



September 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.

## Try it Free Week kicks off Fall



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

There is something about Fall that brings back memories of return to school and routines. We hope that this time of year sparks a desire to learn, play, socialize and reconnect with the people and places that give you joy. At Silver Threads Service we are kicking off the season with **Try it Free Week**, September 5th to 8th. A few of our free classes are filled, but there is still a lot to choose from. It's a chance to try a "new to you" activity, visit the Centres and have a tour. Or if you are a regular, consider bringing a friend to visit. For a complete Fall program schedule and the Try it Free listings visit our centres or our website at [Silver Threads | Services for Seniors](https://www.silverthreads.ca/services-for-seniors).

Coming up in September is our 2022-2023 Annual General Meeting. It will be held on Wednesday, September 20th from 3:00 to 4:00pm at the Saanich Centre and is a good opportunity to learn more about the organization. This year we will recognize new Life Time Members and enjoy a keynote presentation. Please reserve your seat by calling one of the Centres.

Also this month we will be taking orders for frozen, takeaway Thanksgiving Turkey Meals. Sign up now and pick up the week of October 3rd. Meals are prepared by Souper Meals, an Island Health Program. And while you are booking your dinner, you can book your Flu Shot. Pharmacists from Rexall Pharmacy will be on site October 31st at Saanich and November 1st at Victoria for our Annual Clinic. It is a quick and easy service that we are grateful to be able to offer. In addition to the AGM, Thanksgiving and Flu Shots this month is full with 80 weekly programs and 48 different monthly events. We look forward to seeing you!

Tracy Ryan, Executive Director

*"Life starts all over again when it gets crisp in the air."*

*F. Scott Fitzgerald*

### 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](https://www.silverthreads.ca/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](https://www.facebook.com/silverthreads)

[www.silverthreads.ca](https://www.silverthreads.ca)

## August Highlights

### Summer Outing

The August Outing was to Ocean Garden for lunch followed by a guided tour of the Chinese Canadian Museum in Fan Tan Alley by the knowledgeable Charlayne Thornton-Joe. It was a great time and we will visit again for sure.



### Chinese Women's Friendship Association

Last month the women of the Friendship Association were hosted by one of our members for a Tea Party at their home in her beautiful garden. Over baked goods and conversation they shared their culture and built friendships and connections.

This program, under the leadership of Li Paper, assists Chinese women with integrating into mainstream Canadian society. The programs and activities are based on members interests and presently include English,

singing, dancing, information sharing, festival celebrations, and monthly outings. If you are interested in joining contact the Victoria Centre at 250 388-4268.



### August of Art

It was a month of exploring with different artists giving guidance on four different art projects. Thank you to the Maritime Museum for teaching Sea Lanterns and sea glass jewelry making, Sonia Wang for hand painted Chinese Brush Painted Fans, and Adele for Painted Rocks. The projects were amazing!



## New Fall Programs

Some of our 80 weekly and 48 monthly events are new this fall! Here's some for your consideration:

### Victoria Centre

**Bollywood Dance:** A Thursday evening class starting September 11th at 5:15pm. No experience needed.

**Soup Social:** piloted this summer, on Thursdays from 11:30am to 12:30pm. Soup, bun and beverage for \$4.

**Chess:** collecting names of interested players for Fridays at 11:00am.

### Saanich Centre

**Pickleball:** due to popular demand, a 4th day has been added for this Fall on Tuesday afternoons.

**Armchair Travel:** on the 2nd Tuesdays of the month, visit Mongolia on September 12th with Anne Nelson.

**Brain Games:** New to the Saanich Centre, join Lisa for a social and interactive Wednesday afternoon.

For details on all our Programs visit [www.silverthreads.ca](http://www.silverthreads.ca)



## Silver Threads Service Annual General Meeting Wednesday, September 20th 3:00 to 4:00pm

Saanich Centre 286 Hampton Road  
Join us for our 2022-2023 AGM

Keynote Speaker,  
Light Refreshments served

Please register your attendance  
by Monday, September 18th  
By email to [inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)  
Or by contacting our Reception Desks

## 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 led 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

Call 250 382-3151 or visit [www.silverthreadsservice](http://www.silverthreadsservice) for more information.

### **Word Scramble**

We encourage you to exercise your brain by solving a word scramble all about Fall!

- |             |            |
|-------------|------------|
| 1. vaesel   | 2. gerano  |
| 3. kraign   | 4. ravesco |
| 5. tarewess | 6. lolewy  |
| 7. tsere    | 8. nutmua  |
| 9. sanoes   | 10. nair   |

**Word Scramble Answers**  
 1. Leaves 2. orange 3. raking 4. scarves 5. sweaters  
 6. yellow 7. trees 8. autumn 9. season 10. rain

## 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

## 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**

Order your frozen turkey dinners today.

Pick-up any time between  
October 3rd and 6th.

**Cost: \$10.00 each**

## September 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**

September 5th

#### **Saanich Centre**

September 26th

#### **Victoria Centre**

### **Soup Social New!**

Enjoy a soup and scone lunch, and have a visit. Every Thursday beginning September 14th.

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**

September 5th **Documentary: "20 Feet from Stardom"**

September 19th **Movies: "Top Gun: Maverick"**

#### **Victoria Centre**

September 12th **Opera: "The Magic Flute"**

September 26th **Movie: "A Man called Otto"**

## Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

### Tip of the month - September 2023

It's 9 months into the year. Have you been doing your monthly backups on a regular basis on your PC/Laptop or is it a task you keep putting off? If the hard drive fails, you may be out of luck.

Have you reviewed your cloud storage to delete outdated photos, blurry photos, multiple videos that use up your "free" or "paid" storage? Do you get warnings that it's time to **PAY** for more storage as you are full? This means either delete pictures off your device or cloud.

Otherwise at some point you will stop receiving emails or backing up pictures to the cloud. The cost per month is minimal for Google or Apple. Investigate and decide.

Make sure you are doing your software updates on all devices: Play Store app updates for Android, App Store updates for Apple products and Microsoft updates.

It is a great month for back to school device sales if you are thinking about upgrading your old equipment. For those still using Windows 10 - Windows 11 is already 3 years old. The expiry date on Windows 10 is October 14, 2025 - by that time the Operating System Windows 11 will be 5 years old.

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](http://VictoriaComputerClub.org) or email us at

[VictoriaComputerClub@gmail.com](mailto: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 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

### Association Administration

**Tracy Ryan** Executive Director

**Sandy Firth** Bookkeeper

**Shelley Brown, 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](mailto: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*