



February 2023

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.

Pucker up - it's Valentine's



The first month of 2023 is now under our belts! We hope your new year is off to a good start.

Last month we enjoyed hosting the Holiday Showcase at the Saanich Centre that was postponed from December and it was a perfect way to shake off the January Blues. Thank you to our talented members, our Program Leaders and sponsor Berwick House Retirement Community. Check out our photos in this newsletter and on our Face Book page.

Coming up this month some dates to remember – after February 15th we will begin to book appointments for the CRA Community Volunteer Income Tax Program. The Program will be available in both Centres and is offered from February 27th to April 26th.

Now here's some Fun Facts about February

- February is one of the most misspelled words in the English language. (but not in this newsletter because we have masterful proof readers.)
- It was in February 1964 when The Beatles made their first American television appearance on the “Ed Sullivan Show.”
- It's the only month that can go without having a full moon because it only has 28 days.
- February is a proper noun and its name in Latin means ‘purification’.
- Important dates, February 2nd is Groundhog Day, February 14th is Valentine's Day. Of course my preference is the celebration with chocolate....
- And Family Day is Monday, February 20th – and our Centres will be closed.

May you find a reason to celebrate this month, something to be involved with at Silver Threads and have many blessings to be grateful for.

Tracy Ryan, Executive Director

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

Helen Keller

Winter 2023 Program Guide

Our Winter Program Guide runs through to the end of March and there are plenty of drop in and registered programs available. The Guide is available for pick up at our Centres or online at [Silver Threads | Services for Seniors](#) Membership at this time is pro-rated and is \$25 to the end of March.

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

www.silverthreads.ca

Walking Programs



Instructor Anne Casey instructs the Functional Walking Group as well as Tuesday and Thursday Fitness at the Victoria Centre

Silver Threads offers two Walking Groups. At the Saanich Centre we have an **Outdoor** group that heads out with a leader on Wednesday mornings at 10:00am for an hour on local trails. For those who have difficulty navigating trails there is an **Indoor** walking group through the Victoria Centre that meets Tuesday mornings at 9:00am for a walk around the concourse at the Save On Foods Memorial Centre. The even surface is perfect for those who use mobility aids.

New this month is the **Functional Walking Program** on Tuesdays from 9:00am to 9:45am starting February 7th. This unique class takes place at the Save on Foods Memorial Centre, and you will gradually learn to use Activator walking poles to benefit your strength, core, balance and stability. The program takes place indoors, around the concourse on an even surface with no tripping hazards. It is safe and fun to learn. Instructor Anne Casey has over 20 years' experience. Her passion is teaching those who want to get more active and helping find ways to work through challenges. Her goal is to get participants feeling stronger and more stable. Anne states, *"Every one is different and every body is different, so I teach each person how to get the most benefit from each move for their body. I offer many choices, adaptations for each exercise and participant."*

January Highlights Holiday Showcase

The weather challenges in December had us postpone the Holiday Showcase to January, and we were glad we did. On January 24th 110 people were in attendance at the Saanich Centre to enjoy watching three of our talented groups perform.

The Jubilee Clarinet Choir started the Showcase with "In the Bleak Midwinter", played the favourite "Hallelujah" and closed with "Jalousie." The Readers Theatre showed their dramatic flair with the hilarious "A Christmas Misunderstanding" that was well done. The third and final performance was the Silver Threads Singers that kicked off with the "Christmas Polka", had some audience participation and ended the show with "Now is the Hour".

Thanks to our Program Participants and our Leaders

The success of our performances are due to our program leaders who coach, teach, support and develop the talent of our members. A big thank you to Larry and Catherine of the Jubilee Clarinet Choir, Zuzana and Lucille of the Readers Theatre and Matthew and Elise of the Silver Threads Singers. And thanks to our participants for sharing their talents!

Thank you to our Sponsor Berwick House Retirement Community

We appreciate the support in hosting this event. To learn more about Berwick visit

[55 Plus Retirement Communities Near Me | Vancouver Island | Assisted Living \(berwickretirement.com\)](https://www.berwickretirement.com)



Thank you to our photographer Carol. For more photos please visit our Facebook page

Memory PLUS Practice, Laughter, Useful Strategies

Program Facilitator Lisa will guide a small, social group through a variety of games and challenges, explore techniques, lifestyle tips and build connections for learning in a fun and comfortable setting. The purpose is to build brain plasticity that will prevent or slow the age-related decline. Our brains are a like muscle that improve with exercise.

