



April 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.

## Thank you Volunteers



**Our Volunteer Recognition theme this month is  
"We are nuts about our Volunteers!"**

It is National Volunteer Week April 16<sup>th</sup> to 22<sup>nd</sup>. As a charitable organization, volunteerism is an integral part of Silver Threads Service. We are volunteer-led by our Board of Directors, and every program and service we provide is supported and enhanced by volunteers. The time, talent and treasure that our 70 + volunteers share makes the organization stronger. On behalf of the staff – a big thank you to each and every one of you for all you do!

A reminder that our Annual Membership Drive is underway, and our Spring Programs begin April 1<sup>st</sup>. There are 67 registered and weekly programs and 47 different monthly activities.

This month we start our new Monthly Social and recommend it as a good starting point for those considering joining Silver

Threads. Come for coffee and connect with others. Socials are Tuesdays from 1:30 to 2:30pm and are April 4<sup>th</sup> at the Victoria Centre and April 25<sup>th</sup> at the Saanich Centre.

In the newsletter you will find information on World Table Tennis Day being celebrated at both Centres. As well, at the end of the month the Hampton Concert Orchestra will host the annual Spring Concert at the Saanich Centre.

The cherry blossoms are out, the days are longer and the start to Spring looks positive. With lots to do at Silver Threads, we hope you will join us!

Tracy Ryan, Executive Director

*"Volunteering is at the very core of being a human. No one has made it through life without someone else's help." Heather French Henry*

### 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](#)

### Annual Membership Drive

Membership runs from April 1st to March 31st and you can renew now. Annual Membership is \$55 and is one thing that is not increasing! It is valid at both the Saanich and Victoria Centres. Membership reduces program fees.

### Facebook and e-Newsletter

Follow us on Facebook. [Silver Threads Service | Saanich BC | Facebook](#)

Sign up receive our newsletter by email: [inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)

## Thanks to our 2022 - 2023 Volunteers

Every year our Volunteers give so much to Silver Threads Service. This past year we had 70 + different volunteers work in governance, programs and services, and contribute 3500 hours to our organization.

### Board of Directors

Marjorie Moulton, President, Twyla Johnson, Vice President, Shawn Rankin, Treasurer  
Margaret Jacobson, Kerri Gibson, Gail Snider, Kim Duffus, Directors

Deborah Barr	Peggy Elves	Elise Kennedy	Blair Munro	Monika Semmens
Margo Bell	Ildiko Fashoway	Rick Lavoie	Joan Mury	Carol Sherwood
Joan Bobyn	Jennifer Ferris	Lillis Lawrence	Narender Nagpal	Kim Sparks
Mike Boutilier	Matthew Ford	Penny Limer	Brenda Nicolson	Bev Stewart
George Bowden	Anita Fownes	Fiona MacKay Young	Ethel O'Neill	Murray Strome
Rick Brokenshire	Marta Fraser	Zuzana MacKnight	Adele Pauls	Michael Swift
Gail Brown	Doug Greenberg	Charles Martin	Marcus Piché	Christine Terry
Kathy Buettner	Kim Harrison	Linda McGillicuddy	Ed Prior	Linda Toffey
Chris Cantwell	Anna Hendren	Joan McKinty	Lucille Proulx	Sandra Tolley
Richard Chadwick	Kayla Huggard	Raewyn McLean	Brian Riddell	Gerry Trojan
Gord Collins	Don Inch	Charlie McMartin	Laural Roberts	Anna Vonk
Sandy Cook	Patty Johnston	Pat McNish	Andy Robinson	Bev Wooden
Dorothy Cushway		Keiko Mueller	Mike Seal	

## World Table Tennis Day



**Victoria Centre**  
Ping Pong for Parkinson's  
**Wednesday, April 19th**  
11:15am to 12:15pm

**Saanich Centre**  
**Friday, April 21st**  
9:30am to 11:30am

Take part in some fun games and friendly competition to celebrate World Table Tennis Day with the chance to win PRIZES! We'll have players on hand to show you the ropes if you've never played before or want to brush up on your skills. The theme for this year's event is "Think Sustainably. Act Now." Bring a reusable water bottle or walk, bike, or use public transit to come to the event.  
Every little bit counts!



