



May 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.

Finding Balance

In looking for some fun facts about the month of May I discovered that May is National Salad Month, National Hamburger Month and National Bike Month. Who knew? Two of these are good for you and the third, is good in moderation. It is really all about balance.

However you spend the month of May, we have good options at Silver Threads Service. Many of our Spring classes begin the 2nd session and registration is well underway. Some offerings include Yoga, Meditation, Memory PLUS and Ukulele. If you haven't renewed your membership yet we hope you will, for yourself or someone else. A membership for Mother's Day would make a great gift!

The May topics for our various discussion groups and shows are listed in this newsletter. Last month we began our Monthly Social and it was very well received. Thanks to Penny, Joan and Anna for taking the lead on this. It is a good starting point for those considering joining Silver Threads to come for coffee and meet with others. The dates for the month of May are Tuesday, May 23rd at Saanich, and May 2nd at Victoria. The time is from 1:30 to 2:30pm, call the Centre you wish to attend to reserve your spot.

I hope this month brings you balance. Living a life with good health, the occasional indulgence, a little exercise and company and connections with good people. It's said that Life is like riding a bike, you have to keep moving to keep your balance.

Tracy Ryan, Executive Director



"Happiness is not a matter of intensity but of balance and order and rhythm and harmony." Thomas Merton

Spring 2023 Program Guide

Our Spring Program Guide runs April to June and there are 67 Registered and Weekly Programs 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

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

World Table Tennis Day

Think Sustainably, Act Now

World Table Tennis Day (WTTD) has been celebrated annually in April since 2015. It is the day we celebrate table tennis, as well as the universality and social inclusiveness the sport represents. On April 23, the event honours Ivor Montagu, organiser of the first World Table Tennis Championships in 1926 and the founder and first president of the International Table Tennis Federation.

WTTD celebrates the joy of playing table tennis for fun, bringing people together, focusing less on competition and more on participation and enjoyment. Thanks to organizer Tat for hosting events at both Centres. Drills, skills, play and prizes were all part of the day and fun was had by all.

Table Tennis is offered Tuesdays and Fridays from 9:30am to 11:30am at the Saanich Centre. At the Victoria Centre Ping Pong for Parkinson's runs on Wednesdays from 11:15am to 12:15pm. Call our Centres for more information.

The newly established South Island Table Tennis Club is an all ages club that meets at the Saanich Centre for play and coaching on Sundays. Call Tat 250 477-9182 for more information.



A Lost and Found Story



Joan and the 64 year old postcard

Silver Threads was recently contacted by a woman in Edmonton who was renovating her 1952 home and when Breanne removed the original kitchen cabinets she found a well-preserved postcard behind one of them from 1959.

She was aware of the original owners of the house due to having done some research in old archives. Joan Gittins, who the postcard was addressed to, she discovered was now Joan Mury who lived in Victoria. With a quick online search she found that Silver Threads had a Joan Mury volunteering here in our Weaving program and she dropped us a line to see if we could help her contact Joan.

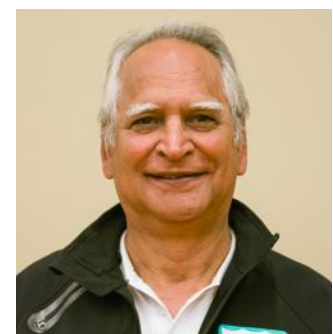
We united the two ladies and the postcard has now been returned to its original owner 64 years later. Joan's Aunt Mary had written her niece this postcard while on a road trip to Fort St. John with her husband and was describing the countryside that she saw along the way.

We appreciate the diligence of homeowner Breanne in tracking down Joan. What a great story!

Income Tax Preparation

Our Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP) wrapped up at the end of April. A big thank you to our volunteers Kerri and Narender who supported our clients, and made the process so smooth for everyone. Together a total of 117 returns were prepared this year.

Although our Program has wrapped up for the year if you still need yours done, call us for information on other organizations that provide year round assistance.



Thank you Kerri and Narender!

Memory PLUS Challenge Health 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 Health word scramble. The next session of Memory PLUS begins Wednesday, May 24th, classes are at the Saanich Centre, located at 286 Hampton Road. Call 250 382-3151 or visit www.silverthreads.ca for more information.

- | | |
|----------|-------------|
| 1. ehatr | 2. xgyneo |
| 3. dbyo | 4. ieimdecn |
| 5. reawt | 6. iexeesrc |
| 7. ulgsn | 8. odof |

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. Stay tuned for additional Evening classes this Fall.



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.

One class sign up is now available to try to see if it works for you. Call to book a spot.

Dates: Tuesdays, May 23rd to June 27th

Time: 5:00pm to 6:00pm

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

1/\$12 for members, 1/\$15 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, May 25th to June 29th

Time: 5:00pm to 6:00pm

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

Leader: Junko Hammond

Word Scramble Answers
1. heart 2. oxygen 3. body 4. medicine 5. water
6. exercise 7. lungs 8. food

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.

Lasagna, Roast Turkey, Mac & Cheese, Liver & Onions, Beef Burrito, Maple Salmon, Chickpea Curry, Bratwurst, Chili & Cornbread, Pulled Pork, Spanakopita

Frozen Soups

A variety of soup are available for \$4

May Discussion Groups

Saanich Centre Conversation Circle

Peer to Peer discussion based on a monthly theme.
Tuesday, May 9th: **Books & Movies** 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

May 4th **Tour of the roads to the Yukon** (no lunch)

May 11th **Life on Art**

May 25th **Storytelling with a World View**

May 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

May 2nd **Musical : "Westside Story" (2021)**

May 16th **Movie: "King Richard"**

Victoria Centre

May 9th **Opera: "Daughter of the Regiment"**

May 23rd **Movie: "Spencer"**

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

May 2nd

Saanich Centre

May 23rd

Victoria Computer Club

Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

Spring Cleaning

It's Spring! Time to take a look at your computers, laptops, tablets, or cell phones to ensure you all have current updates. Regardless of whether you have Microsoft Windows, Apple, Android or Chrome devices they all need updates. Clear out the clutter, clean the screens, wipe the keyboards - don't put any liquids on the devices - just on the micro fiber cloth. Always use the proper cleaning solution from a computer store.

Make a time each week or month to ensure that all your devices are up to date with the latest updates. For example if you have a Windows device, Patch Tuesdays fall on the 2nd Tuesday of every month from Microsoft – you will need to keep your computer on for more than a mere 10 minutes as the updates need time to download. Also, there may also be updates throughout the month as required. Reboot your computer to make sure you are getting the updates. Learn how to check for updates. Become a member of the Victoria Computer Club for in-person classes and one-on-one help sessions. You can also Zoom online for help and learning. Check out our website at <http://victoriacomputerclub.org/> or email us at victoriacomputerclub@gmail.com

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” Henry Ford

Beginners Computer Support

Victoria Centre

Check out our offerings for beginners.

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:

Monday, May 22nd, 2023 in recognition of Victoria Day.



As well we will be closed Monday, July 3rd For Canada Day. (In lieu of July 1st)

Silver Threads Service Staff

Saanich Centre Staff

Anne Nelson Centre Director

Ro Fife Centre Administrator

Lisa van Bommel Program Coordinator

Donene Eve Food Services Coordinator

Victoria Centre Staff

Erica Loenen Program Manager

Debbie Erb Centre Administrator

Shelley Brown, Vicky Strandlund, Jackie

Taylor Part time and Relief Staff

Association 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