

NEWSLETTER

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.

Don't be scared!

So what is the scariest thing about October? It is how fast time is flying by, seriously! September was here and gone in the blink of an eye. We started the month with Try it Free Week, which was very well received. Our total attendance was 405 new and regular participants. We welcomed 81 new members to our centres. Thank you to everyone who came out, had a tour, took a new class or did some shopping at the Treasure Trove. It was great to see you and a good way to welcome Fall.

Speaking of welcomes – we are pleased to welcome back Debbie Erb to our staff. Debbie was with Silver Threads for 25 years with Meals on Wheels, the Sidney and Victoria Centres and had been working with CNIB for the past 5 years. She will be at the Victoria Centre, and we are so happy to have her back!

Our Annual General Meeting was September 21st, the first in-person meeting since 2019. We said our social skills might be a bit rusty, but we managed to report on our progress for 2021-2022 and after the business was done, we were thoroughly entertained by our Keynote Speaker Lucille Proulx. Thank you to Lucille and all our presenters as well as those who attended!

For those who enjoyed hearing Lucille, mark October 31st on your calendar, The Play reading group she leads with Zuzana will be holding their first show at the Victoria Centre at 10:30am. Come out and support your fellow members in their brave pursuit of drama. Call 250 388-4268 for more information.

We are looking forward to our annual Flu Clinics at the end of the month, because nothing celebrates Halloween quite like getting stabbed with a needle. Mind you, I think we are all getting use to that by now.

You know the saying “Do one thing that scares you” that may be a good motto this month. Trying a new activity at Silver Threads that you have never done before can be a little scary. Join a class, meet some new people, maybe create some art, learn an instrument, dance, sing or play some games. It might be a little scary but is more likely to be exhilarating. Our Fall Program Guide is worth a look with new sessions starting this month.

Tracy Ryan,
Executive Director



**I scream, you scream, we all scream,
It's October!**

“Do something that scares you every day. You have nothing to lose but fear itself.” – Dalai Lama

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

Annual General Meeting Wednesday, September 21st, 2022

After a two-year hiatus, we returned to an in-person AGM to report on our progress for 2021-22. The meeting began with a showing of our 65th Anniversary video created by the Douglas College Marketing Program https://youtu.be/nk-Cgupz_Povideo and cupcakes by Oh La La.

The Board of Directors report was presented by President Marjorie Moulton, the Finance Report by Treasurer Shawn Rankin and the Operations Report by Executive Director, Tracy Ryan. The Board of Directors for 2022-2023 were nominated and after the meeting positions were confirmed and are:

| | |
|-----------------------------|-------------------------------|
| Marjorie Moulton, President | Twyla Johnson, Vice President |
| Kerri Gibson, Secretary | Shawn Rankin, Treasurer |
| Gail Snider, Director | Kim Duffus, Director |
| | Margaret Jacobson, Director |

After ten years on the Board of Directors Past President Andy Robinson is retiring from the Board. In honour of his dedication, leadership and excellent stewardship of the organization the Board of Directors unanimously approved Andy for Lifetime Membership. We thank Andy for his contribution.

The meeting closed with a presentation by Lucille Proulx on Seniors and Technology. Lucille is an art therapist and instructor of our Art for Anyone Program. She is an inspirational 90 year old that fully embraces technology and provided a hilarious talk on her own personal story.

For further information on our 2021 to 2022 Fiscal Year please review our Annual Report on our website: [About Us](#) | [Silver Threads](#)



Above: Lifetime Member Andy Robinson, with
Tracy Ryan, Executive Director, Marjorie Moulton, President
Left: members listen intently. Right: Keynote Presenter Lucille Proulx



Weaving Panels at Saanich



Three and a half years ago Kat, one of the members of the Weaving Group, came up with an idea to create a woven hanging to go in the Saanich Centre. After plenty of research the idea of a Triptych (3 panels) was decided upon and the theme of mountains, rocks trees and streams was chosen.

