



October 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.

Giving Thanks!

Well, if you thought that September went by fast, October is sure to be the same with the first two weeks being shorter four day-weeks! A reminder that the Centres will be closed Monday, October 2nd for National Day of Truth and Reconciliation (to learn more visit: victoriaorangeshirtday.com) and Monday, October 9th for Thanksgiving. If you are interested in a hassle-free turkey dinner, know that we will have a few frozen meals available even if you haven't order one. Call one of the Centres to make arrangements for pick up the week of October 3rd to 6th.

Many of our registered programs will begin their 2nd sessions at the end of October, and sign up is ongoing. We have been pleased with the high levels of involvement this Fall. It is great to have you all join us, one of the many things we are thankful for.

I am also thankful that last month we had our 2022-2023 Annual General Meeting and our Board of Directors is confirmed for the 2023-2024 year. We have a talented and supportive group that are an asset to the work of Silver Threads.

At the end of the month we will be holding our Flu Clinics and some appointments are available. Monday, October 31st will be at the Saanich Centre and Tuesday, November 1st will be at the Victoria Centre.

May the month of October be full of things you are grateful for, whether it's time with friends and family, enjoying the crisp weather, colourful leaves or a cup of pumpkin spice, we can all be thankful for something!

Tracy Ryan, Executive Director

*If the only
prayer you
ever say is
"Thank you,"
that will be
enough.*

Eckhart Tolle

Fall 2023 Program Guide

Our Fall Program Guide lists our Programs and Services 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 \$35 to the end of March.

Membership reduces program fees.

Facebook and e-Newsletter

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

www.silverthreads.ca

Upcoming Events

Art Therapy Class

Victoria Centre

We are pleased to welcome Anne-Marie Fortin to the Victoria Centre, she is a student from the Vancouver Art Therapy Institute and will be doing a practicum with us. Beginning Thursday, October 26th from 10:00 to 11:30am she will be leading a small group through the process of creative art expression to enhance mental health. Previous art experience is not required for this healing and safe therapeutic program. Call 250 388-4268 for more information.



Coffee and Chat with MLA Grace Lore

Victoria Centre



We are pleased to welcome MLA Grace Lore to the Victoria Centre for updates and information sharing on issues that are important to seniors and to our community. Grace Lore was elected as the MLA for Victoria-Beacon Hill in 2020. She was the former Parliamentary Secretary for Gender Equity and is now serving as Minister of State for Child Care. She has been a dedicated anti-violence advocate, university instructor and community organizer. Prior to the election, she sat on the Fernwood, North Park, and Quadra Village Neighbourhood Planning Group.

Date: Wednesday, October 11th

Time: 1:30 and 3:00pm

Please call 250 388-4268 to reserve a seat.

Flu Clinics

Book your appointment now for your annual flu shot at Silver Threads. Vaccines will be administered by Pharmacists from Rexall Pharmacy.

Clinic Guidelines: Free for seniors; Present BC Care Card; Masks strongly preferred; Do NOT attend if you are ill; No drop-ins; Call our Centres to book.

Saanich Centre

Date: Tuesday October 31st, 9:30am to 3:30pm

Victoria Centre

Date: Wednesday November 1st, 9:30am to 12:30pm

New Fall Programs

Some of our 80 weekly and 48 monthly events are new this fall! Many of the 2nd sessions of Registered Programs begin at the end of October. Sign up in advance to avoid disappointment. Here's some for your consideration:

Victoria Centre

Hatha Yoga: A Thursday evening class starting October 24th at 5:15pm. No experience needed.

Saanich Centre

Snooker: Learn techniques including grip, cueing, stance and shots as well as rules. Session starts Friday, November 3rd from 10:00am to 11:00am.

Armchair Travel: on the 2nd Tuesdays of the month, visit the Yukon on October 10th.

For details on all our Programs visit www.silverthreads.ca
Or stop by the Centres to pick up a Program Guide.

2022-2023 Annual General Meeting

On Wednesday, September 20th Silver Threads Service held the AGM at the Saanich Centre and reported on the fiscal year April 2022 to March 2023.

