

February 2024



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.

The Year of the Dragon



This month we celebrate Chinese New Year and the Year of the Dragon. According to the Chinese zodiac, each year is associated with an animal sign and this year it is the Wood Dragon. 2024 is said to be a year of **opportunities for growth, social impact, professional success, and potential**. Just what we are hoping for at Silver Threads!

We strive to find **opportunities for growth** with a multitude of programs to entertain and educate those who come to our Centres. See further in the newsletter for this month's movies, documentaries, Operas and special presentations on how to be Fraud Aware, and Travel to Denmark with our Armchair Travel Series.

As for **social impact**, a brief update on the outcomes we had in 2023 on addressing Food Security with the help from the Food Share Network. The FSN provides the produce donated by local grocery stores that we distribute at our weekly food programs. This past year, their contribution provided a remarkable 6,264 pounds of produce with a value of \$22,049 that was part of the food distributed by our centres. Thank you to the FSN, we very much appreciate the support.

When we think about **professional success**, we will be celebrating Ro Fife for exactly that, after 8 years with us she has decided to take early retirement as of February 9th. We thank her for her exemplary customer service, her hard work and dedication over the years. An opportunity to drop in and say Good-bye will be held on Thursday, February 8th. More information is following.

Which leaves us with **potential**. We are pleased to announce new team members joining us this month. Jessica Yeske will be assuming the position of Centre Administrator. Louise Thauvette will be in the role of Program Coordinator. Both will be working at the Saanich Centre. We are pleased to welcome them to the organization. May the year of the Dragon bring you strength, courage and good fortune and hope that this will resonate throughout the world.

Tracy Ryan, Executive Director

"Gong Xi Fa Cai," is a traditional Chinese New Year greeting that means, "Wishing you prosperity and wealth."

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 is \$25 January to March. It is valid at both the Saanich and Victoria Centres.

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 is 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, February 1st to April 4th

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, February 13th, 27th, March 12th, 26th

Times: Appointments starting at 1:00pm

Cost: \$15.

“The ear is the only true writer and the only true reader.”

Robert Frost

Staff Announcement Farewell to Ro Fife

After 8 years of dedicated service to Silver Threads, Ro Fife has decided to take early retirement beginning February 9th.

While we are pleased for her as she enters a new chapter of life, we are sad for her leaving and she will be missed by staff, volunteers and our members.



Ro has been the face of the Saanich Centre, and has consistently demonstrated exemplary customer service skills, going above and beyond her duties. She possessed the exceptional ability to promptly remember members by name, building connections and supporting all those she came in contact with. Her dedication and hard work have been invaluable to our organization's success. We would like to extend our gratitude for her remarkable contributions. Please drop in and say Good-bye to Ro on Thursday, February 8th between 1:30pm to 3:00pm at the Saanich Centre to wish her all the best and express our sincere appreciation.

Food Share for 2023

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. In addition the support we receive from the Food Share Network that provides products and produce is critical to our service.

In 2023 the Food Share Network provided approximately 6,264 pounds of food to our centres. According to Food Banks Canada the valuation of this amount of food is \$22,049.28.

We appreciate the work the Food Share Network does in the community and its support of Silver Threads Service.

Brain Power Challenge Resolution 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 a program that can support you in this health practice. Registration is open for the Winter Brain Games Program. This program is for those 55+ who would like to enhance their memory skills in an active and social group setting.

Brain Games Saanich Centre

Dates: Wednesdays, February 21st to March 27th

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 for more information.

The Word scramble this month is all about the human body.

- | | |
|-------------|----------|
| 1. dhseloru | 6. escht |
| 2. ambdoen | 7. enke |
| 3. ignrfes | 8. enkal |
| 4. lobwe | 9. tiswr |
| 5. cakb | 10. aehd |

February Partnership Presentations

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

February 20th: **Be Fraud Aware**

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

Please call the Victoria centre to reserve your space at 250 388-4268.

Armchair Travel Saanich Centre

Explore the World in comfort! This month take a trip to Denmark on Tuesday, February 13th from 1:00 to 2:00pm

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

Please call the Saanich Centre to reserve your space at 250 382-3151.

Word Scramble Answers

1. shoulder 2. abdomen 3. Fingers 4. Elbow 5. Back
6. Chest 7. Knee 8. Ankle 9. Wrist 10. head

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, Roast chicken dinner, Chicken taco wrap, Sheppard's pie, Roast beef with Yorkshire, Beef burrito, Teriyaki pork, Bangers, Shrimp curry, Garlic shrimp, Spanakopita, Veggie chili

Food Share

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

February 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

February 6th

Saanich Centre

February 27th

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, Documentaries and Operas

Join us for an entertaining afternoon with friends.

Tuesdays from 1:00pm to 3:00pm

\$2 members \$5 non-members

Saanich Centre

February 6th **Documentary:**
"Three Identical Strangers"

February 20th **Movie:** "The Duke"

Victoria Centre

12:00 to 3:00pm February 6th **Opera:**
"Il Trovatore"

Monday, February 12th **Movie:** "Are you there God? It's Me, Margaret"

Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

February: Fraud and scams

In the world of fraud prevention and investigation, the two most used phrases are "buyer beware" and "you don't get something for nothing". Remember those phrases and repeat them to yourself whenever you receive any solicitation, particularly when it is by telephone. Don't send any amount of money to someone you have never met until you actually receive what you have been promised. Also keep in mind when an offer is too good to be true, it probably is.

If you believe you have fallen victim to a scam, call and report the incident to your local police.

As a consumer, you must recognize both the risk and responsibility involved with each transaction you make. Whether you are dealing with a door-to-door salesperson, telephone solicitor, through the mail or online activities, you are taking a risk.

It is your responsibility to be alert, to be familiar with common frauds and scams, and to be well informed on tips that may prevent you from becoming a victim of fraud.

Above content credit to: RCMP Seniors Guidebook to Safety and Security

A good way to learn more on safety is to connect with the VCC. We run classes on Monday mornings as indicated in our calendar and 1-on-1 help on Fridays. 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

Income Tax Preparation

In March and April, Income Taxes for 2023 can be filed at both centres through the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP).

Eligibility for Seniors 55+ includes having a moderate income (up to \$35,000 for a single person or \$45,000 for a couple) and a simple tax situation.

Appointments will be in person and volunteers will be e-filing all returns. The service is free of charge, and you can book an appointment after February 20th once you have all your relevant tax forms.

Due to limited availability, appointments at the Victoria Centre will be for members only.

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268

"Taxation is the price which civilized communities pay for the opportunity of remaining civilized."



Our Centres will be closed on **Monday, February 19th** in recognition of Family Day.

Both Centres will re-open for regular programming on Tuesday, February 20th.

Silver Threads Service Staff

Saanich Centre Staff

Anne Nelson Centre Director

Ro Fife, Jessica Yeske Centre Administrators

Lisa van Bommel, Louise Thauvette

Program Coordinators

Donene Eve Food Services Coordinator

Victoria Centre Staff

Erica Loenen Program Manager

Debbie Erb Centre Administrator

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