



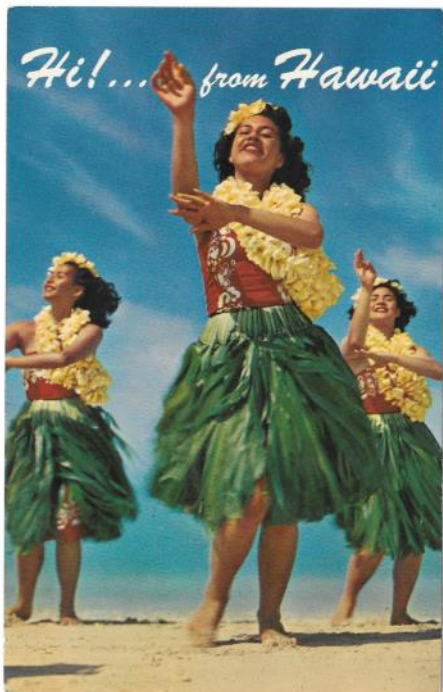
June 2023

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.

Summer Staycations



Before you plan that big summer get away have a look at our Summer Program Guide. Now that we have moved to a seasonal calendar you can plan ahead and take the opportunity to continue with your favourite activities and also branch out and try something new. Think about how great it would be to stay home, not have to pack, go through airport security, and jetlag. We can help you avoid the hassle and the expense! Wouldn't you rather hang with us? Further in this newsletter a few of the new offerings are highlighted. Like Hula Dance, I mean really, how much fun would that be this summer? It'll be like a little trip to Hawaii! We will even get you a grass skirt. Our Summer Program Guide is now available on our website [Programs & Events | Silver Threads](#) or stop by the Centres and pick one up.

The Summer session will start after the long weekend. On Thursday, June 29th and Friday, June 30th the Victoria Centre will be closed for repairs to the floors. As well, with Canada Day falling on Saturday, July 1st both Centres will be closed in lieu on Monday, July 3rd. Regular hours resume Tuesday, July 4th. Special thanks this month to our funders. Thanks to Heirloom Linens for the Cobble Hill Puzzle fundraiser that ran in April. Also, thanks to United Way

Greater Victoria for the financial support of programs to address Food Security. With this funding we can continue to provide the Thursday Food Share in both Centres, keep our prices low in the Silver Spoon Café and offer affordable frozen meals. The support is invaluable!

We hope you'll make Silver Threads part of your "travels" this summer.

Tracy Ryan, Executive Director

"My goal is to build a life I don't need a vacation from." Rob Hill Sr.

Summer 2023 Program Guide

Our Summer Program Guide runs July and August. Registration is on now! 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 to receive our newsletter by email: inquiries@silverthreads.ca

Victoria Computer Club

Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

Our daily lives have changed. We all have new habits and ways to do things. You may be doing less on your electronic devices or even more and have learned to use some new technology. Make sure you stay safe online - if you aren't sure, call a family member or friend for advice - just don't click something you aren't sure about.

To stay safe here are some tips:

- Security can be complex so get advice from the Victoria Computer Club
- Use a credit card that isn't your only credit card in case you get compromised and review charges
- Don't give your credit card number out over the phone
- Don't be panicked by calls from the CRA, Grandson scams, Banks, or Credit card companies
- The real Microsoft never phones about viruses on your computer
- Only shop with trusted online retailers
- Don't save your credit card information on a website for future use
- Use long random passwords, and keep them in a password manager

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

Beginners Computer Support

Victoria Centre

Check out our offerings for beginners.

Android Tablet Tutorial, Step by Step

Learn how to use your Android tablet to 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, July 3rd, 2023** for Canada Day (in lieu of July 1st)

The Victoria Centre will also be closed **Thursday, June 29th** and **Friday, June 30th** for floor repairs.

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

Memory PLUS Challenge Famous Ukulele Players Quiz

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 Quiz and name some Famous Ukulele Musicians.

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. Sang about the tulips
2. Her best friend was Ethel
3. He was the first man on the moon
4. A pro wrestler, now an actor, from Hawaii
5. A blonde bombshell
6. Was in Taxi and who's the Boss
7. A girl who just wants to have fun
8. Was in a group named after an insect

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. Join us in our air conditioned studio this summer.

