

April 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.

## Spring brings renewal!

With April comes a feeling of renewal, and that is certainly the case for us at Silver Threads this month. April 1st is the start of our new membership year (and our new fiscal). If you haven't already, you can renew your membership in person or online. In this newsletter are some steps to help you with the process if you choose to go online! Know that for the Summer session you will be able to sign up online for Registered Programs, so you'll never miss a Line Dance or Yoga Class again!

Of note this month is the start of new and interesting Program offerings. Our Essentrics Program with Junko is now also offered at the Saanich Centre. While returning Qigong participants will enjoy the challenge of Qigong: Stepping Up at the Victoria Centre to take their routine to the next level. For those looking for a cognitive challenge, Louise will be leading Memory PLUS beginning in May as well as Dynamic Discussions group every Friday. The first session on April 12th is all about Travel. There will be some tales to be told for sure.

We also say good bye to Lisa, who was our Program Coordinator focused on Memory PLUS. We were glad to have her on staff for 10 years, and after 5 years away, have her return for another 2 years. Thank you to all the Brain Games participants for joining in the "All about Lisa Day" planned by Louise. We are grateful for Lisa's dedication and wish her all the best.

Along with dedicated Instructors, we must thank our dedicated Volunteers. From our Board, to our Program Volunteers, we celebrate the over 70 different individuals who support Silver Threads by sharing their talents and leadership. You make us a better organization and we appreciate you.

Tracy Ryan, Executive Director



*"Volunteers do not necessarily have the time; they just have the heart"* Elizabeth Andrews

### 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)

## National Volunteer Week April 14th to 20th, 2024


### Thanks to our 2023 - 2024 Volunteers

Every year our Volunteers give so much to Silver Threads Service. This past year we had 70 + different volunteers work in governance, programs and services, and contribute 3500 hours to our organization.

### Board of Directors

Marjorie Moulton, President, Twyla Johnson, Vice President, Shawn Rankin, Treasurer  
Margaret Jacobson, Kerri Gibson, Gail Snider, Kim Duffus, Directors

Margo Bell	Ildiko Fashoway	Rick Lavoie	Joan Mury	Carol Sherwood
Joan Bobyn	Jennifer Ferris	Lillis Lawrence	Narender Nagpal	Kim Sparks
Mike Boutilier	Matthew Ford	Penny Limer	Brenda Nicolson	Bev Stewart
George Bowden	Anita Fownes	Fiona MacKay Young	Ethel O'Neill	Murray Strome
Rick Brokenshire	Marta Fraser	Zuzana MacKnight	Li Paper	Michael Swift
Kathy Buettner	Doug Greenberg	Tat Ma	Adele Pauls	Leslie Symes
Chris Cantwell	James Guzzo	Charles Martin	Marcus Piché	Christine Terry
Richard Chadwick	Kim Harrison	Linda McGillicuddy	Mary-Jane Posno	Linda Toffey
Gord Collins	Anna Hendren	Joan McKinty	Ed Prior	Sandra Tolley
Sandy Cook	Gail Horne	Raewyn McLean	Lucille Proulx	Gerry Trojan
Dorothy Cushway	Kayla Huggard	Charlie McMartin	Brian Riddell	Anna Vonk
Peggy Elves	Don Inch	Pat McNish	Laural Roberts	Bev Wooden
Derek Emmerson	Cam Jackson	Keiko Mueller	Andy Robinson	Gloria Walker
Hitch Enns	Patty Johnston	Sue Macgregor	Mike Seal	
	Elise Kennedy	Blair Munro	Monika Semmens	



**World Table Tennis Day**  
Saanich Centre  
Tuesday April 23  
9:30am to 11:30am

Come and experience the fun, fitness and camaraderie of Table Tennis. If you are new or coming back to the sport we will have players on hand to guide you along and provide you with bats and balls. Everyone is welcome!



