



January 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.

## Happy New Year!

From all of us at Silver Threads, we wish you all the best in 2023 and hope that the New Year brings good health and much happiness to you and yours. Our thanks to everyone who donated to our Annual Campaign and made a contribution to the organization. We appreciate your support and are very pleased with the results.

The Winter Storm sure put a dent in our holiday plans and we hope everyone managed the best they could. As a result we are carrying the festivities into this month. Our first Holiday Showcase has been rescheduled for Tuesday, January 24th. If you have a ticket already it will be valid, and if you don't have a ticket you can still sign up! We are grateful to our sponsor Berwick House Retirement Community for their support and flexibility. And thanks to our Program Leaders for guiding our talented members in performing, we look forward to watching the Silver Threads Singers, Readers Theatre and the Jubilee Clarinet Choir for a lovely afternoon!

We were also pleased to be the conduit for some valuable partners who provided gifts to some of our friends in the community. A special thanks to Amica Helping Hands for the gift baskets, we were happy to get them to some deserving folks. As well, we thank all the members for their cards, thoughts and goodies at Christmas, mostly we thank you for making us a part of your lives.

Now that the festivities are almost over, we can put down the fruit cake, slip on our stretchy pants and get back into a regular routine. We are adding two new days of Fitness Classes at the Victoria Centre. See further in the newsletter for the schedule and our instructors. Also new in January we have Dance Programs, Opera afternoons, and the ever popular yoga, tai chi, social groups and games. Our Winter Program Guide is now available in our Centres and on our website.

This just might be a December best to have in the rear view and look to a better new year. I hope that you will make Silver Threads a part of your routine.

Tracy Ryan, Executive Director



*"An optimist stays up until midnight to see the New Year in.  
A pessimist stays up to make sure the old year leaves."*

**Bill Vaughan**

### Winter 2023 Program Guide

The New Year is here, let's get 2023 off to a good start. Membership at this time is pro-rated and is now \$25 for January to March. Consider trying us out, and check out our Winter 2023 Program Guide with all our offerings.

The Guide is available for pick up at our Centres or online at [Silver Threads | Services for Seniors](https://www.silverthreads.ca/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)

## Fitness 2023

Starting January 3rd we will be increasing our Pre-booked Drop-in Fitness Classes to 8 weekly classes at our two Centres. At the Victoria Centre new classes with Anne will be offered on Tuesday and Thursdays, and we are pleased to welcome Kim back to our Staff Team of Instructors. Cost remains: \$4 members \$7 for non-members.

Call to book your spot.

<b>Saanich Centre 250 382-3151</b>	<b>Victoria Centre 250 388-4268</b>
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Class	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Functional Fitness (Seated &amp; Standing)</b>	10:00 to 11:00	10:00 to 11:00	10:00 to 11:00	10:00 to 11:00	10:00 to 11:00
		1:00 to 2:00		10:00 to 11:00	
<b>Chair Fitness (Seated)</b>				11:15 to 12:00	



**Erica**



**Julie**



**Anne**



**Annelise**



**Kim**

## December Highlights

### Christmas Carol Readers Theater

Readers Theatre is a new program this Fall at the Victoria Centre and performed The Christmas Carol on Monday, December 12<sup>th</sup>. The room was full with friends, family, and cast members. A big thank you to Assistant Director, Zuzana McKnight and Director, Lucille Proulx. The audience laughed when they should have and were silent when it was serious or sad, completely captivated by the professional performance. The talented group of readers played multiple parts – all differentiated by the wearing of colorful hats and scarves. The group is excited to start anew in January and are looking for other aspiring thespians (especially male readers) to join them.



## January Upcoming Events

### Holiday Showcase - Saanich Centre

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,

Tuesday, January 24th 1:30 to 3:00pm \$5 members \$8 non-members

Call to reserve your spot. Masks are preferred

#### NEW DATE!

Neither snow nor rain keeps these performers from their appointed showcase!

The show must go on!

Thank you for your understanding!

**Sponsored by**

**Berwick House Retirement  
Community**

## Memory PLUS Challenge Dance 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  
Dance Word Scramble.

- |              |             |
|--------------|-------------|
| 1. htrymh    | 2. geneyr   |
| 3. cismu     | 4. tnmmevoe |
| 5. setiurno  | 6. uocytrn  |
| 7. reefsytel | 8. darcoi   |
| 9. tookwru   | 10. alnit   |

Registration is open for the next available session

Starting on Wednesdays, February 15th.

**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. rhythm 2. energy 3. music 4. movement 5. routines 6. country  
7. freestyle 8. cardio 9. workout 10. latin

## Giving Thanks this holiday season

### Amica Helping Hands Baskets

Thank you to the Amica Helping Hands Charity supports those living in the community. This cross Canada initiative provides baskets filled with food, gift certificates and other items to organizations like Silver Threads to distribute to deserving seniors. We appreciate the joy this brings to our friends!



### Berwick House Retirement Community

Thank you to our sponsor of the Holiday Showcase - for both the sponsorship and the flexibility with the winter storm cancellation. We will be holding the event on Tuesday, January 24th, and look forward to the event!

### UVic School of Nursing

This fall we were pleased to welcome Emma, a fourth year Nursing Student who did her practicum with Silver Threads and worked with the Memory PLUS Program. It was wonderful to have her with us, and to support her in her health care career.

### Burnside Lawn Bowling Club

Thank you to our neighbours at the Burnside Lawn Bowling Club for passing the hat and raising funds for grocery gift cards for our seniors. It is a nice surprise to be able to share this generous donation.

## 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.**

Sweet Chili Chicken, Sweet garlic chicken, ginger glazed salmon, Shrimp linguine, Chili with corn bread, Shepard's Pie and more!

## Saanich Centre

### Construction Notice: Roof Repairs

The Saanich Centre is a well-maintained facility owned by the District of Saanich 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 and expect the work to continue into early 2023.

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.

## January Movies

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

### Saanich Centre

January 17th: **Little Women** (2019)  
Based on the novel by Louisa May Alcott.

### Victoria Centre

January 24th: **Operation Mincemeat**  
Depicts the successful British operation of the 2nd World War to disguise the 1943 Allied invasion of Sicily.

## January Opera

### Victoria Centre

January 10th: **La Traviata**  
The story of tragic love between courtesan Violetta and the romantic Alfredo Germont.

## Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

*riding the technology wave*

*since 1983*

### New Year - New Skills

It's a new year... time to learn some new skills, whether it's on a computer, laptop, tablet, smart phone, or even an air fryer, instant pot or crockpot. To learn new skills many of these can be learned by searching on the internet. To learn how to do one new thing on a computer or with a cooking utensil information can be found on YouTube with many helpful videos.

Just be careful when you are searching, making sure you get the correct wording and the topic you are looking for. If it's not one that you understand, move on to the next. Many people learn a lot of skills using / watching YouTube videos. You can subscribe to ones that interest you and keep a list to watch ones that interest you at a later date.

If you are not sure what to do, that's what we can show you at the Victoria Computer club at a 1:1 session. Try something new!

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](http://VictoriaComputerClub.org) or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com)

## 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, Step by Step

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

Optional Workbook \$25

**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](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*