



August 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.

Connection challenges?



It's time to pick up the banana...I mean phone and connect with Silver Threads.

between. New offerings include Bollywood Dance, Armchair Travel, Soup Socials and more Pickleball! For a complete Fall program schedule and the Try it Free listings visit our centres or our website at [Silver Threads | Services for Seniors](#).

I once read that to find a hobby later in life reflect back to when you were a kid and remember the activities you loved then. Personally, my tree climbing and gymnastic days are over but reconnecting with yoga and art aren't and it is good to play again. I hope you will give it a try too!

Tracy Ryan, Executive Director

If you are experiencing connection challenges that are lingering post COVID, can't quite get into the swing of things and are considering making a change, this is the month to include Silver Threads in your plans. Our Fall season kicks off with **Try it Free Week** September 5th to 8th. Both Centres will have a number of classes for those who are new to our organization or for current participants to come and try something different. You can have a tour, meet the instructors, volunteers and staff. There just might be a class, program or a service that grabs your interest. Or if you are a current member, consider inviting a friend!

During **Try it Free Week**, there will be over 25 classes in two locations for you to attend and try at no cost. Just call and book a spot. We want you to be sure the activity will work for you. Never done Yoga? Here's your chance. Ever wonder what Qigong is about or what the fuss about Pickleball is? This Fall there are over 80 different weekly programs, 48 different monthly events and 11 services. We literally have everything from A to Z – from Art for Everyone to Zumba Gold and everything in

"A Hobby a day keeps the doldrums away."

Fall 2023 Program Guide

Our Fall Program Guide lists our Programs and Service from September to December. 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. Current membership is \$45 to the end of March.

Membership reduces program fees.

Facebook and e-Newsletter

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

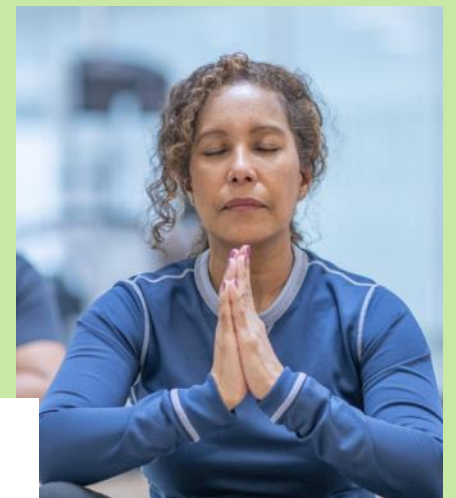
July Highlights



Silver Threads was pleased to welcome Parliamentary Secretary for Seniors Harwinder Sandhu and MLA for Victoria-Beacon Hill, Grace Lore to the Victoria Centre. They met some of our Chinese Brush painters and had a good meeting with Board Vice President Twyla Johnson and Executive Director Tracy Ryan. Thank you for the visit and update, it is appreciated! In the Fall, Grace Lore will join us for a coffee and Chat, so be sure to join us.



We are pleased that summer programs have been filled and everyone is happily staying connected. July has been a fun month with an out trip to the James Bay Inn and Emily Carr House. Hula Dance started, a Botanical Dye Workshop was held, Pickleball and Table Tennis continues to bring people out in droves and our monthly Socials are well attended. We expect August to be just as busy and exciting, all our offerings are listed in our summer guide.



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

Silver Threads Service operates two Centres for adults 55+.
Try it Free Week is an opportunity for those who are new to visit and try an activity.
For further details on these and all our Fall Programs and Services visit our website at www.silverthreads.ca

Brain Power Challenge Word Scramble

If you are ready to amp up your cognitive function and take a proactive approach to your brain health, Silver Threads Service offers two programs that can support you in this health practice.

Registration is now on for the Fall Brain Games and Memory PLUS Programs. These programs are for those 55+ who would like to enhance their memory skills in an active and social group setting.

Brain Games Saanich Centre

Fun group games that will help you keep your mind active. Challenge your brain in a social and interactive setting lead by an experienced facilitator.

