



March 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.

## Sign up for Membership Online

It is March and we have much to be excited about! This month we are launching online registration for our Annual Membership. For those of you who use technology and are comfortable you can renew and sign up for another year of great programs and services in the comfort of your own home!

Know that this is just one more way to register and sign up and we will continue to accept in person and by phone registration. This will not change!

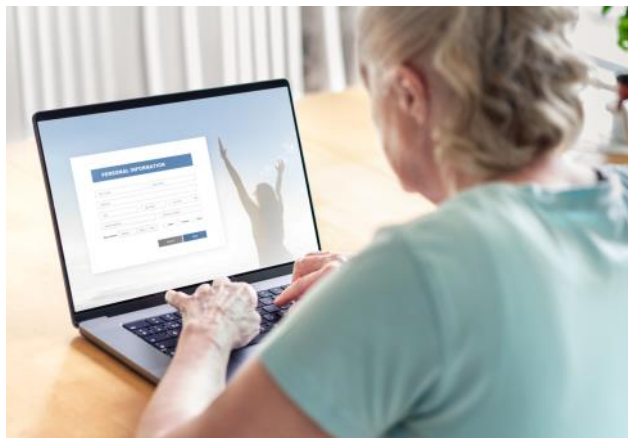
Another thing that will not change is our annual membership fees! We will remain at \$55 again this year. I wish we could say that about all our other household expenses.

Our Annual Membership starts April 1<sup>st</sup>, 2024 and is valid to March 31<sup>st</sup>, 2025. And you can get ahead of the game by signing up this month.

Our Spring Program Guide is now available and showcases our programs and services for April through to June. We are featuring 72 different weekly programs, 35 monthly events and presentations along with other support services, there is sure to be something to spark your interest. What's new and exciting this session? New at the Saanich Centre is Essentrics and Dynamic Discussions. While exciting additions at the Victoria Centre includes Qigong: Stepping Up and Celebrating Aging Through Art. Read all about these programs further in this newsletter. Also new and exciting, are great additions to our staff - Jessica and Louise! You can read more about their skills and their roles in this newsletter.

If you need support in signing up online please connect with any of our staff and we can walk you through it. We will be introducing online sign up as well for Registered Programs later in the year and will host some training for those who are interested. Enjoy the kick off to Spring!

Tracy Ryan, Executive Director



**Annual Membership starts  
April 1st, 2024 to March 31st, 2025  
You can now sign up for  
membership online!**

**Visit our website: [www.silverthreads.ca](http://www.silverthreads.ca)**

### Program Guides

Our Spring Program Guide lists our Programs and Services from April to June 2024. Guides are available for pick up at our Centres or online at [Silver Threads | Services for Seniors](#)

### Annual Membership

Membership is \$55 April 2024 to March 2025. 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](mailto:inquiries@silverthreads.ca)

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

## Spring 2024 Programs New and Exciting!

### **Essentrics** Saanich Centre

A full body fitness workout done from a standing position and occasionally floor based. The focus is on opening up connective tissue through flowing movements.

**Date:** Thursdays, April 11th to May 16th  
May 23rd to June 27th

**Time:** 2:00pm to 3:00pm

**Cost:** 6/\$66 member, \$90 non-members

**Leader:** Junko Hammond (Level 4 Essentrics instructor)



### **Dynamic Discussions** Saanich Centre

An educational, interactive, and social group led by an experienced facilitator. In this open-minded and welcoming environment, we will share and learn together as we discuss a wide variety of topics such as world events, travel, societal changes, creativity, healthy living, and wisdom.

**Date:** Every Friday

**Time:** 1:30pm to 2:30pm

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

**Leader:** Louise Thauvette

### **Qigong: Stepping Up** Victoria Centre

For returning participants who are looking to deepen their understanding. This walking Qigong class involves preparation, coordination, and rhythm, and can be practiced to strengthen the body, enhance resistance, and promote wellness.

**Dates:** Tuesdays, April 9th to May 14th  
May 21st to June 25th

**Time:** 11:15am to 12:15pm

**Cost:** 6/\$54 members, \$78 non-members

**Leader:** Frances Weick



### **Celebrating Aging Through Art** Victoria Centre

Expand your creativity with a variety of materials to stimulate your creative process. There are no rules. Sponsored by the BC Community Response Network and the Canadian International Institute of Art Therapy.

