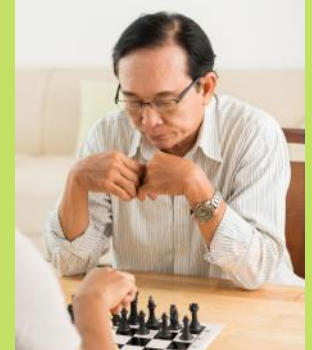


Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors.

We provide programs and services for those 55 years and better.

Try it Free Week kicks off Fall Programs



With September comes the nostalgia of returning to school, seeing friends and getting back into a routine. Even at our age, the memories of childhood are still there and often are clearer than what we had for lunch yesterday! At Silver Threads Service we are embracing all the memories Fall has to offer and encourage those who are 55 years and better to consider adding a new program to your routine.

Try it Free Week is September 6th to 9th, there are over 30 classes in our two locations for you to try at no cost. See the complete schedule online at www.silverthreads.ca as well as further in this newsletter.

Our purpose for Try it Free Week is to get everyone thinking about taking a Fall Program. It might be a brand-new activity or an old favourite. With over 90 classes a week we are excited with the variety, value and quality and encourage you to have a look at our Fall Program Guide. After the uncertainty of the past few years, we are comfortable and confident that we can provide safe programming, that will benefit all of us to connect once again. On Wednesday, September 21st Silver Threads Service will hold our first in person Annual General Meeting since 2019. You are invited to join us for the hour where we will report on the 2021-2022 year and our 65th Celebration. Keynote Speaker, Lucille Proulx, a favourite instructor, and highly engaging 90 year old Art Therapist who has been leading the Art for Anyone Program will be providing a humorous and light-hearted talk on technology. We will do a little business and light refreshments will be provided, please RSVP your attendance.

A reminder that our Centres will be closed August 29th until the Fall opening on September 6th so we can get ready for a fantastic fall. Hope to see you then!

Tracy Ryan,
Executive Director

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” – Henry Ford

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

Try it Free Week
September 6th to 9th, 2022
(Pre-registration required)

Saanich Centre, 250-382-3151

Activity	Days Dates	Times
Table Tennis	Tues Sept 6 Fri Sept 9	Morning
Silver Threads Singers	Tues Sept 6	Morning
Victoria Computer Club	Tues Sept 6	Morning
Painting Drop-in	Tues Sept 6	Morning
Functional Fitness	Tues Sept 6	Afternoon
Weaving	Tues Sept 6	Afternoon
Tai Chi Therapy	Wed Sept 7	Morning
Carpet Bowling	Wed Sept 7 Fri Sept 9	Morning
Snooker	Wed Sept 7	Morning
Outdoor Walking	Wed Sept 7	Morning
Yoga & Meditation	Wed Sept 7	Morning
Pickleball	Wed Sept 7 Fri Sept 9	Afternoon
Social Bridge	Wed Sept 7	Afternoon
Woodcarving	Thurs Sept 8	Morning
Functional Fitness	Thurs Sept 8	Morning
Seated Exercises	Thurs Sept 8	Morning
Foodshare	Thurs Sept 8	Morning
Floor Shuffleboard	Thurs Sept 8	Afternoon
Cribbage & Scrabble	Thurs Sept 8	Afternoon
Victoria Computer Club One to One	Fri Sept 9	Morning
Jubilee Clarinet Choir	Fri Sept 9	Afternoon
Zumba Gold	Fri Sept 9	Afternoon

Victoria Centre, 250-388-4268

Activity	Days Dates	Times
Dance for Every Body	Tues Sept 6	Morning
Tai Chi Therapy	Tues Sept 6	Morning
Chair Yoga & Meditation	Tues Sept 6	Afternoon
Indoor Walking	Wed Sept 7	Morning
Music for Everyone	Wed Sept 7	Morning
Art For Anyone	Wed Sept 7	Afternoon
Drama Club: Play Reading	Thurs Sept 8	Morning
Memoir Writing	Thurs Sept 8	Afternoon
Functional Fitness	Fri Sept 9	Morning
Ukulele	Fri Sept 9	Afternoon

Saanich Centre

Treasure Trove Thrift Store

Sidewalk Sale

**You never know what you will find,
Household goods, crafts, clothing, art work
and so much more. Stop by during Try it
Free Week for our half price sale.**

