



August 2022

NEWSLETTER

Celebrating 65 years of service to the community

Get off the fence and come and join us!

It's August and while we do have some great offerings this month, we are happily getting ahead of ourselves! We are releasing a comprehensive Fall Program Guide with all our Centre Programs and Services. And if you are still on the fence about joining us at Silver Threads we will be hosting **Try it Free Week** from September 6th to 9th. There are over 30 classes in two locations for you to attend and try at no cost. Just call and book a spot. We want you to be sure the activity will work for you. Never done Yoga? Here's your chance. Ever wonder what Tai Chi is about or what the fuss about Pickleball is? We literally have everything from A to Z – from Art for Everyone to Zumba Gold to everything in between. There will be refreshments, and tours for new folks. As well, at the Saanich Centre, the Treasure Trove Thrift Store will be having a half price Sidewalk Sale and the Silver Spoons Café will be open for beverages, lunch and baked goods. Further information is on the following page, and for a complete program schedule visit our website at [Silver Threads | Services for Seniors](https://www.silverthreads.ca/services-for-seniors)

As we head into the Fall, we will continue to encourage practicing good health protocols, maintaining physical distancing, wearing a mask and hand washing. There are varying comfort levels, some of us have health concerns and our members and participants continue to be respectful and supportive of each other. This is especially important for new people to know in their decision making when considering joining a new Centre.

But for now, all of us hope you will enjoy the rest of summer, take the time to walk bare foot in the grass, eat some ice cream and get a little sun on your face.

Tracy Ryan,
Executive Director



At Silver Threads we have been encouraging older adults to play and connect with “friends you haven’t met yet” for over 65 years.

“It doesn’t matter which side of the fence you get off on sometimes. What matters most is getting off. You cannot make progress without making decisions.” Jim Rohn

Fall 2022 Program Guide

Our offerings for September to December are available online 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.

www.silverthreads.ca



Silver Threads Service Try it Free Week September 6th to 9th, 2022

**We provide Programs and Services at two Centres for older adults, 55 +.
Annual membership is \$55 and is valid at both Centres.
Try it Free Week is an opportunity to sample some of what we offer
and sign up for a new activity. Tours and refreshments will be provided.**

Saanich Centre	
Silver Threads Singers	Tuesday morning
Victoria Computer Club Learning: Battle for Your	Tuesday morning
Weaving	Tuesday afternoon
Tai Chi Therapy	Wednesday morning
Gentle Yoga & Meditation	Wednesday morning
Cribbage & Scrabble	Thursday afternoon
Carpet Bowling	Friday morning
Zumba Gold	Friday afternoon

Victoria Centre	
Dance for Every Body	Tuesday morning
Tai Chi Therapy	Tuesday morning
Chair Yoga & Meditation	Tuesday afternoon
Indoor Walking	Wednesday morning
Music for Everyone	Wednesday morning
Art For Anyone	Wednesday afternoon
Seated Play Reading	Thursday morning
Memoir Writing	Thursday afternoon
Fusion Fitness	Friday morning
Ukulele	Friday afternoon

Additional Try it Free Programs offered at the Saanich Centre include: Table Tennis, Painting, Fitness, Snooker, Outdoor Walking, Pickleball, Social Bridge, Woodcarving, Foodshare, Floor Shuffleboard, and Clarinet Choir.

The Treasure Trove Thrift Store at the Saanich Centre will be having a Half Price Sidewalk Sale.

**Visit [Silver Threads | Services for Seniors](#) for more information.
To Try a Class for Free call the Centre to book your spot!**

Memory PLUS Challenge All About Art 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 Art word scramble.

tanpi _ _ _ _ _	loccarha _ _ _ _ _
selicnp _ _ _ _ _	soolruretawc _ _ _ _ _
oglealc _ _ _ _ _	siccyalr _ _ _ _ _
nagr diw _ _ _ _ _	sayrocn _ _ _ _ _
gineds _ _ _ _ _	lios _ _ _ _ _

Registration is now open for the Fall session!
Wednesdays, September 14th to October 19th

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: Paint, charcoal, pencils, watercolours, collage, acrylics, printing, drawing, crayons, design, oils

Good Bye to Kim



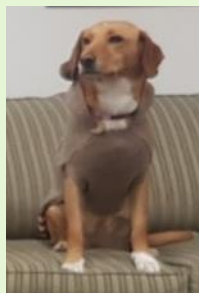
Kim Davidson first started with the Victoria Centre as a volunteer doing a Community Placement for her education and in 2019 began to cover some part-time shifts. In her time with us she has worked at both Centres in reception, taught the TIME Program, during COVID she helped with the More than Meals Programs and then worked as the Program Coordinator at the new Victoria Centre.

She was willing to take on any task, was a quick study, enjoyed working with our members and was just plain

fun to have around.

In July Kim accepted a position with Lifetime Networks as a Community Engagement Facilitator where she will be working with people with diverse abilities.

She will be greatly missed by our staff team and all who knew her and we wish her all the best in her chosen career path. Thank you Kim for all your hard work and creativity.



Unfortunately, she also took Luna with her. We will miss her 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.

Chicken Stroganoff Butter Tofu
Herb crusted Rockfish
Spanakopita
Parmesan Chicken Balls Salisbury Steak
Pork Tenderloin with Mushroom Sauce

Centre Closure

Our Centres will be closed the week of August 29th, and will reopen on Tuesday, September 6th. This will give staff time to get ready for Try it Free Week and Fall Programs.

You can always call us, we will be answering the phones!

August Programs

A few program highlights coming up this month. Call us for more information.

Saanich Centre

Movie Leave no Trace August 16th
Walking Group Join in for an outdoor Wednesday morning walk.

Victoria Centre

Outing to Steamship Grill & Maritime Museum Walking Tour August 18th
Book Club will be discussing Eleanor Oliphant August 24th
Summer Art Workshops
Sea Lanterns August 10th
Mixed Medium August 17th & 24th
Walking Group join us for an indoor Tuesday morning walk

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 any time 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

Pish Posh

(piSH pawSH) Exclamation used to express annoyance, impatience, or disgust.

Vishing, Phishing... what are they? Scams - do you notice lots of new ones lately? Yes, there are so many and you need to make sure you don't click on any links within emails or texts even though it may look like it's from your bank, Netflix, Shaw, Telus, etc. If you are unsure - DELETE THE EMAIL. If you really want to know for sure - check with a trusted family member to help you or come to the computer club at the Saanich Centre and we can help.

We are now running classes as indicated in our calendar as well as One on One help on Fridays by registration. We require members to sign up for in person classes as well as One on One Tutoring. We continue to run online Zoom classes/hybrid and remote help sessions. You must be a Victoria Computer Club member to participate.

For more information email victoriacomputerclub@gmail.com or visit the website VictoriaComputerClub.org

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.

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, August 2nd & 16th

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 250 388-4268.

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

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