**Hampton Concert Orchestra**  
**Spring Concert**  
**Saanich Centre**

**Sunday April 28th, 2023, 2:30pm**  
**Monday April 29th, 2023, 7:30pm**

Hampton Concert Orchestra with  
Music Director Charles Encell  
**Admission by donation**

Website: [www.hamptonconcertorchestra.com](http://www.hamptonconcertorchestra.com)

## Brain Power Challenge

### Fun with four-letter words.

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 4 letter words from

**T A C O N E G**

There are 30 different 4 letter words you can make out of these letters. How many can you find?

## April Presentations

### Armchair Travel Saanich Centre

Explore the World in comfort! This month take a trip and experience a European Sampler on Tuesday, April 9th 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.

### Dynamic Discussions Saanich Centre

An educational, interactive, and social group. In this open-minded and welcoming environment, we will share and learn together as we discuss a wide variety of topics.

April Topics:

April 12: Travel

April 19: Connections, Relationships and Community

April 26: Traditions and Routines

**Dates:** Fridays

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

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

**Facilitator:** Louise Thauvette



gaen, near, note, goat, cote, gone, nota, gate, gnar, gent, gane,  
tace, once, geta, etna, taco, toea, ante, agon, tone, cage, aeon,  
cane, cant, tong, cate, acne, coat, cent, cone

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.**

**Our next expected delivery is April 8th**

**Limit 3 per person.**

### Food Share

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

**Please note that the Silver Spoons Café may be limited to Coffee Service only during April due to staff constraints. Please call for further information.**

## April 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

April 2nd

#### Saanich Centre

April 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

April 2nd **Documentary:**

**“Dark Horse”**

April 16th **Movie:**

**“Phantom of the (British) Open”**

#### Victoria Centre

12:00 to 3:00pm April 2nd **Opera:**

**“Carmen”**

Monday, April 23rd **Movie: “Nyad”**

## Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

### Phishing

Many of us eventually get phished, by clicking on a link in a fake email, and entering our passwords in a fake website. Here are some tips from the Computer Club and Lastpass on what to do when that happens.

#### 1. Don't panic. Pause. Breathe deeply. Get help.

Phone a knowledgeable friend or the Victoria Computer Club for advice on how to prevent the worst outcome from happening. Only after you calm down should you proceed.

#### 2. Change your passwords right away.

The first order of business is to change your passwords immediately. If you entered a password in a phony website after clicking on a malicious link in a phishing email, then that's the first password you'll want to change. Change the password on your email account and bank accounts. Use a unique password for each account and store it in a password manager.

#### 3. Cancel any affected credit cards, and check your financial accounts for fraud.

#### 4. Scan your devices for malware and viruses.

#### 5. Report the phishing attempt.

Call the Canadian Anti-Fraud Centre toll free: 1-888-495-8501 Monday – Friday 9AM – 4:45PM EST. Don't let the scammer attack another victim.

Phone 250-382-3151 to book in-person help at Silver Threads Saanich Friday mornings. Please check out our website at [VictoriaComputerClub.org](http://VictoriaComputerClub.org) or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com)

## Silver Threads Service

### Online Registration

Starting in March Silver Threads launched online registration as an option for membership sign up. For the Summer we will be launching sign up for registered programs.

Online Registration is intended as an option for those who are comfortable managing online transactions and is one more option in addition to in person and phone in registration.

The software we are using is called Rec Desk. The benefits for the organization is improved data management and tracking.

The link to Rec Desk is through our Program page. The first step is to Create an Account, click on the CREATE ACCOUNT box and enter your information. This will allow you to SIGN IN and check what you have registered for it will also be where any credits or refunds are applied to your account.

Once that is complete you can click on MEMBERSHIP and then enroll. Payment by credit card is required to complete sign up.

Membership is April 1st, 2024 to March 31st, 2025 and will give you reduced program and registration fees.

If you have signed up person staff will record your information in Rec Desk. If you decide that you want to use the online sign up, call one of the Centres and we can provide you the log in information.

Know that online receipts are emailed to the address you enter and will be issued by Rec Desk. Also note that the system does not store any credit card numbers so you can expect to enter this for future transactions. If you have any questions please reach out to our staff and we would be happy to help.

### Silver Threads Service Staff

#### Saanich Centre Staff

**Anne Nelson** Centre Director

**Jessica Yeske** Centre Administrator

**Louise Thauvette**

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](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*