**Dates:** Tuesday, May 21st

**Time:** 1:00pm to 3:00pm

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

**Leader:** Community Response Network Staff

**The Spring 2024 Program Guide is available  
at our Centres and on our website:**

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

## Welcome new Staff

We are pleased to welcome Jessica and Louise to the team, and appreciate the enthusiasm and positivity they bring to the organization!

### **Jessica Yeske, Centre Administrator Saanich Centre**

Jessica has prior experience in senior recreation programs, having worked at retirement communities in Victoria. Her joy lies in building connections and cultivating a warm, inviting atmosphere.

Jessica is passionate about promoting socialization, exercise and recreation for older adults, firmly believing in the profound impact these activities have on enhancing overall quality of life.

Outside of her professional endeavors, Jessica enjoys traveling, baking, and going on hikes with her Mini Australian Shepherd, Ollie.

Jessica will be managing the Front Desk at the Saanich Centre and supporting Centre Operations.



### **Louise Thauvette, Program Coordinator Saanich Centre**

Louise is a social worker who has worked in social services, primarily in the areas of violence against women and supporting international students with housing. She brings with her extensive experience in program administration, group facilitation, and inter-personal skills. Louise places great value on remaining active and challenging ourselves as we age. She is involved in a myriad of activities including paddling outrigger canoes, singing in a francophone choir, growing her own food, yoga and meditation. She is always looking for new opportunities to learn and enrich her life.

She looks forward to connecting with members; learning, growing and laughing together.

Louise will be working with Lisa to transition the Memory PLUS and Brain Games programs over the next month.

## Brain Power Challenge

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. Our Spring Programs start in April and include Memory PLUS, Brain Games and Dynamic Discussions. These programs are for those 55+ who would like to enhance their memory skills in an active and social group setting. Call 250 382-3151 or visit

[www.silverthreads.ca](http://www.silverthreads.ca) for more information.

The Challenge this month is to create words from the word

### FITNESS

#### 4 letter words

\_ \_ n \_

f \_ \_ \_

\_ i \_ \_

\_ \_ s \_

\_ \_ t \_

s \_ \_ \_

#### 5 letter words

\_ t \_ \_ \_

s \_ \_ \_ \_

\_ \_ \_ e \_

\_ \_ f \_ \_

i \_ \_ \_ \_

f \_ \_ \_ \_

**Give yourself bonus points for any 6 letter words!**

## March 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

March 19th **Advance Care Planning**

**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 Kenya and Uganda on Tuesday, March 12th 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.

5 letter words: stein snits nites sifts inset feint

4 letter words: fine fist site nest fits sent

**Brain Power Challenge 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.**

BBQ Chicken Wings, Roast Chicken, Lasagna, Liver and Onions

Shepherd's pie, Bratwurst Sausage, Shrimp Curry, Veggie Chili.

### Food Share

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

## March 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

March 5th

#### Saanich Centre

March 26th

### 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

March 5th **Documentary:**

**"Grizzly Man"**

March 19th **Movie: "A Man called Otto"**

#### Victoria Centre

12:00 to 3:00pm March 5th **Opera:**

**"The Barber of Seville"**

Monday, March 18th **Movie: "Elvis"**

## Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

*riding the technology wave*

since 1983

### Learn about Copilot - an Artificial Intelligence application

Microsoft has rolled out updates to Edge, their website browser, so that it now includes Copilot, their artificial intelligence application. Unlike a search engine, Copilot creates a single response to your request. It uses a very large data store of information collected from the web to respond with the most likely answer. You can shorten the answer, with phrases such as "be brief" or make it understandable to seniors, with "for a senior".

This is just one of many topics the Victoria Computer Club explains in its Monday morning classes, offered in person and via Zoom.

If you prefer one-on-one instruction, book a time in our Friday morning sessions, through the front desk, or online through our website, [VictoriaComputerClub.org](http://VictoriaComputerClub.org). We will help with smartphones, computers, tablets and general questions about the digital world we are living in.

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](http://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



Our Centres will be closed:

**Friday, March 29th &  
Monday, April 1st 2024**

in recognition of  
Good Friday and  
Easter Monday

### Silver Threads Service Staff

#### Saanich Centre Staff

**Anne Nelson** Centre Director

**Jessica Yeske** Centre Administrator

**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](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*