



March 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.

Spring Renewal

Spring will come and so will our hope and happiness. At Silver Threads this month we are beginning our Annual Membership Drive. Membership runs from April 1st to March 31st and you can sign up in March. Our Spring Program Guide is also available, and there are 67 registered and weekly programs and 47 different monthly offerings from April to June. From Art Classes to Wellness, there is a wide variety of activities for a range of interests that will launch April 1st.

Annual Membership is \$55 and is the one thing that is not increasing! It is valid at both the Saanich and Victoria Centres. The benefit of membership is reduced program fees which is helpful if you are attending frequently. But know that if you are attending occasionally, you do not have to take out membership, you would just pay a slightly higher registration fee. We offer these options to provide flexibility to encourage participation while making it financially viable for everyone. In April the new Monthly Social may be a good starting point for those considering joining Silver Threads. Come for coffee, connect with others and engage in the Silver Threads community. Socials are Tuesdays from 1:30 to 2:30pm and are April 4th at the Victoria Centre and April 25th at the Saanich Centre.

This spring there is a good mix of regular and new programs. Fitness, Pickleball, table tennis, discussion groups and art classes are always popular, while new offerings include Qigong, Calligraphy, and Travel Conversation and Trivia. Visit our centres to pick up a program guide or check out our website www.silverthreads.ca For some of our new programs see the listing further along in this newsletter. If you are new to Silver Threads you are welcome to stop by and staff would be pleased to show you around and give you more information on our services.

Tracy Ryan,
Executive Director



"Where flowers bloom, so does hope."
Lady Bird Johnson

Spring 2023 Program Guide

Our Spring Program Guide runs April to June and there are 67 Registered and Weekly Program and 47 One time or Monthly Offerings. The Guide is available for pick up at our Centres or online at [Silver Threads | Services for Seniors](http://SilverThreads|ServicesforSeniors)

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

Facebook

For updates on Programs and Centre information follow us on Facebook.

Visit <https://www.facebook.com/SilverThreadsActivityCentres>

www.silverthreads.ca

New Spring Programs begin April 1st

Check out our new Program Guide for all the details. Here are a few offerings that might pique your interest!

Saanich Centre

Musicals

Travel Conversation and Trivia

Victoria Centre

Ping Pong for Parkinson's

Modern Calligraphy

Pen & Ink

Botanical Dye Workshop

Qigong

Monthly Social

Join us monthly for an afternoon of building connections, creating friendships, and engaging in the Silver Threads community! Enjoy refreshments and an opportunity to meet and socialize with others. Perfect for new members.



Saanich Centre

Dates: Tuesdays, April 25th, May 23rd, June 27th

Time: 1:30pm to 2:30pm

Victoria Centre

Dates: Tuesdays, April 4th, May 2nd, June 6th

Time: 1:30pm to 2:30pm

Cost: 1/\$2 members and non-members

Evening Wellness Programs

For those who can't attend programs during the day new Fitness and wellness classes are being offered later after work, family or other daytime commitments.

Hatha Yoga Victoria Centre

The perfect way to still your mind and move your body at the end of your day. This class caters to all skill levels, as variations will be offered to accommodate all bodies.

Come with your mat, water and any props you may need.

Dates: Tuesdays, April 11th to May 16th

May 23rd to June 27th

Time: 5:00pm to 6:00pm

Cost: 6/\$54 for members, \$78 non-members

Leader: Paige Driedger

Essentrics Victoria Centre

A full body workout that unlocks and decompresses joints by stretching and strengthening without impact to the body. Improving wellness, increasing energy, and reducing pain. Every time you come to an Essentrics class, you will enjoy fresh music playlists and new exercise sequences.

