



December 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.

Happy Holidays to All



As we approach the December holiday season, we sincerely hope that you find joy in the various festivities and traditions that this time brings. Whether it be the beautiful lights and decorations, attending Christmas concerts, exploring craft fairs, or indulging in delicious food with loved ones, our wish for you is that this season is filled with peace and happiness. May your spirits be uplifted as you reflect on fond memories. In the coming month, we invite you to peruse our Winter Program Guide with the possibility of joining (or rejoining) us in January 2024. The Guide is now available at our Centres and on our website at www.silverthreads.ca

New programs available during the Winter Session include Western-style Mah Jong and Colour Theory Painting. These programs will be held at the Saanich Centre. Additionally, we are excited to announce our partnerships with Island Deaf and Hard of Hearing, Vancouver Island Performers Guild, and the Community Response Network. These collaborations will result in enhanced support for individuals with hearing impairments, entertaining performances such as Opera, and enlightening presentations. More information is included in this newsletter.

Our Holiday Showcase on Wednesday, December 6th will feature the Silver Threads Singers, the Clarinet Choir, Readers Theatre and Improv. It will be an entertaining afternoon to spark your holiday spirit so book soon!

A heartfelt thank you to all of you who have made a charitable gift to Silver Threads this year. Your gift is greatly appreciated and every donation counts. Donations can be made at our centres, or online, or by 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. Happy Holidays!

Tracy Ryan, Executive Director

"May the Spirit of the Holidays be with you throughout the New Year.."

Program Guides

Our Winter Program Guide lists our Programs and Services from January to March 2024. 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. Membership is now \$35 to the end of March.

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

www.silverthreads.ca

Partnership Programs with Island Deaf and Hard of Hearing



Beginning in January 2024 Silver Threads Service will be partnering with the Island Deaf and Hard of Hearing Centre to offer programs and support to those with hearing loss.

“Let’s Talk” Speechreading Victoria Centre Join the team from Island Deaf and Hard of Hearing Center (IDHHC) as we co-present “Let’s Talk”.

- Are you struggling to understand people – even while wearing hearing aids?
- Instructors have many useful strategies, with lots of useful tips for better communication.
- Let’s Talk is a small group speechreading (aka lipreading) and communication strategies course.
- It is a program that can help individuals with hearing loss and their families to communicate better.

Captioning is provided for every class.

Date: Thursdays, January 25th to March 28th

Times: 9:30am to 11:30am

Cost: \$125 members, \$160 non-members

“Tech and Tips with Kelsey” Victoria Centre

Do you need help or have questions about any of the following:

Or maybe how they can work with your hearing aids?

- hearing aid apps
- mobile phone
- iPad or tablet
- laptops
- Cochlear Implant (CI) tech support
- Bluetooth devices
- voice to text apps
- any other technological device

In partnership with Island Deaf and Hard of Hearing Center (IDHHC) we invite you to meet Kelsey. She is hard of hearing, a cochlear implant user, knows sign language and is the best tech guru! Kelsey will assist with any of the above by explaining the complicated tech world in simple language, with processes that are easy to follow and understand in a one on one 60-minute session. Call 250 388-4268 for more information and to book an appointment.

Date: Tuesdays, January 9th, 23rd, February 13th, 27th, March 12th, 26th

Times: Appointments starting at 1:00pm

Cost: \$15.

Winter Program Guide January to March 2024

Start the New Year off right with Silver Threads. Our Winter Program Guide is now available in the Centres and online and registration is now underway. Some of our new programs include Hula Dance, Colour Theory Painting and more Yoga classes.

We also are offering new partnership programs with the Vancouver Island Performers Guild, Community Response Network and Island Deaf and Hard of Hearing.

With our two locations, 80 weekly programs and 45 events and presentations, we hope you will find a reason to join us!



Winter 2024

PROGRAM GUIDE

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.