## Hampton Concert Orchestra Spring Concert Saanich Centre

**Sunday April 23rd, 2023, 2:30pm**  
**Monday April 24th, 2023, 7:30pm**

Hampton Concert Orchestra with  
Music Director Charles Encell  
performs:

C.W.Gluck—Iphigenie in Aulis Overture  
E. Grieg—Peer Gynt Suite No. 2, Op.55  
W.A.Mozart—Symphony No. 38 (Prague)

**Admission by donation**

Website: [www.hamptonconcertorchestra.com](http://www.hamptonconcertorchestra.com)

## Memory PLUS Challenge Multi-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 an all about multi-word scramble. Classes are at the Saanich Centre, located at 286 Hampton Road. Call 250 382-3151 or visit [www.silverthreads.ca](http://www.silverthreads.ca) for more information.

For each of these six letters make one 3 letter word, one 4 letter word, one 5 letter word and one word using all 6 letters. Good luck!

- |           |           |
|-----------|-----------|
| 1. OMRANO | 2. NUHRGE |
| 3. HOREMC | 4. OGALNO |
| 5. SBDIEO | 6. BERIGL |

## Evening Wellness Programs

For those who are 55 years and better (who aren't ready to be called a senior). Fitness and Wellness classes 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.

**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.

**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

**Answers**

1. arm, room, roman, maroon	2. gun, huge, hunger, hunger;
3. hoe, more, chore, chrome	4. log, long, along, lagoon
5. die, dose, bodes, bodies	6. big, girl, billie, gerbil

## 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.**

Chicken Parmesan Meatballs, BBQ Chicken, Liver and Onions, Beef Burrito, Shephard's pie, Bangers and mash, Pulled Pork, Garlic Shrimp, Chick pea and veg curry.

## Frozen Soups

A variety of soup are available for \$4

## April Discussion Groups

### Saanich Centre Conversation Circle

Peer to Peer discussion based on a monthly theme.  
Tuesday, April 4th: **Sustainability** 1:00 to 2:30pm  
\$2 members, \$5 non-members

### 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

April 13th **Fraud Prevention & Awareness with VPD**

April 27th **The Amazing Brain**

## April Musicals, Movies and Operas

Join us for an entertaining afternoon with friends.

Tuesdays from 1:00pm to 3:00pm

\$2 members \$5 non-members

### Saanich Centre

April 11th **Musical** : "Into the Woods"

April 18th **Movie**: "The Courier"

### Victoria Centre

April 11th **Opera**: "La Boheme"

April 25th **Movie**: "Belfast"

## Monthly Social

An opportunity to meet and socialize with others. Perfect for new members. Tuesdays from 1:30 to 2:30pm. \$2 members and non-members.

**Victoria Centre**

April 4th

**Saanich Centre**

April 25th

## Victoria Computer Club

### Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

### Be aware of Scams

Just like spring, this is the time of year when scammers get active claiming to be a government agency like Canada Revenue, Canada Border Services Agency, or Service Canada. The government does not ask for payment in gift cards, or Bitcoin. Scammers count on you panicking. As always, if you get an urgent email or phone call from someone at a government agency asking for information, reveal nothing and phone Service Canada at 1-800-622-6232. Do not use a phone number provided by the caller, or click on a link in the suspicious email. To protect yourself from fraud, get help from the Victoria Computer Club. Or you can browse to [canada.ca](http://canada.ca) and scroll down to the bottom of the page, looking for "Be Scam Smart"

Check out our website at [VictoriaComputerClub.org](http://VictoriaComputerClub.org) or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com) One-on-one help sessions on Friday mornings can be booked with the Saanich Centre front desk, at 250-382-3151.

## 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](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*