The business included approval of the minutes for the 2021-2022 AGM. Marjorie Moulton, Board President reported on behalf of the Board. Tracy Ryan, Executive Director reported on Operations,

Shawn Rankin, Treasurer provided the financial report. After our financial review by McLean, Lizotte, Wheadon, Professional Chartered Accountants (MLW) the organization had Operating Revenue of \$841,361. Operating Expenses of \$828,359 and completed the fiscal with a \$13,002 surplus in our Operating. Our Reserve Funds Balance are a healthy \$678,047. The Board of Directors for 2023-2024 was approved and includes:

Marjorie Moulton

Shawn Rankin

Kim Duffus

Margaret Jacobson

Gail Snider

Kerri Gibson

Twyla Johnson

Confirmation of Executive positions will occur at the October Board of Directors Meeting.
Thank you to everyone who attended.

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.

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.

Word Scramble

In the spirit of Thanksgiving, this month's word scramble is going to be on the theme of Gratitude. Practicing an attitude of gratitude has some very interesting benefits to our physical and mental well-being and health. Robert Emmons, the world's leading scientific expert on gratitude, reveals why gratitude is good for our bodies, our minds, and our relationships.

1. Gratitude makes us ripeaph.
2. Gratitude helps us deepen our nixgites lateshropinsi.
3. Gratitude improves your eleps.
4. Gratitude increases your greeny sleelv.
5. Gratitude makes you direlifern.
6. Gratitude improves your hyslaptic thaleh.
7. Gratitude increases vopruditcity.

Bridge Instructor needed

Are you a people person who enjoys bridge and can help other learn the game? We are looking for you to instruct at the Victoria Centre.

Call Erica for more information 250 388=4268.

Word Scramble Answers
1. Gratitude makes us happier.
2. Gratitude helps us deepen our existing relationships.
3. Gratitude improves your sleep.
4. Gratitude increases your energy levels.
5. Gratitude makes you friendlier.
6. Gratitude improves your physical health.
7. Gratitude increases productivity.

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.

Meals choices were not available at time of publishing. Please contact our Centres after September 11th.

Food Share

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



Thanksgiving Turkey Dinners

Pre-ordered Frozen turkey dinners can be pick-up any time between October 3rd and 6th.

Cost: \$10.00 each

October 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 **Saanich Centre**
October 3rd October 24th

Victoria Centre Soup Social

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

Every Thursday.

11:30am to 12:30pm

Call to reserve your spot.

\$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

October 3rd **Documentary: "Free Solo"**

October 17th **Movies: "Elvis"**

Victoria Centre

October 10th **Opera: "Rigoletto"**

October 23rd **Movie: "The Dig"**

Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

Tip of the month - October 2023

Are you:

- Becoming frustrated with your partner asking the same question many times a day?
- Missing your appointments or taking your medicines
- Burning food on the stove?

Try out a smart assistant speaker, that never tires of answering questions or alerting you before it is too late. Audio-only models are inexpensive smart speakers under \$100 that connect over Wifi to the internet to a secure account to process your voice requests.

The Victoria Computer Club can set up, if needed, a free Google or Amazon account for you. You will need a smart phone to complete the connection at home. Once set up, the smart speaker can play your favourite radio station, read the news to you, alert you to appointments in your calendar, set a timer for cooking, and answer your partner's repetitive questions without ever complaining. And it is nice to know that someone, if even a robot with a friendly voice, is listening to you.

We are now running classes as indicated in our calendar as well as 1-on-1 help on Friday's by registration. We require registration for in person attendance. We continue to run online Zoom hybrid classes and remote help sessions. You must be a Victoria Computer Club member to participate. Check out our website at 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

iPad Tutorial: Apps & More

Learn about new apps for your iPad, accessing books from the library, using streaming services, and utilizing video tools to connect with friends around the globe.

Dates: Wednesdays, November 22nd to December 13th

Time: 1:00pm to 3:00pm

Cost: 4/\$24 members, \$36 non-members

Upcoming Centre Closures

Our Centres will be closed:

Monday, October 2nd, 2023

In recognition of

The National Day of

Truth and Reconciliation

Monday, October 9th, 2023

in recognition of Thanksgiving

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

Association Administration

Tracy Ryan Executive Director

Sandy Firth Bookkeeper

Vicky Strandlund, Jackie Taylor

Casual and Relief Staff

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