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, July 11th to August 15th

Time: 5:00pm to 6:00pm

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

1/\$12 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, July 13th to August 17th

Time: 5:00pm to 6:00pm

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

Leader: Junko Hammond

Answers
1. Tiny Tim 2. Lucille Ball 3. Neil Armstrong 4. Dwayne "The Rock" Johnson 5. Marilyn Munroe 6. Tony Danza 7. Cyndi Lauper 8. George Harrison

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 Balls, Chicken a la King, Pasta and Meat Sauce, Shepherd's Pie, Lasagna, Liver and Onions, Roast Ham with Honey Mustard, Garlic Shrimp, Maple Glazed Salmon, Spanakopita

June Discussion Groups

Saanich Centre Conversation Circle

Peer to Peer discussion based on a monthly theme.

Tuesday, June 13th: **"Technology and Social Media's Impact on Society"** 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

June 8th **First Nations Solution, Resiliency, and Hope**

June 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

June 6th **Musical** : **"Grease"**

June 20th **Movie**: **"Percy"**

Victoria Centre

June 13th **Opera**: **"Turandot"**

June 27th **Movie**: **"The Fabelmans"**

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

June 6th

Saanich Centre

June 27th

May Highlights

Heirloom Linens

During the month of April Heirloom Linens at the Broadmead Centre held a fundraiser with proceeds of the sales of Cobble Hill Puzzles donated to Silver Threads. A generous donation of \$500 was made. Thank you to Heirloom Linens for their generous support of local charities! To date they have raised over \$145,000.



Tracy and Kristen from Heirloom Linen with a really big cheque

Soap for Hope Partnership

The Silver Threads Random Crafts of Kindness and some of our members have been busy knitting and crocheting dishcloths for Soap for Hope. These pretty reusable cloths will be redistributed to those in need. All knitters are welcome to help, this will be an ongoing project! Call the Victoria Centre for more information.



From left to right: Cindy, Wendy, Linda, Ana, Marcia

New Summer Programs

Summer comes and goes so quick on the island. Make this a memorable one by signing up for something completely different. Here are some of our new offerings.

Hula Dance Victoria Centre

Get inspired by the dances of the Pacific Islands for this fun and easy dance class set to traditional Polynesian drum beats.

Date: Tuesdays, July 11th to August 15th

Time: 10:00am to 11:00am

Cost: 6/ \$62 members, \$88 non-members

Leader: Cheryl Groulx

Floor Shuffleboard Saanich Centre

Pretend you are on a cruise, playing real floor shuffleboard in the sun with your shipmates.

Date: Thursdays

Time: 1:00pm to 2:30pm

Cost: \$2 members, \$5 non-members

Chinese Brush Painting Beginners Victoria Centre

An instructed class where you will learn the basics of one of the oldest traditional styles of painting in the world. Supply list provided.

Date: Thursdays, July 6th to August 10th

Time: 11:30am to 1:00pm

Cost: 6/ \$63 members, \$90 non-members

Leader: Sonia Shuangyang

Mindfulness & Meditation Saanich Centre

Guided meditation to calm the body and mind.

Dates: Thursdays, July 6th to August 10th

Time: 1:00pm to 1:45pm

Cost: 6/\$42 members, \$60 non-members

Leader: Paige Driedger

Ukulele Victoria Centre

Beginner and Continuing Beginner are offered at Victoria. And to challenge your Ukulele knowledge try the Memory PLUS Quiz on the next page!

Date: Fridays, July 7th to August 11th

Time: 1:30pm to 2:15pm or 2:30 to 3:15pm

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

Food Share and Soup Social Victoria Centre

Beginning Thursday, June 1st the Food Share Program will run from 11:00am to 12:00noon for folks to come and pick up produce, bread and packaged food. There will be a volunteer on site to help. Please book a spot so we can make sure to have something for everyone. As well, beginning in July we will be changing the Lunch and TED Talks to a Soup Social. Join us between 11:30am to 12:30pm for soup, a scone and a visit on Thursday, July 27th, August 10th and 24th. This is in response to funding shifts, staffing, and catering changes. We are excited to be able to offer programs to better support Food Security. Call 250 388-4268 to reserve your spot.