



November 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.

## Building our Silver Threads community

This month, we commemorate and honour the courage and service of all the men and women who have served in the past, those who are still serving, and those who made the ultimate sacrifice for our freedom. We salute all who have given so much for this country. Our Centres will be closed on November 13th as we observe this solemn day of remembrance.

Our Annual Fundraising Campaign has been launched. We appeal to our community for a contribution to our charitable organization. Despite the difficulties of the past few years, the kindness of our supporters has been vital in maintaining core programs and services and keeping our fees affordable. Membership and Program fees contribute approximately 25% of our annual operating costs, the remaining are covered by donations and other funding. A critical issue we are committed to is Food Security, and we have built programs to address the issue to subsidize our food costs and offer free food to those who need it. It is with the generosity of our funders that we are able to make progress. If you are in a position to make a positive difference in the lives of your peers please consider making a donation to the Silver Threads community. If you need support, we are always here to help. Our goal is to provide a place for older adults to connect, stay active, feel supported and remain independent. Donations can be made at our centres, or online, using the secure Canada Helps page [Support Us | Silver Threads](#)

Donations of \$20 or more will be issued a tax receipt to be included in your 2023 Tax Return.

Together we can continue to build our Silver Threads community. Thank you for your support.

Tracy Ryan, Executive Director



*"Helping others is the way we help ourselves." Oprah Winfrey*

### Program Guides

Our Fall Program Guide lists our Programs and Services from September to December. Our Winter 2024 Program Guide will be available December 1st.

Guides are 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](#)

Sign up to receive our newsletter by email: [inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)

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

## Food Share Information Saanich and Victoria Centres

Silver Threads Service is actively addressing the issue of Food Security, which has become particularly critical during the COVID pandemic. We offer various food programs such as the Silver Spoons Café, Frozen Meals, Soup Social, and the Thursday Food Share.

Our initiatives receive financial support from reputable organizations such as:

United Way Greater Victoria  
Island Health

Community Gaming Grant  
With in-kind contributions from:

Food Share Network  
COBS Breads.

This support allows us to maintain affordable prices and, in the case of the Food Share program, provide the service at no cost.

### Who can benefit from our Food Share program?

The Thursday Food Share Program offers a weekly selection of produce, bread, dry goods, and hygiene products to those who require assistance. We do not screen or inquire about financial status, but rather ask individuals to assess their own need for this support.

### How do you determine if you need the program?

A few simple questions:

Do you have the financial means to live comfortably each month or do you have to make decisions about which bills get paid?

Do you have money left at the end of the month or are you facing debt?

Do you own your own home or do you live in rental or subsidized housing?

Our primary goal is to serve as many individuals in need as possible, as we believe that even a small bag of groceries can have a significant impact for many folks.

Your understanding is appreciated!



## Art in the Dark



The Art for Anyone Program, led by Lucille Proulx did some experiential learning in class to understand the creating of art with a vision loss. Working blindfolded, and using paper with different tactile texture for each colour the group created some lovely pieces and increased their awareness in the process.

## Soup Social

Thursdays at the Victoria Centre the Soup is on! Join us for soup, buns, coffee, tea and some great conversation with Peggy our Leader, Waitress and Social Convener.

Soup is prepared by Island Health Souper Meals and have had rave reviews! Call the

Victoria Centre 250 388-4268 to reserve your spot. Cost



### Silver Threads Service

### Holiday Showcase

### Saanich Centre

Join us for a joyful afternoon of performances featuring the talent of Silver Threads!

**Wednesday, December 6th**

1:30 to 3:00pm \$5 members \$8 non-members

Call to reserve your spot

## 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 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](http://www.silverthreadsservice) for more information. For Remembrance Day let's take the time to honour those who sacrificed for our freedom and wish for an end to all wars.

- |             |              |
|-------------|--------------|
| 1. aorlmime | 2. rearyyb   |
| 3. myra     | 4. facericis |
| 5. reeembrm | 6. ossdilre  |
| 7. oyppp    | 8. ceepa     |
| 9. ceyalg   | 10. remenovb |

## Thank you!

Thank you to MLA Grace Lore for the visit to the Victoria Centre in October. Members, volunteers, staff and Board enjoyed the discussion and the updates. Provincial Information on everything from Housing, Healthcare, Old Growth Forests, Homelessness and more was covered in the 90 minutes. We learned and shared a lot!

Also thank you to Rexall Pharmacy for the COVID and Flu Clinics at our Centres. It is great to be able to provide both in one go!

Thank you to the Knitters for continuing to knit dish clothes for Soap for Hope! It is appreciated by all of us.

## 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.

1. memorial 2. bravery 3. army 4. sacrifice 5. remember  
6. soldiers 7. poppy 8. peace 9. legacy 10. november

## Word Scramble Answers

## 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, Bbq Chicken legs, Mac and cheese with chicken, broccoli and bacon, Beef Lasagna, Liver and Onions, Ginger beef, Pasta and meat sauce, Teriyaki pork, Spanakopita, Pesto cod

**Note:** The Silver Spoons Café will be closed November 3rd to 10th due to staff holidays.

## Food Share

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

## Christmas Turkey Dinners

Orders are now being taken for Frozen Turkey Dinners. Reserve yours today!

## November 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**  
November 7th            November 28th

### 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

November 7th **Documentary: "RBG"**  
November 7th **Movies: "Mrs. Harris goes to Paris"**

#### Victoria Centre

November 14th **Opera: "Tosca"**  
November 28th **Movie: "The Miracle Club"**

## Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

### Tip of the month - November 2023

October was Cyber Security month. It's not too late to ensure that:

- Your devices are up to date
  - Your virus/malware programs are working as they should
  - You have an inventory of your digital equipment
  - You have cleaned the screens and keyboards
  - You have changed and secured your passwords, and
- Make sure you are not falling for all the scams and fake emails

If you go to the Government of Canada's Get Cyber Safe, you will find many helpful tips.

[Get Cyber Safe](https://www.getcybersafe.gc.ca/en) - <https://www.getcybersafe.gc.ca/en>

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

### 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, November 13th, 2023**

In recognition of  
Remembrance Day  
**Lest we forget**

## 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](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*