The weekly 2 hour classes will be a workout for the mind, with plenty of laughs and social connections.

The next session begins Wednesday, February 15th and runs from 1:00 to 3:00pm at the Saanich Centre.

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



Facilitator Lisa Coulson

Word Scramble

If you like word scrambles, sudoku, crosswords or Wordle you are exercising your brain and it is good for you! Take it to the next level and try our Memory PLUS Program.

This month is a Benefits of Exercise Word Scramble for you to decipher. Good luck!

- | | |
|--------------------|---------------------|
| 1. terteb plese | 2. tlenma tayrlci |
| 3. vodmipre daroic | 4. acendenh ganilhe |
| 5. cederu seerst | 6. ibanr lahteh |
| 7. renevpt easesid | 8. higetw sols |

Answers: 1. Better sleep 2. Mental clarity 3. Improved cardio 4. Enhanced healing 5. Reduce stress 6. Brain health 7. Prevent disease 8. Weight loss

Income Tax Preparation



Between February 27th and April 26th, Income Taxes for 2022 can be filed at both centres through the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP).

Eligibility for Seniors 55+ includes having a moderate income (up to \$35,000 for a

single person or \$45,000 for a couple) and a simple tax situation.

Appointments will be in person and volunteers will be e-filing all returns. The service is free of charge, and you can book an appointment after February 15th once you have all your relevant tax forms.

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, Chicken Parmesan meatballs, Lasagna, Liver & Onions, Bangers & Mash, Beef Stir fry, Spanakopita and more.

Soups: Potato, Minestrone

February Discussion Groups

Saanich Centre Conversation Circle

Peer to Peer discussion based on a monthly theme.

Tuesdays, 1:00 to 2:30pm

\$2 members, \$5 non-members

February 14th **Wisdom**

Victoria Centre Lunch and (TED) Talks

Enjoy a sandwich lunch, and watch a TED Talk followed by discussion

Thursdays, 11:30am to 1:00pm

\$7 members, \$10 non-members

February 9th **Happiness**

February 23rd **Life on Art**

February Movies

Join us for a movie with friends.

Tuesdays from 1:00pm to 3:00pm

\$2 members \$5 non-members

Saanich Centre

February 21st: **Ford v Ferrari**

How Ford built a race car to defeat Ferrari.

Victoria Centre

February 28th: **Brooklyn**

An Irish immigrant lands in 1950s Brooklyn

February Opera

Victoria Centre

February 14th: **Madame Butterfly**

Join facilitator Pat for discussion on the opera based on short story by lawyer and writer John Luther Long.

Victoria Computer Club

Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

Tips for February

It's the 2nd month of 2023 and many of us are still relying on our electronics to keep in touch with family, work from home and learn new skills on devices we possibly got for presents in December.

For those who are using their existing devices, Windows 10 will be fine to use until October 2025, at which time it will be retired. New apps will update smart phones to do more, though the newer phones have better camera resolution, greater zoom for photographing wildlife and more memory. But an SD card can be inserted into most phones to store more photos. Don't forget to back up your photos to a cloud storage service like OneDrive, Google Photos, or iCloud for more secure storage.

The library of Silver Threads that we meet in is now open. Everyone must pre-book for classes and one-on-one sessions, pay a drop in fee, and be vaccinated. Meetings are also Zoomed for online attendance. Check out our website at <http://victoriacomputerclub.org/> or email us at victoriacomputerclub@gmail.com

"A computer once beat me at chess, but it was no match for me at kick boxing."

Beginners Computer Support

Victoria Centre

Were you "gifted" a new phone or device this Christmas and need help to learn how to use it? We can help! Check out our offerings for beginners.

iPad Tutorial, Next session will be offered in the Spring!

Learn how to use your iPad or get the most out of your iPad with this step-by-step program developed by Gluu (a nonprofit helping older adults learn to use technology). iPads are available on loan.

Dates: Wednesday, January 11th to February 15th

Time: 1:00pm to 3:00pm

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

Leader: Fiona

Android Tablet Tutorial, Step by Step

Learn how to use your Android tablet or get the most out of your tablet with this step-by-step program developed by Gluu (a nonprofit helping older adults learn to use technology). Tablets are available on loan.

Dates: Wednesday, February 22nd to March 29th

Time: 1:00pm to 3:00pm

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

Optional Workbook \$25

Leader: Fiona

One on One Computer Support

Bring your device and your questions and have some one on one time to solve your technology issues.

By appointment only.

Dates: Tuesdays 10:00 or 10:45am

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

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