Silver Spoons Café

**Stop by the Café for lunch, baked goods and
beverages. We will be open from
9:00am to 1:00pm.**

Memory PLUS Challenge New Pastimes 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 new pastimes word scramble.

gainklw _ _ _ _ _	caden _ _ _ _ _
ngngisi _ _ _ _ _	vomise _ _ _ _ _
gibon _ _ _ _ _	vraelt _ _ _ _ _
dageinr _ _ _ _ _	gritniw _ _ _ _ _
kosoern _ _ _ _ _	beagricb _ _ _ _ _

Registration is now open for the Fall session!
Next available session is Wednesdays,
October 26th to November 30th
Saanich Centre - 1:00pm to 3:00pm
6 sessions/\$54 Members
\$78 Non-members

Call 250 382-3151 or visit www.silverthreads.ca for more information.

Answers: walking, dance, singing, movies, bingo, travel, reading, writing, snooker, cribbage

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.

Salisbury Steak, Chicken Stroganoff
Chicken Parmesan Meatballs,
Pork Tenderloin and more

Thanksgiving Turkey Dinners for Sale

Order your Frozen Turkey Dinners today
Pick-up from either centre the week of
October 3rd to 7th Cost: \$10.00 each

Centre Closure

Our Centres will be closed September 30th for National Day for Truth and Reconciliation. This is a federal statutory holiday to honour the lost children and Survivors of residential schools and is a vital component of the reconciliation process.

Grand Opening Potty!

Our new Accessible Washroom Renovation is complete. Your patience during construction has been appreciated.



Thank you to:
District of Saanich
Johnston Davidson Architecture
Aral Construction

Thanks Anne, Ro and all the staff for keeping the centre running smoothly during the construction and for supporting the process!

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!

Silver Threads Service Annual General Meeting

Wednesday, September 21st
3:00 to 4:00pm

Saanich Centre 286 Hampton Road

Join us for our 2021-2022 AGM
Celebrating 65 Years of Service

Keynote Speaker: Lucille Proulx,
"Seniors and Technology"

Light Refreshments served

Please register your attendance
by Monday, September 19th

By email to inquiries@silverthreads.ca
Or by contacting our Reception Desks

Victoria Computer Club at Saanich

The friendly helpful society of computer users

riding the technology wave

since 1983

It's 9 months into the year and have you been doing your monthly backup's on a regular basis?

Make sure you do this especially if you have gone on a trip after almost 3 years and transferred your precious pictures to the hard drive of a computer or laptop. Most of you may use the cloud services for saving pictures (OneDrive, DropBox, Google Photos), if so time to clear out the pictures off your phone or tablet if they are running out of room.

Make sure you are doing your software updates, Play Store updates for Android, App Store updates for Apple products and Microsoft updates on your computer/ laptops.

September is a great month for back to school device sales in past years, though that may be different if the on-going chip shortage is still with us.

We are now running classes as indicated in our calendar as well as 1-on-1 help on Friday by registration. We require registration for in person classes as well as 1-on-1. 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 Victoria-ComputerClub@gmail.com

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

Connect with Blair, our Tech Volunteer, to troubleshoot. It is a social group with others who are in the same boat.

Dates: Tuesday, September 20th

Time: 9:30am to 11:30pm

Cost: 1/\$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 Friday afternoons.

To book a time call the Victoria Centre 250 388-4268.

Dates: Fridays

Time: Afternoon appointments

Cost: 1/\$5 members, \$7 non-members

Call: 250 388-4268 to register

Learn to Zoom

Small in-person classes to learn how to Zoom.

Date: Tuesday, September 27th

Times: 11:30am to 12:30pm

Cost: 1/\$10 members \$14 non-members

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

Saanich Centre Staff

Anne Nelson Saanich Centre Director

Ro Fife Saanich Centre Administrator

Lisa van Bommel Program Coordinator

Cheri-Lynn Mar Receptionist

Donene Eve Food Services Coordinator

Victoria Centre Staff

Shelley Brown Program Manager

Erica Loenen Victoria Program Coordinator

Debbie Erb Receptionist

Administration

Tracy Ryan Executive Director

Sandy Firth Bookkeeper

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

For general inquiries please email:

inquiries@silverthreads.ca

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