



November 2022

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.

Lest We Forget

In November, we take the time to honour and remember all the brave men and women who served in the past, those who are currently serving, and those who gave their lives for our freedom. We pay tribute to all who have sacrificed for this nation. Our Centres will be closed November 11th as we take the day to remember.

As we head into the holiday season we begin our Annual Fundraising Campaign. We reach out to the community with the request for a donation to our charitable organization. While the last few years have been a challenge for us, the generosity of our supporters has been very helpful in sustaining core programs and services during COVID. Silver Threads Service is operating at 65% of our pre-pandemic capacity and we are actively rebuilding, focusing on our Centres. A financial gift to the organization helps with our operational costs, while for those we serve, keeping membership and program fees from increasing. Our goal is to have a place for older adults to connect, stay active, feel supported and remain independent. Please consider making a donation to support our good work. You may receive information in the mail on how to donate. Donations can be made at our centres, or online, using the secure Canada Helps page <http://silverthreads.ca/support-us/>. Donations of \$20 or more will be issued a tax receipt to be used in your 2022 Tax Return.

Last month we had well-attended Flu Clinics, and the Silver Threads Singers had their first performance in seniors housing. We introduced some new staff, who we are lucky to have on our team! As we approach the holidays, orders for December Turkey Dinners are underway, and now that the washroom project has wrapped up at the Saanich Centre, we are having repairs to the roof! And it is all stuff that we are grateful for!

Tracy Ryan,
Executive Director



Remembrance Day Ceremony begins at 10:45am in front of the Victoria Cenotaph at the Parliament Buildings.

"We make a living by what we get...but we make a life by what we give." – Winston Churchill

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

www.silverthreads.ca

Welcome Reception Staff

Victoria Centre

We are very lucky at Silver Threads to have the best staff, especially the friendly and supportive staff who manage the Front Desk and Registration.

At the Victoria Centre this Fall we welcomed Debbie Erb back. 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 is a wealth of history about Silver Threads and loves working with our members. We are so happy to have her back!



Debbie Erb

Saanich Centre



Jackie Taylor

At the Saanich Centre Jackie Taylor will be joining our Staff Team in a new role as Relief Staff for Reception at the Saanich Centre. Jackie has volunteered at the Front Desk before COVID and with our More than Meals Program during COVID. We enjoy her efficiency, warmth and willingness to take on the position.

Vicky Strandlund is continuing in the position of Relief Staff at the Saanich Centre. Over the past year she has been willing to jump in as needed and manages the Front Desk effortlessly, with an always positive approach.



Vicky Strandlund

We are thrilled to have these three in this important role, as it really helps the smooth running of the Centres. When you see them at the desk please give them a warm welcome!

October Highlights

Silver Threads Singers

Silver Threads has its own mixed voices choir called the "Silver Threads Singers". The choir rehearses every Tuesday, from 9:30am to 11:00am at the Saanich Centre. The choir is non-auditioned and is open to anyone 55+. No previous choir experience is required and you do not need to read music. The choir rehearsals are in preparation for performances in community settings.

The choir had their first public performance since before the pandemic in October. They performed an hour of lively music before an appreciative audience at the Renaissance Retirement Residence in Esquimalt. If you would like to join our fun choir, contact the Saanich Centre, 250-382-3151.



**Flashback photo:
Choir Leaders
Matthew and Elise
perform at Dinner
in 2016**

Flu Clinic

Thank you to Rexall Pharmacy for sponsoring our annual Flu Clinic again this year. Held on October 25th at the Saanich Centre and on the 26th at the Victoria Centre - 155 people got their shot and are ready for Flu season!

Saanich Centre

Construction Notice: Roof Project

Beginning October 24th, the District of Saanich began resurfacing the flat roofs at the Saanich Centre. We expect that as this is an exterior building project the impact to our daily operations and programs will be minimal. The work is expected to continue to the end of the year.

The Saanich Centre is a well-maintained facility owned by the District and operated by Silver Threads Service, and has served us well for over 50 years. This upgrade has been in the planning stages for a while, and we are pleased it has come to fruition. It is a much-needed improvement. We appreciate the District of Saanich for initiating this project.

We will try to minimize the impact to our members and programs as best we can. We will do our best to communicate any changes and ask for your patience as we have this important project completed.

Memory PLUS Challenge Remembrance Day 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 Remembrance Day word scramble.

