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. Well worth an hour of your time!

Date: Thursday, March 17th

Time: 11:30am to 12:30pm

Cost: \$10 M, \$14 NM

Instructor: Erica Loenen

Zoom Travel Series

"Polar Bear Capital Of The World". Visit the remote Northern town of Churchill Manitoba to see polar bears, inuksuks, beluga whales, and forts from the fur trade era! Friday, March 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. Thursdays, February 24th to March 31st, 2:00pm to 3:00pm, \$24 M, \$36 NM

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