The image was sketched with chalk on 3 large pieces of brown paper which became the “cartoon” or pattern for the panels. Warp threads were put on the loom and the cartoon was pinned underneath as a guideline. A process of colour mixing, using 5 to 6

different threads together, began and helped to add depth and interest to the images. The project was a definite group effort with multiple people working on pre-planning stage as well as the actual execution of the weaving.

The first panel created was the middle one, COVID delayed the completion of the other 2 panels. All three are now complete and have become the showpiece of the Activity – Café Area. We encourage everyone to come in and see the amazing artistry and if you are interested in learning more about Weaving contact the Saanich Centre, 250-382-3151.

Memory PLUS Challenge Music 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 Music word scramble.

- | | |
|----------------------|-------------------------|
| 1. nnggiis _ _ _ _ _ | 2. paglinpc _ _ _ _ _ |
| 3. leekulu _ _ _ _ _ | 4. ratugi _ _ _ _ _ |
| 5. thyhrm _ _ _ _ _ | 6. horic _ _ _ _ _ |
| 7. rdmu _ _ _ _ _ | 8. suresnopci _ _ _ _ _ |
| 9. nogib _ _ _ _ _ | 10. dabn _ _ _ _ _ |

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: 1. singing 2. clapping 3. ukulele 4. guitar 5. rhythm 6. choir
7. drum 8. percussion 9. bingo 10. band

Congratulations to all who participated in the BC 55+ Games



Victoria hosted the BC 55+ Games for the first time in the games 36-year history from September 13th to 17th. Silver Threads was well-represented there ranging from athletes to volunteers to organizers. A big congratulations to our Table Tennis Medalists pictured here. From left to right are: Reg (Mixed Doubles Gold, Men's Double Gold), Barb (Mixed Doubles Gold), Jeannie (Mixed Doubles Bronze, Ladies Doubles Gold, Singles Gold), Barb (Singles Gold, Ladies Doubles Gold), Paul (Mixed Doubles Bronze, Men's Doubles Gold).

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.

Roast Chicken, Shepherds Pie,
Beef Stew, Asian Pork Balls, Prawns,
Teriyaki Rockfish, Salisbury Steak,
Bangers & Mash

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



Our Centres will be closed:
Monday,
October 10th, 2022
in recognition of
Thanksgiving

Flu Clinics

Book your appointment now for your annual flu shot at Silver Threads.

Vaccines will be administered by Pharmacists from Rexall Pharmacy.

Clinic Guidelines: Free for seniors; Present BC Care Card; Masks mandatory; Do NOT attend if you are ill; No drop-ins
Dates are tentative. Call our Centre mid-month to book.

Saanich Centre

Date: Tuesday October 25, 2022

Time: 9:30am to 3:30pm

Victoria Centre

Date: Wednesday October 26, 2022

Time: 9:30am to 12:30pm

Victoria Computer Club at Saanich

The friendly helpful society of computer users



Protect your Identity

Identity theft occurrences are doubling annually, with an average loss of \$1000. Seniors suffer the biggest losses. But a few agencies are fighting back. The Victoria Computer Club is giving classes and one-on-one help to secure your passwords and to explain how second factor authenticators greatly increase your security.

Theft prevention gets more complicated when the scammers up their attacks, because it requires you to act differently from before. Don't answer unknown callers, don't be pressured into quick actions, don't share personal information. STOP. Learn to evaluate what you read online, what pops up on your computer, in emails and in phone calls. Ask trusted people in person whether you are being scammed. But most importantly, get educated about identity theft, either through the Victoria Computer Club, or your local police outreach programs.

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

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, October 4th, 18th, November 1st

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

Android Tablet Tutorial

Easy to follow class to get comfortable with a tablet.

Dates: Wednesdays, October 26th to November 30th

Times: 9:30am to 11:30am

Cost: 6/\$36 members, \$52 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

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