



December 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.

## The Difference You Can Make



Silver Threads Service celebrated 65 years of service in 2021 and we are now working towards our next 65 of serving older adults in Greater Victoria. Over the past two years with COVID, the organization has been tested as the rest of the world has been, and here we are in 2022 rebuilding and continuing to thrive. Our focus is to strengthen our two Centres and provide safe, secure programs and services for older adults. In Greater Victoria, 95% of older adults are living independently in the community. The vast majority live alone. While the range for support needed is vast and often directly related to health, there is a consistent thread that everyone wants to feel connected to peers and services to enhance their quality of life, and to have a purpose, especially after the pandemic. That is the mission and mandate of Silver Threads Service.

*For someone like Doreen, who is regaining balance, strength, and range of motion after a fall, the twice a week Functional Fitness Classes are helping her feel that she can continue to live safely at home and has reassured her daughter. Gary comes to the Saanich Centre weekly and has coffee with a couple of acquaintances turned friends. Afterwards he connects to the Food Share Programs and picks up free produce, bread, canned goods, and hygiene products that help him manage rising food costs on a limited budget. Cathy has been on the Telephone Reassurance Program since the start of COVID and starts each day answering her phone and checking in with our volunteer caller. She says having a daily chat for*



*a few minutes is a good start to her day and puts her in the right frame of mind to have connected with someone who cares.*

We are asking for your continued support. Your tax-deductible donation will make a difference. Donations can be made by mail or online by using the secure Canada Helps page <http://silverthreads.ca/support-us/>. Thank you for caring.

With deep appreciation,  
Tracy Ryan, Executive Director

By using the camera on your smart phone and holding it over the QR Code it will give you a link to our secure Donation page.



SCAN ME

### Winter 2023 Program Guide

The New Year will be here before you know it. Plan ahead, and check out our Winter 2023 Program Guide with all our offerings for January to March. The Guide is available for pick up at our Centres or online at

[Silver Threads | Services for Seniors](#)

### Monthly Newsletters

In addition to our seasonal Program Guide we produce a monthly Newsletter with updates and information about our organization. To sign up to receive the newsletter by email send us your name and email address to:

[inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)

[www.silverthreads.ca](http://www.silverthreads.ca)



**Silver Threads Service  
Holiday Showcase  
Saanich Centre**

**Sponsored by Berwick House Retirement Community**

Join us for a joyful afternoon of performances featuring the talent of Silver Threads!

Entertainment includes:

Silver Threads Singers

Readers Theatre: "A Christmas Misunderstanding"

Jubilee Clarinet Choir

**Wednesday, December 21st**

1:30 to 3:00pm \$5 members \$8 non-members

Call to reserve your spot

Masks are preferred

**Christmas Programs  
Victoria Centre  
Christmas Music Bingo**

Bingo with a musical and festive twist. Monday, December 5th 1:30 to 3:00pm

\$2 members \$5 non-members

**Song Circle**

Join Patrick and sing some seasonal favourites. Monday, December 12th 1:30 to 3:00pm

\$2 members \$5 non-members

**Readers Theatre: A Christmas Carol Play Reading**

An entertaining performance by our Play Readers. Monday, December 12th 10:30 to 11:30am

Space is limited. Must pre-register.

## Memory PLUS Challenge Holiday 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 our  
Holiday Word Scramble.

- |                |              |
|----------------|--------------|
| 1. dilayoh     | 2. tsighl    |
| 3. tormnane    | 4. amnnows   |
| 5. atogbognnig | 6. yiflma    |
| 7. nendir      | 8. nestsrep  |
| 9. igvign      | 10. gkostinc |

Registration is open 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](http://www.silverthreads.ca) for more information.

Answers: 1. Holiday 2. Lights 3. Ornament 4. Snowman 5. Tobogganing 6. Family 7. Dinner 8. Presents 9. Giving 10. Stocking

## Afternoon at the Opera

New this January at our Victoria Centre: is Afternoon at the Opera, led by Pat McNish. Pat has had a love of opera since childhood, and has made her passion for music part of her life's work - earning a Bachelor of Music, a Bachelor of Education, and a Master's in Music Education.



Pat came to Victoria in 2019 from Grand Forks, where she spent several years leading a "Saturday at the Opera" program for her peers. She says that you don't need to know anything about opera to come and enjoy these showings - she will happily introduce you to the magic of opera, including the music, costumes, and enticing storylines. "Opera is just like a novel - there are stories of jealousy, greed, love, and power struggles."

Come and join us on select Tuesday afternoons this Winter to experience the magic of opera on the big screen! Our first showing is La Traviata on Tuesday, January 10<sup>th</sup> from 1:00 to 3:00pm.

Upcoming Operas include:

Tuesday, February 14th 1:00 to 3:00pm Madame Butterfly

Tuesday, March 14th 12:00 to 3:30pm Merry Widow

Cost: \$2 members \$5 non-members

Book your spot today.

## 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, Beef Stew, Chicken Stroganoff, Prawns, Meatloaf, Bangers & Mash Teriyaki Rockfish

## 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 for the  
Holiday Season:

**Beginning Friday,  
December 23rd at 1:00pm,  
Reopening Tuesday,  
January 3rd at 9:00am.  
2023**

All the best to you and yours!

## December Movies

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

### Saanich Centre

December 20th:

### The Man who Invented Christmas

The story of the journey that led to Charles Dickens' creating "A Christmas Carol," a timeless tale that would redefine Christmas.

### Victoria Centre

December 20th: **Shakespeare in Love**

A fictional love story involving William Shakespeare and Viola de Lesseps.

Discussion to follow.

## Victoria Computer Club at Saanich

The friendly helpful society of computer users

riding the technology wave

since 1983

It's the last month of 2022 and moving into 2023 - have you been doing your monthly backups on a regular basis? Time for you to do this in the event of a weather disaster or your hard drive failing. Investing in an external hard drive is well worth it.

It's best to do a backup before you do software updates, as very rarely there can be a failure. Make sure you are doing your software updates on your PCs, laptops, tablets, phones (Android/iPhone) using the Play Store updates for Android, App Store updates for Apple products and Microsoft updates on your computer/laptops.

December is a time when many people start looking for new technology as gifts or because their old equipment cannot get security updates it should. Join the computer club to get one-on-one help to fix these problems, or ask questions about how to do updates or look for new equipment.

We are now running classes as indicated in our calendar as well as I-on-I help on Friday's by registration. We require registration for in person classes as well as I-on-I. 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](http://VictoriaComputerClub.org) or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com)



## South Island Table Tennis Club

The South Island Table Tennis Club has been formed for the purpose of having a facility for playing and coaching Table Tennis for all ages. Silver Threads Service is pleased to support this new venture and is providing space at the Saanich Centre starting this fall.

Experienced players are available to help all levels of players in a safe well-equipped facility with all amenities. Private coaching for a fee is available at scheduled times.

Memberships are available and a drop-in fee. The Club plays Sunday afternoons from 3:00pm to 5:00 pm and Thursday evenings from 6:30pm to 8:30pm.

To reach the Club by phone or email call the Saanich Centre at 250 382-3151 and we will forward your contact information to the organizers Paul and Tat.



## 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](mailto: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*