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Winter Partnership Programs

Aging, Memory and Your Brain Saanich Centre

Join Jordana Wynn, Assistant Professor in the Department of Psychology at UVic as she discusses changes in attention and memory associated with healthy aging. Wednesday January 24th 1:00pm to 2:00pm

Vancouver Island Performers Guild Victoria Centre

Join members of this talented group for an entertaining session of opera and drama and stay for discussion and coffee. Tuesday Afternoons January 23rd and March 26th 1:00pm to 2:00pm

Community Response Network Victoria Centre

Join us for a monthly presentation on a variety of topics from the Community Response Network!

Tuesdays from 11:30am to 12:30pm

January 16th: **Spotlight on Ageism**

February 20th: **Be Fraud Aware**

March 19th: **Advanced Care Planning**

Cost: \$2 members \$5 non-members

Brain Power Challenge Holiday Word Scramble

Brain Games is a Silver Threads Service program for those 55+ who would like to enhance their memory skills in an active and social group setting. Our next session will begin Wednesday, February 21st, 2024.

Classes are at the Saanich Centre, located at 286 Hampton Road from 1:00pm to 3:00pm. The cost for 6 sessions is \$24 Members or \$42 non-members. Call 250 382-3151 or visit www.silverthreads.ca for more information.

We encourage you to exercise your brain by solving an all about the Holidays Word Scramble.

- | | |
|----------------|--------------|
| 1. dilayoh | 6. yiflma |
| 2. tsighl | 7. nendir |
| 3. tormnane | 8. nestsrep |
| 4. amnnows | 9. igvign |
| 5. gatogboggni | 10. gkostinc |



Silver Threads Service

Holiday Showcase

Saanich Centre

Join us for a joyful afternoon of performances featuring the Silver Threads Singers, Clarinet Choir, Readers Theatre and Improv.

Wednesday, December 6th

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

Call to reserve your spot

Word Scramble Answers
1. Holiday 2. Lights 3. Ornament 4. Snowman 5. Tobogganing
6. Family 7. Dinner 8. Presents 9. Giving 10. Stocking

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.

Teriyaki Chicken legs, Mac/Cheese with Chicken, Bacon and Broccoli, Chili, Beef Burrito, Teriyaki Pork, Mediterranean Cod, Spanakopita and Vegetarian Chili.

Food Share

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

The last dates for Food Share in December will be:

Thursday, December 14th Victoria Centre

Thursday, December 21st Saanich Centre

Both Centres will provide Food Share again on Thursday, January 4th, 2024.

Christmas Turkey Dinners

Preordered Meals can be picked up the week of December 18th.

December 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

December 5th

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

December 5th **Documentary: "Street Gang: How we got to Sesame Street"**

December 19th **Movie: "Downton Abbey: A New Era"**

Victoria Centre

December 12th **Opera: "Nabucco"**

Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

Tip of the month - December 2023

As we continue to adapt to the new normal, we have become very reliant on our electronics whether it is a cell phone, computer, laptop, tablet, TV, and assistants like Google Home, Apple Siri and Amazon Alexa devices. You still must be diligent in making sure you have updates and are aware of scams that are still prevalent. If you are doing shopping online here are some tips to stay safe:

- Ensure https:// is at the beginning of the website - this ensures the connection to the site is secure
- Look for a padlock that is locked ensuring another secure measure
- Use a credit card that isn't your only credit card in case you get compromised
- Review your credit card account online to ensure charges aren't made that you are unaware of
- Don't give your credit card number out over the phone unless you initiated the call
- Don't save your credit card information on the website for future use
- Use strong/complex passwords in a password manager and change them regularly

We run classes on Monday mornings as indicated in our calendar and I-on-I help on Friday's. We continue to provide access via Zoom and remote help sessions. You must be a Victoria Computer Club member to participate and must register for in-person attendance. 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 Program

Learn the basics, then 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, February 21st to March 27th

Time: 1:00pm to 3:00pm

Our Centres will be closed for the
Holiday Season:

**Beginning at 1:00pm on Friday,
December 22nd and reopening
Tuesday, January 2nd at 9:00am,
2024.**

**Note: The Victoria Centre will be
closed the week of December 18th
to 22nd for Floor Repairs.**

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

Vicky Strandlund, Jackie Taylor,

Sue MacGregor Casual 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