



NEWSLETTER

Celebrating 65 years of service to the community

Something to Sing about!

July 1st is Canada Day, celebrating the 155th anniversary of Confederation. Our Centres will be closed this day and we will reopen on July 4th. This year there is an all-day celebration in the Inner Harbour hosted by the City of Victoria complete with fireworks. Just like the “before times.” Let’s hope the sun shines and as a community we can gather again in a safe and positive manner for a rousing chorus of O’ Canada.

At Silver Threads we have some great new music-themed offerings this summer. At the Saanich Centre on Wednesday mornings from 10:00am to 11:00am, Lisa will be leading Music Appreciation. Each week will be a different theme that will be explored through trivia, listening, discussion and a little singing. It will be a lively and interactive group for sure!

Have you heard of Music Bingo? It is like regular bingo, but you listen to snippets of music and mark off a music card and if you have bingo – you sing out “bingo”! There are two dates at the Victoria Centre on Mondays, July 25th, and August 22nd from 1:30pm to 3:00pm. You may even win a prize!

While our performance choir takes a break this summer, we will continue with Song Circle on Mondays, July 11th & 25th, and August 8th at Victoria. From 1:30pm to 3:00pm, Patrick will lead this casual sing-a-long. As staff, it is great for us when the singing programs are in; to have some good background music while we are working away is great! Often there is just as much laughing as singing! Please phone our centres to register for any of these programs. Next month we will share our Fall Program Guide, and look out for our Try it Free Week. But let’s enjoy our summer for now!

Tracy Ryan,
Executive Director



“Hey, we’re getting the Band back together.”

“My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary.” **Martin Luther King**

Summer Program Guide

We are moving to seasonal Program Guides this summer. Our offerings for July and August are available on line at www.silverthreads.ca, can be picked up at our centres, or get on our email distribution list and receive our monthly newsletter and updates in your inbox.

Drop us an email at inquiries@silverthreads.ca

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.

Stay 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, 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.

Chinese Women's Friendship Association

This non-profit organization is a group that assists Chinese women with integrating into mainstream Canadian society. The programs and activities are based on members' needs and interests. Presently, activities include English, singing, dancing, information sharing, referral services, Chinese festival celebrations, and monthly outings. Membership to the group is limited to 15 people, and participants are expected to take up Silver Threads membership. If you are interested in joining or finding out more about the group, contact Ms. Chuang at 250-598-5265.



Keep Calm and Mah-jong On

Mah-jong is a tile-based game created during the Qing Dynasty in early 19th century China. It has since grown immensely popular worldwide and for many it is much more than just a game. Many people associate it with family, interconnection, and Chinese culture. The game is often played at gatherings and celebrations such as the Lunar New Year, Harvest Festivals, Chinese banquets, and weddings. It is one way many Chinese Canadians are staying connected to their heritage and communities. Although this game has deep cultural ties to China it can be played by anyone who would like to learn.

For onlookers who are not yet acquainted with the gameplay it can look intimidating at first with fast tile exchanges, loud clacking, symbol matching, and stacking. Luckily, aside from dealing and counting points, Mah-jong is a fairly simple game. While there are many variations on the game and its pieces now, the central suits in each set including sticks, winds, dragons, flowers, seasons, dots, and numbers, remain the same. It can be easy to learn yet tricky to master. Learning to play is a great way to connect with others as you'll need to negotiate, communicate, and cooperate to play successfully. Luck is a small factor in the game with tactics, observation, and memory being the most important parts to winning.

Whether you have struggled to find partners to play with, or just want to try it out, Silver Threads Service welcomes you to join a weekly Mah-jong game. We play each Monday morning from 10:00am to 11:30am at our Victoria Centre. An experienced player will be present each week who is happy to lead participants of all levels including absolute beginners. Call us at 250 388-4268 to sign up.

A change of pace this Summer

Does summer bring back memories of being young, and having the freedom of two whole months school-free? Riding bikes, camping, playing with friends and a break from routine and homework. It was the change of pace that was so welcome. Now that we are older, it would be great to recapture our sense of freedom and rediscover the things we liked when we were young. And have that feeling of summer again!