- | | |
|---------------------|--------------|
| 1. eceekapesrep | 6. monuctymi |
| 2. aromilme ciersve | 7. alylyot |
| 3. aulset | 8. bevryrar |
| 4. ronuah | 9. ipsopep |
| 5. rcarethac | 10. iyrmalit |

Registration will begin soon for the next available session
Starting on Wednesdays, February 13th.

Saanich Centre - 1:00pm to 3:00pm

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

Answers: 1. peacekeepers 2. memorial service 3. salute 4. honour
5. character 6. community 7. loyalty 8. bravery 9. poppies 10. military

Walking Groups

Indoor and Outdoor Walking Groups

Silver Threads offers both an Indoor and Outdoor Walking Group for those who are 55 and better. The **Indoor Group** meets Tuesdays at 9:00 and walks the concourse at the Save-On Foods Memorial Arena. The **Outdoor group** departs from the Saanich Centre on Wednesdays at 10:00 and is a leisurely walk on local trails. Cost for both is \$2 members \$5 non-members.



Volunteer Walking Group Leaders needed

Duties Include: Leading and supporting the group on local walks. Current First Aid / CPR certificates desirable, criminal record check required.

Indoor Walking Group

Location: Victoria Centre/Save on Foods Memorial Arena

Days: Tuesdays 9:00am to 10:00am Volunteer is required ongoing.

Outdoor Walking Group

Location: Saanich Centre

Days: Wednesdays 10:00am to 11:00am

Volunteer is required for December 7th to February 15th.

To apply by email: inquiries@silverthreads.ca

Frozen Meals

Frozen Take Away Meals are available after **November 3rd** 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,
Beef Stew, Chicken Stroganoff, Prawns,
Salisbury Steak with mushroom sauce,
Spanakopita

Christmas Turkey Dinners for Sale

Order your Frozen Turkey Dinners today
Pick-up from either Centre from
December 19th to 22nd Cost: \$10.00 each



Our Centres will be closed:
Friday,
November 11th, 2022
in recognition of
Remembrance Day

November Movies

Join us for a movie with friends.
Tuesdays from 1:00pm to 3:00pm
\$2 members \$5 non-members

Saanich Centre

November 15th: Just Mercy
2019 biographical legal drama that explores the work of defense attorney Bryan Stevenson who represents poor people on death row in the South.

Victoria Centre

November 29th: Chicago
2002 musical, crime film based on the stage musical of celebrity, scandal and corruption in the Jazz Age.
Discussion to follow.

Victoria Computer Club at Saanich

The friendly helpful society of computer users

riding the technology wave

since 1983

Managing your Photos

Many people have started traveling in the last few months to visit family, friends and destinations they haven't seen for the last 3 years and most likely are taking many pictures. You might have hundreds of photos on the hard drive of your computer or laptop that you copied from a camera card after your vacation.

Many people put their photos in the cloud on Onedrive, Drop Box, Google Photos, iCloud, etc. But do you ever go in and delete bad shots or duplicates? Do you know how to move files in File Explorer – copy, paste, move, delete? You can share photos in the cloud to friends and family. Some are finding that they are getting alerts that they have exceeded their storage in the cloud. This needs to be looked at because at some point things will stop working. You only get so much storage for free, then you need to pay for the cloud storage. Deleting photos, emails, and documents sometimes fixes this issue. Join the computer club to get one-on-one help to fix these problems.

We are now running classes as indicated in our calendar as well as 1-on-1 help on Fridays 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 VictoriaComputerClub@gmail.com



Hampton Concert Orchestra

After a very well-attended Spring Concert the Hampton Concert Orchestra will be performing two concerts this month at the Saanich Centre. The Hampton Concert Orchestra began in 1968 and is now in its 45th year as an amateur symphony orchestra and is a program of Silver Threads Services.

With Conductor Charles Encell
the Orchestra will perform:

J.Sibelius - Finlandia

W.A.Mozart - Magic Flute Overture

G.Faure - Pavane

L.v.Beethoven - Symphony No. 8

Sunday, November 20th at 2:30 pm

Monday, November 21st at 7:30 pm

Admission by Donation

For more information on the Hampton Concert
Orchestra visit:

www.hamptonconcertorchestra.com

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

Vicky Strandlund, Jackie Taylor Relief Staff

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