Dates: Wednesdays, September 13th to October 18th

Time: 1:00pm to 2:00pm

Cost: 6/\$24 members, \$42 non-members

Leader: Lisa van Bommel

Memory PLUS Saanich Centre

Memory PLUS is a program for those 55+ who would like to enhance their memory and learn new skills in an active and social setting. The PLUS stands for Practice, Laughter and Useful Strategies.

Dates: Wednesdays, October 25th to November 29th

Time: 1:00pm to 3:00pm

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

Leader: Lisa van Bommel

Call 250 382-3151 or visit www.silverthreadsservice for more information.

We encourage you to exercise your brain by solving an all about Try it Free scramble of the names of different Silver Threads programs.

- | | |
|-----------------|-----------------|
| 1. odlolbyow | 2. htaic |
| 3. eiattomdin | 4. gyoa |
| 5. ambuz | 6. simvoe |
| 7. leuelku | 8. hrnecf |
| 9. lolsetyginrt | 10. rdaglygpane |
| 11. nngipati | 12. rvealt |

Evening Wellness Programs

Yoga Drop in Victoria Centre

Our evening Yoga Class will continue in August on Tuesdays from 5:00pm to 6:00pm. If you have never tried Yoga or have been away for awhile this is an excellent class to try and see if it works for you. Class is \$15 and mats and props are available. Call 250 388-4268 for more information and to book your spot.

Leader: Paige Driedger

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.

Chicken bacon perogy, Chicken mac & cheese, Sweet chili chicken wrap, Sheppard's Pie, Liver & Onions, Meatloaf, Pork meatballs and more.

Soup Social - Victoria Centre

Join us Thursday, August 10th & 24th at 11:30am for soup, scones and a chat. See below for details.

Food Share

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

Silver Spoon Café August closure

The Café will be closed due to staff holidays Friday, August 4th to Friday, August 11th, reopening on Monday, August 14th. Sorry for the inconvenience!

Answers: 1. Bollywood, 2. tai chi, 3. meditation, 4. yoga, 5. zumba, 6. movies, 7. ukulele, 8. french, 9. storytelling, 10. playing cards, 11. painting, 12. travel

August 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

August 1st

Saanich Centre

August 22nd

Social Groups

Victoria Centre

Soup Social New!

Enjoy a soup and scone lunch, and have a visit. Thursday, August 10th & 24th 11:30am to 12:30pm
\$4 members, \$7 non-members

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

August 1st **Musical: "Blinded by the Light"**

August 15th **Movie: "Chappaquiddick"**

Victoria Centre

August 8th **Opera: "The Mikado"**

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

Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

Recently I received a “how are you doing” Facebook messenger query from a friend with whom I am not in regular contact. At first, I didn’t question the reach-out. I answered with a vague two-liner, and wrote I’d be in touch another time. The next message had stilted vague language that my friend would not normally use, followed by ‘Have you heard of the International Development Association? As I hadn’t been in touch with my friend, I thought this strange, however, people take on new interests/endeavours and I carried on. I wrote that I would check out the organization but didn’t just then. I was not yet suspicious.

The next email brought me up short. The writer offered me a non-repayable loan targeted at people who needed financial help. That was enough; I blocked my friend and hope the emails from the non-friend will cease. I should have been wary when a week or so before this incident, my friend posted that she’d been hacked. Nary did I ponder whether her hacker would reach me. Well, the hacker did indeed reach out!

Fortunately, as a member of the VCC, I’ve attended several educational sessions and learnt to be wary of scams and privacy breaches. Be hyper-vigilant of unfamiliar messages either via Facebook or those you receive in your email inbox.

The website victoriaComputerClub.org offers lessons and one-on-one help in person or online. The interactive calendar is simple to use. Register online or phone Silver Threads Saanich front desk. For an annual fee of \$25, VCC membership gives excellent value.

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 iPad. 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 now available 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