Our July and August Program Guide is available online at www.silverthreads.ca and in our centres. We are offering a variety of physical fitness, sports, creative arts, education and support programs.

At the Victoria Centre we have a series of Art Workshops that are a great way to spend a summer afternoon exploring your imagination. Held on Wednesday afternoons, we provide all the supplies, all you need to bring is your creativity. Try your hand at sea glass jewelry, printed scarves and Multi Media. Call to reserve your space at 250 388-4268.

If Music is your thing, the Saanich Centre is holding Music Appreciation on Wednesday mornings. This is a facilitated group that will explore different themes, trivia, listening and even a bit of singing. Topics include Canadian Music, the 50's, and Broadway Musicals. The Program runs from 10:00am to 11:00am and our Silver Spoons Café is open for lunch for you to stay and try the soup or sandwich of the day. Call 250 382-3151 to sign up and for more information.

Check out the Guide and we are happy to answer any questions you might have.

Our Talented Members



"Too nice to use"
dish clothes



Victoria Orange
Shirt Society
Crest - Bear
Horne Design.
Carved by
Steve



Sunflowers for Ukraine

Memory PLUS Challenge Summer 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 encourage you to exercise your brain by solving an all about Summer word scramble.

migmwins	_____	mipnagc	_____
iskbe	_____	gdeinar	_____
kaswl	_____	hecab	_____
senrdag	_____	hessniu	_____
cei mecra	_____	fatcsr	_____

Registration is now open for the Fall session!
Wednesdays, September 14th to October 19th
Victoria Centre - 9:30am to 11:30am
Saanich Centre - 1:00pm to 3:00pm
6 sessions/\$54 Members
\$78 Non-members

Call 250 388-4268 or visit www.silverthreads.ca for more information.

Answers: swimming, camping, bikes, reading, walks, beach, gardens,
Sunshine, ice cream, crafts

Tai Chi in the Park

The weather cooperated on Saturday, June 4th for National Health and Fitness Day. In partnership with the City of Victoria we celebrated with Tai Chi at Royal Athletic Park. Our instructor Jaz did a great introductory class and it was good to see some of our regulars and new folks too!



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
Chicken a la King Meatloaf
Curried Chicken Bangers & Mash
Baked Ham Liver & Onions
Beef Stroganoff Herb Crusted Rockfish
Beef Stroganoff Pork Tenderloin

Silver Spoons Café

The café at the Saanich Centre is open weekdays for hot beverages, baked goods, soup and sandwiches. We have the best egg salad in town. Come in for a bite and chat. We are open Monday to Friday from 9:00am to 1:00pm.



Do you have email?

If you'd like to stay up to date with us receive our Newsletters in your inbox once a month Send us your name and email address to: inquiries@silverthreads.ca You can unsubscribe at anytime and we won't inundate you with a lot of emails!

Victoria Computer Club at Saanich

The friendly helpful society of computer users

riding the technology wave

since 1983

Have you found your phone is losing its power quicker than normal? Possibly the battery is getting old, but other things such as too many apps running, Bluetooth always on when not needed or unnecessary apps you have never used and are always searching and also your screen timeout can be shortened. Delete apps you don't use. Keeping your phone in the sun on a holiday or the dash of your car or in cold climates affects the battery. If it gets too hot it can warp and damage the circuitry of your device.

Keep your device screen clean. Don't spray cleaners on the device – spray on a microfiber cloth and then wipe carefully. Don't use water, industrial cleaners or antibacterial wipes. Eyeglass cleaner or proper cleaner from a store that sells cell phones is best.

We are now running classes as indicated in our calendar as well as 1-on-1 help on Friday's by registration. All classes require registration, payment of Silver Threads drop-in fee, proof of vaccination and wearing of masks when asked.

We continue to run online Zoom classes/hybrid and remote help sessions. You must be a Victoria Computer Club member to participate. Check out our website at 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, July 5th & 19th

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 Fiona or Charlie, our Tech Volunteers, appointments are on Wednesday or Friday afternoons. To book a time call the Victoria Centre.

Dates: Wednesdays and Fridays

Time: afternoon appointments

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 Programs.

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 van Bommel 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

