



NEWSLETTER

Celebrating 65 years of service to the community

Hope that summer will float your boat



Our June Program Guide is ready and online, with fitness, art and many other activities being offered to take you into the summer. Read further here for our Art for Everyone Workshop Series and the variety of Board and Card Games details. Copies of the Guide are available at our Centres as well.

As we all are learning to live with COVID, we are hearing a variety of comments on everyone's comfort level on returning to social activities including programs at Silver Threads. Know that we are continuing to support mask wearing in the Centres and in programs. We are keeping our groups small, are sticking with cleaning protocols and ask that if you are sick to please stay home. This month we will have free Rapid Antigen Tests available for pick up in the Centres. Pick one up and keep it on hand,

just in case (or for great fun on a Saturday night - test yourself for COVID!)

Thank you for your patience with the Saanich Accessible Washroom project. It has taken longer than we hoped, but it could be finished at the end of the month. I appreciate everyone's patience with the dust, noise and disruption. And thanks to Anne, Ro and the staff for managing it all. When it's done we will have a potty...I mean a party to celebrate! We are pleased to welcome new Fitness Instructor, Annelise Ransier who will be teaching on Tuesdays at the Saanich Centre. Finally, a reminder: our Centres will be closed Friday, July 1st for Canada Day. Enjoy the start to summer!

Tracy Ryan,
Executive Director

"Life is like a boat in the sea. When the sea is rough the only way to keep your boat moving forward is to keep rowing."

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)

COVID Protocols

At Silver Threads Service we value the health and safety of all our members, participants, volunteers and staff and will continue to follow best practices to reduce risk of exposure to COVID as part of our Communicable Disease Plan.

Staying home when you are sick. Ensure frequent hand washing.

Physical Distancing is encouraged and class sizes will operate at less than full capacity.

Mask wearing is strongly encouraged when in the Centres.

Proof of double Vaccination and Masks are required for programs where physical distancing can't be maintained or the activity has a higher risk for spread of COVID. These include: Support Programs: Senior Mentoring, and Legal appointments. Computer Programs: WIFI Café, One on One appointments, Taste of Technology, Victoria Computer Club activities.

Proof of double vaccination is required for: Music Programs: Song Circle, Clarinet Choir.

Thank you for your continued support and understanding.

Art for Everyone - the health benefits of doing Art



“Lucille’s Fantastic Dream”

A group collage created by the Spring Art for Anyone Workshop students. Named after inspirational Instructor Lucille Proulx.

One of the ways to find joy is to return to the activities you enjoyed when you were younger. Maybe it was riding a bike, reading a book or swimming. If it was drawing, painting or doing crafts, it might be easier than you think to revisit and reengage with your creative side. The health benefits are plentiful and positive.

First, it can boost your physical health. Working your fine motor skills by holding a pencil or brush has a positive impact to your nervous system and can reduce your heart rate. Your cognition improves as well, as you focus and innovate, and awaken your creativity. This helps with your mental health and managing negative thoughts and feelings.

At Silver Threads Service, you will find the health benefits include social interaction and joining a group of like-minded older adults who share the same interest. Our series of Art Workshops at the Victoria Centre are for those 55 years and older. The process is to experiment with different mediums, enjoying the experience and finding joy with the final product. The Workshops are every Wednesday afternoon from June 1st to August 24th, 1:00 to 3:00pm. Costs are \$4 for members and \$7 for non-members. Most supplies are included.

For the month of June, we will have
June 8th: Sunflowers for Ukraine
June 15th: Painting on Glass
June 22nd: Weaving with Wool:
June 29th: Beaded Critters

For more information on the Art Workshops, call the Victoria Centre at 250-388-4268. We look forward to welcoming you into our centres.

Board Games - are like exercise for your Brain

No matter what your age – games are an entertaining and meaningful way to spend your time and connect with others. Being able to talk and interact with our peers over a game is a wonderful way to meet people and deepen friendships. Playing games improves short-term and long-term memory because you are using and exercising your cognitive skills.

Silver Threads Service offers a variety of Cards and Games at both Centre. Tennis legend Martina Navratilova once said *“Many games provide fun, but Bridge grips you. It exercises your mind. Your mind can rust, you know, but Bridge prevents the rust from forming.”* At the Saanich Centre both Social and Duplicate Bridge are offered on Monday afternoons from 11:45am to 2:30pm and 12:30 to 3:30pm respectively. Also at Saanich is Cribbage and Scrabble on Thursdays, both between 1:00pm to 3:00pm.

The Victoria Centre is offering Euchre on Tuesdays from 1:00pm to 2:30pm with an instructor who can teach you the game. On Fridays, a new program is in the works to have an afternoon of games. Come and play Scrabble, Cribbage, Chess or other games like Monopoly or Mexican Train Dominoes. Call with your suggestions and to get on the interest list. Or if you have a few friends and neighbours ready to play, but you need a space to gather, please feel free to join us. And remember what’s the most dangerous thing in Scrabble? It’s all fun and games until someone loses an I. Cost for any of our games programs is \$2 for members and \$5 for non-members.

