



July 2023

NEWSLETTER

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for individuals age 55+. We do this by providing accessible programs and services.

Commitment Issues?

Are you experiencing commitment issues? Do you look around and see others engaged and active, enjoying hobbies, playing sports, keeping busy and feel like you are missing out? Have you been unable to find “the one”? The one special activity that will bring you a happily ever after? At Silver Threads Service we urge you to not give up hope. We are here to help you dip a toe into the dating...I mean activity pool.

This summer we continue to offer a wide variety of activities available for drop in. There are 32 different weekly drop in activities and 29 one time groups, presentations and events. No need to commit to months at a time, no need to take an annual membership, you can try one activity one time. If you like it come again, if you don't move on to the next!

At our Saanich Centre drop-in sports include Table Tennis, Carpet Bowling and the ever-popular Pickleball. At the Victoria Centre, once a month programs include Trivia Quiz, Music Bingo, while games of Mah Jong and Euchre include instruction. As well we have 8 fitness classes a week, Walking Groups, evening yoga, and more. Check out our schedule online [Silver Threads | Services for Seniors](#)

There is much to be thankful for at Silver Threads and we have received many surprise gifts this past month we were happy to share. Everything from seedlings to help our gardens grow, to invitations to theatre and garden parties. Read all about it further in this newsletter. If June is an indication of our summer - we are ready for it!

We hope your summer is also full of nice surprises and gifts, and that you will spend some of your time with us at Silver Threads. Tracy Ryan, Executive Director



“Never be afraid to try something new, because life gets boring when you stay within the limits of what you already know.”

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 is \$55 annually. It is valid at both the Saanich and Victoria Centres. Beginning July 1st membership will be \$45. Membership reduces program fees.

Facebook and e-Newsletter

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

June Highlights

Government House Garden Party

In honour of BC Seniors Week June 5th to 11th, 10 of our Volunteers were invited to a Garden Party at Government House co-hosted by the Honourable Janet Austin, Lieutenant Governor of British Columbia and Seniors Advocate, Isobel Mackenzie to thank them for their contribution to community. Tea and delightful cake were served, tours were offered and it was a beautiful event in the sunshine.



Victoria Target Theatre Society

Thank you to Ron Skelton of Victoria Target Theatre for donating tickets for our Readers Theatre participants to attend "I'm Still Here" and "Staying Alive" at Langham Court Theatre. It was a thoroughly enjoyable afternoon!

Revera Retirement Living

Thank you to staff from the Kensington, Parkwood Place and Parkwood Court for the gift of cookies and scones to both our Centres. It made our day and it was good to connect once again!



Helping gardens grow

For the 5th year Volunteer Doug and partner Yolanda donated 280 seedlings, flowers, tomatoes, herbs and flowers. Thank you for your gift, our members love them!



Try it Free Week
September 5th to 8th, 2023

Try it Free Week is an opportunity to sample some of what we offer and sign up for a new Fall activity. See our schedule of Fitness, Music, Writing, Sports and Games available this summer. A full schedule will be available at www.silverthreads.ca

Memory PLUS Challenge

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 about the one-time drop in activities at Silver Threads this Summer.

The next session of Memory PLUS will be in the Fall. Classes are at the Saanich Centre, located at 286 Hampton Road. Call 250 382-3151 or visit www.silverthreads.ca for more information.

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Evening Wellness Programs

Yoga Drop in

At the Victoria Centre you can drop-in to our evening gentle yoga class. If you have never tried Yoga or have been away for awhile this is an excellent class to try. Hatha Yoga is 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. Mats and props are available. Call 250 388-4268 for more information and to book your spot.

Dates: Tuesdays, July 11th to August 15th

Time: 5:00pm to 6:00pm

Cost: \$15 non-members

Leader: Paige Driedger

Victoria Library

Our library at the Victoria Centre has doubled in size! We have added some additional shelves to accommodate all the books we have in storage thanks to all of you who donate books and the Times Colonist Book Sale. Our Library is thoughtfully curated by Volunteer Adele, who also leads the monthly Book Club. Thank you Adele.

As well we recently received a very generous donation of a Clearview HD speech video magnifier to help those who have difficulties reading. It is available during our operating hours to our participants for reading documents, books and has a text to speech function as well. Staff would be happy to show you how it works!



Frozen Meals and Soup

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 with teriyaki, Chicken a la King, Shepherd's Pie, Lasagna, Liver and Onions, Maple Glazed Salmon, Braised beef with veggies and more. **Frozen soup** is available at Saanich or Take Away. Potato Carrot Dill, Chicken Rice, Corn Chowder, Cream of Broccoli are some of the offerings.

Soup Social - Victoria Centre

Join us Thursday, July 27th at 11:30am for soup, scones and a chat. \$4 members, \$7 non-members

Food Share

Both Centres offer a pick up of bread, produce and other products on Thursdays starting at 11:00am.

Answers
1. Shuffleboard 2. Woodcarving 3. Painting 4. Weaving
5. Conversation Circle 6. Movies 7. Monthly Socials 8. Bridge

July Socials & Movies

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

July 4th

Saanich Centre

July 25th

Social Groups

Victoria Centre

Soup Social New!

Enjoy a soup and scone lunch, and have a visit.

Thursday, July 27th 11:30am to 12:30pm

\$4 members, \$7 non-members

Documentaries, 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

July 4th **Documentary** : "Summer of Soul"

July 18th **Movie**: "First Man"

Victoria Centre

July 11th **Opera**: "Aida"

July 27th **Movie**: "Worth"

Victoria Computer Club

Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

Passwords



Passwords - time to review, change if necessary and make sure they are in a safe place away from your computer, make your family members aware of where they are. Simple things like

how to sign in to your PC, Laptop, Cell phone, Tablet in the event something happens to you.

Using a password manager is the way to go as it is impossible to remember the many unique passwords needed these days - without making the big mistake of using the same or similar passwords over and over. Most of the mainstream internet browsers like Google Chrome, Microsoft Edge, Firefox, Opera, Safari and Brave have built-in password managers which are now generating and remembering STRONG passwords for you. These password managers work to some extent in the same way as standalone alternatives.

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.

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

Call 250 388-4268 for more information

Fall 2023

We will be offering 4-week sessions for both iPad and Android. Each class will be 2 hours and you will learn about new apps, how to access the library and video tools to connect with friends around the world.

Check out our Program Guide available in August or call 250 388-4268 to be placed on the interest list.



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 individuals age 55 +.

We do this by providing accessible programs and services.

stay active • stay healthy • stay connected