# 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 New Year!

As we welcome 2024, we want to express our sincerest wishes for a prosperous and fulfilling New Year. May the year bring you abundant happiness and good health.   We are excited and eager to have you return to the Centres, and we also extend a warm invitation to those who have not yet experienced Silver Threads to come and join our community. Silver Threads is entering our 68th year of service, having been incorporated in 1956.  This is a good time to provide some background information about our organization.  In BC, not-for-profits/non-profit organizations are known as societies.   This means we are required to comply with the BC Societies Act and have a Constitution and Bylaws.  Societies (and Charities) use their funding to deliver on their cause.

We are also a registered Charity.  In Canada, the Canadian Revenue Agency (CRA) approves charitable organizations and once approved, the organization must report annually on its finances and activities to maintain charitable status.  CRA issues charitable registration numbers that allows the charity to accept donations and issue tax receipts.  In 2023 we have issued so many tax receipts to our very generous donors, and we are grateful for your support.  Our donations from individuals during our Direct Mail Campaign has raised $17,000.  Thank you to all, your gifts are appreciated.

Our fiscal year is April 1st to March 31st and aligns with the timing of our Annual Membership.  Being a charity means that we have a diversified revenue base.  In our last fiscal 23% of our revenue came from membership and program fees.  The remaining 77% was raised through Municipal Grants, Island Health, Gaming and Foundations as well as individual donations.  By having diverse revenue streams, it allows those we are serving to have low-cost programs and services.  Happily, our membership and program dues will not be increasing in 2024 as our revenue remains healthy.

Our Winter Program Guide is now available and there is sure to be something of interest!  We hope to see you soon.

Tracy Ryan, Executive Director

*"Every year you make a resolution to change yourself. This year, make a resolution to be yourself."*

### 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

## Partnership Programs with Island Deaf and Hard of Hearing

Island
Deaf +
Hard of
Hearing
Centre

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.

*"The ear is the only true writer and the only true reader."*
*Robert Frost*

## December Highlights

### Holiday Showcase

On Wednesday, December 6th we held our Holiday Showcase featuring the talents of our members. We enjoyed carols by the Silver Threads Singers and music by the Jubilee Clarinet Choir. The Readers Theatre presented "Cinderella after 60." Brett, our Instructor of the Rediscover Play Through Improv program led us in some interactive hilariousness and to close we all joined in for a sing-a-long!





### Victoria Computer Club Christmas Lunch

VCC hosted a Turkey Dinner Lunch at the Saanich Centre for 24. It was a great meal and good company!



### Soap for Hope

A big thank you to our Crafters for knitting cotton face cloths for Soap for Hope. Who used them in the 700 Christmas Gift packs that were distributed to seniors in the community. A great partnership!

## 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 will be open December 1st 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 Resolutions. The ones we make, the ones we keep, and the ones that we forget about after the first week.

1. soel hegitw
2. slofs liyad
3. lwak rmeo
4. vesa noeym
5. edar okobs

6. peles etretb
7. od ulzezps
8. wne sobhbie
9. tea lhateyh
10. seea sestrs

## January Partnership Presentations

**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. Tuesday Afternoons January 23rd 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**

**All presentations are:** $2 members $5 non-members

## 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.**

BBQ Chicken Legs, Roast Chicken dinner, Chicken Curry, Shepherd's Pie, Meatloaf, Liver and Onions, Bangers and Mash, Lemon Dill Rockfish.

## Food Share
Both Centres offer a pick up of bread, produce and other products on Thursdays starting at 11:00am. Both Centres will provide Food Share again on Thursday, January 4th, 2024.

## January 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**
January 2nd
**Saanich Centre**
January 23rd

### 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

January 2nd **Documentary: "The March of the Penguins"**
January 16th **Movie: "Jerry & Marge Go Large"**

#### Victoria Centre

12:00 to 3:00pm January 2nd **Opera: "Carmen"**
Monday, January 15th **Movie: "A Million Miles Away"**

## Victoria Computer Club Saanich Centre
The friendly helpful society of computer users

*riding the technology wave*   since 1983

### Tip of the month - January 2024

It's a new year… time to learn some new skills, whether it's on a computer, laptop, chromebook, tablet, smart phone, or even an air fryer, instant pot or crockpot.  I'm sure many of you were looking at or given new gear at Christmas.  Time to learn new skills, many of which can be learned by searching on the internet.  To learn how to do one new thing on a computer, cooking utensil or new appliance help can be found on YouTube with many informative videos.

Everyone must be careful searching on a search engine.  Make sure you get the correct wording and the topic you are looking for.  Clicking on Advertiser sponsored links is not recommended. If it's a link or website that you don't understand, move on to the next.  Many people learn a lot of skills by watching YouTube videos.  If you are not sure what to do, we can show you at the Victoria Computer club at a 1-on-1 session.

Try something new!

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 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


BC Family Day

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**  Centre Administrator
**Lisa van Bommel**  Program Coordinator
**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*