Welcome Annelise



We are pleased to welcome Annelise Ransier to our Fitness Instructor Team! She is committed to active living, with success in middle distance running. Her education includes a Bachelor Degree in Physical Education, and she is a Registered BCRPA Instructor. Currently she is a Fitness Programmer with Saanich Recreation and her specialties are Older Adults, Osteofit, and group fitness. She believes everyone needs to be moving to stay mobile and healthy.

Annelise will be leading the Fusion Fitness Class on Tuesday and filling in when Julie is away at the Saanich Centre.

Memory PLUS

Practice, Laughter, Useful Strategies Games 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 Games scramble.

deigrb	_____	bagribec	_____
smega	_____	ylpa	_____
crehue	_____	greytast	_____
definsr	_____	tocceinnon	_____
risnwne	_____		

Registration is now on for the next sessions!
Wednesdays, June 1st to July 20th
Victoria Centre - 9:30am to 11:30am
Saanich Centre - 1:00pm to 3:00pm - Full
8 sessions/\$72 Members
\$104 Non-members

Winners
Answers: Bridge, Cribbage, Games, Play, Euchre, Strategy, Friends, Connection.

Community Virtual Care

Community Virtual Care is a free, innovative Island Health program that uses remote patient monitoring, virtual visits and the telephone to support clients living with chronic disease from the comfort of their home.

Who is it for?

The Community Virtual Care team monitors vital signs and symptoms, as well as provides self-management coaching and education to clients with the following conditions: Chronic Kidney Disease, COPD, Diabetes, Heart Failure, Hypertension, Palliative Care (coming soon)

How does it work?

Clients are loaned, at no cost to them, all the equipment they need to answer daily care plan questions and measure their biometrics. This information is sent electronically to the monitoring nurses who check for alerts and data changes and significant data trends are sent to the client's Primary Care Provider. The nurses support clients to be proficient and confident in managing their condition and help them recognize when to seek care from their Primary Care Provider vs. when to seek Emergency Services.

For referral options or to request posters or pamphlets:

Web: www.islandhealth.ca/cvc
Email: communityvirtualcare@islandhealth.ca
Phone: 250.519.7700 x 11928

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.

Butter Tofu	Spanakopita
Shepard's Pie	Chicken a la King
	Chicken Stroganoff
Asian Pork Balls on brown rice	
Roast Chicken	Bangers & Mash
Baked Ham	Liver & Onions

Celebrate **National Health and Fitness Day** with fun and fitness on the large grass field.

FREE Yoga and Tai Chi in the Park!

SATURDAY, JUNE 4

ROYAL ATHLETIC PARK

1014 Caledonia Ave. (main gate)

10 - 11 a.m.
Yoga with One Yoga Victoria
A limited number of yoga mats will be available or bring your own.

11:15 a.m. - 12:15 p.m.
Tai chi with Silver Threads Service

LEARN MORE: victoria.ca/RAP



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



Victoria Computer Club at Saanich

The friendly helpful society of computer users

riding the technology wave

since 1983

Managing Passwords

Now is the time to review, change if necessary and make sure your passwords are in a safe place away from your computer, make sure a trusted family member knows where to find them.



Simple things like how to sign in to your Wi-Fi, Personal Computer, Laptop, Cell phone, Tablet if something happens to you.

Using a password manager is the way to go as it is impossible to remember the many passwords needed in the technology world - without using the same one over and over—which is the most unsafe way to manage passwords. Some of the mainstream browsers like Google Chrome, Microsoft Edge, Firefox, Opera, Safari and Brave have built-in password managers which could be better than trying to remember them. These password managers work to some extent in the same way as stand alone alternatives.

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 masks 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

Beginners Computer Support Victoria Centre

Do you have a technology related issue with your smart phone, tablet or laptop or are you new to the world of computers and looking for some support? The Victoria Centre has a couple of options that may be just the help you need.

Wi-Fi Café

You are welcome to come to the Centre, have a coffee and connect with Blair, our Tech Volunteer to troubleshoot. It is a social group with others who are in the same boat.

If you don't have Wi-Fi at home this is a great opportunity to connect.

Dates: Tuesdays, June 7th & 21st

Time: 9:30am to 11:30pm

Cost: \$5 members, \$7 non-members

Call: 250 388 4268 to register

One on One Computer Tutoring

If you would benefit from some focused one on one time with Charlie, our Tech Volunteer, appointments are on Friday afternoons. To book a time call the Victoria Centre.

Dates: Fridays

Time: 1:30pm to 3:00pm

Cost: \$5 members, \$7 non-members

Call: 250 388 4268 to register

Note: Proof of double Vaccination and masks are required for programs where physical distancing can't be maintained or the activity has a higher risk for spread of COVID. This includes all Computer and One on One

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