Dates: Thursdays, April 13th to May 18th

May 25th to June 29th

Time: 5:00pm to 6:00pm

Cost: 6/\$54 members, \$78 non-members

Leader: Junko Hammond

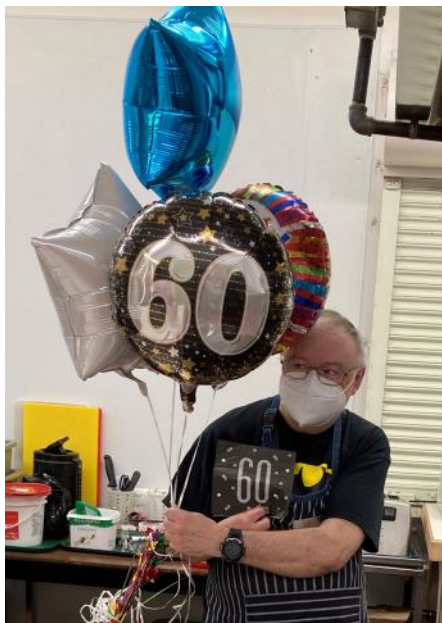
Our Volunteers

We have many great Volunteers at Silver Threads and here are two of them!

Thank you and Happy 60th Birthday to Marcus, our steadfast Café Volunteer. Marcus has been serving for 28 years and is an important part of the "Batman & Robin" Kitchen Team. We appreciate his dedication and hard work, and he is a great friend to all of us at Silver Threads.

We are pleased to welcome Tasha to the Victoria Centre on Fridays. She will be completing a Camosun College Practicum with us for the next two months.

She will be supporting programs, doing some administrative work and brings great customer service to her role. Be sure to stop by and say hello on Fridays.



Thank you Marcus and Happy Birthday!



Welcome Tasha, Camosun College Student

Memory PLUS Practice, Laughter, Useful Strategies Spring Program 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 a word scramble.

Classes are at the Saanich Centre, located at 286 Hampton Road. Call 250 382-3151 or visit www.silverthreads.ca for more information.

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 an all about Spring Programs Word Scramble for you to decipher. Good luck!

- | | |
|----------------|---------------|
| 1. nogggi | 2. stenricess |
| 3. rovcnigwdoa | 4. mazbu |
| 5. lukeuel | 6. receuh |
| 7. amjoghn | 8. tanpnigi |
| 9. ceedinaln | 10. tarscf |

Answers: 1. qigong 2. essentrics 3. woodcarving 4. zumba 5. ukulele
6. euchre 7. mahjong 8. painting 9. linedance 10. crafts

Income Tax Preparation



Income Tax appointments are available until April 26th 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 now book an appointment, 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, Beef Stew, Stroganoff, Shepard's Pie, Liver & Onions, Bangers & Mash, Pulled Pork, Spanakopita and more.

March 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

March 14th Music 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

March 9th **International Women's Day**
March 23rd **Creativity**

March Movies

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

Saanich Centre

March 21st: **My Salinger Year**

A woman's dream of becoming a writer.

Victoria Centre

March 28th: **The Guernsey Literary and Potato Peel Pie Society**

The island of Guernsey under German occupation in 1941.

March Opera

Victoria Centre

March 14th: **Merry Widow**

Join facilitator Pat for discussion and viewing on Opera.

Victoria Computer Club

Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

Tips for March

Disposing of old computer and smartphone equipment can be daunting if you don't know what to do with them. The first choice is to recycle, but there are proper procedures you must follow to make sure all of your data and any information about yourself is removed before it goes to a Recycle center like Return IT in Victoria.

If you Google "how to recycle electronics in Victoria BC" you will see many informative sites like the Island Return It Electronics site or

<https://www.RecycleMyElectronics.ca/bc/victoria/>

This applies to phones (Android or iPhone), tablets, USB drives, SD cards, External Hard drives, etc.

The library of Silver Threads that we meet in is 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

Beginners Computer Support

Victoria Centre

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, April 12th to May 17th

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, May 24th to June 28th

Time: 1:00pm to 3:00pm

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

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 or Fridays

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

Upcoming Centre Closures

Our Centres will be closed: Friday, April 7th & Monday, April 10th 2023
in recognition of
Good Friday and in lieu of Easter Sunday



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