

June 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.

Countdown to Summer

Summer is on the way! Sometimes just the warm weather reminds me of childhood, freedom from routines and school, riding bikes, swimming, family vacations and running around the neighbourhood with friends. We were mostly unsupervised, we took risks, played games, stayed outside all day, drank from the garden hose....and lived to tell the tale.

In the spirit of good childhood memories, how about taking some risks yourself this summer? On July 30th we are hosting a Speed Friending event at the Saanich Centre in partnership with Saanich Parks and Recreation. A fun way to meet new people and maybe spark a friendship. It might be the start of something great, someone to have coffee with or go for a walk.

Our Summer Presentations include Keeping your Brain Healthy, Royal BC Museum and Stop the Scammers. There are two Out trips planned as well. All the information is in this newsletter and our Summer Program Guide. New this summer we are now Online for our Registered Programs. You can sign up for classes like Line Dance, Yoga, Zumba and more! Visit our Program page for both the Guide and the link for online sign up:

<https://silverthreads.ca/our-programs/>

During June, there could be disruptions at the Victoria Centre with the construction of the Pedestrian Plaza. We will keep our Facebook page updated with any information. Enjoy the start to a great summer and we hope we are a part of it!

Tracy Ryan, Executive Director



"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer." F. Scott Fitzgerald, The Great Gatsby

Program Guides

Our Summer Program Guide lists our Programs and Services from July to August 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

www.silverthreads.ca

New Pedestrian Plaza

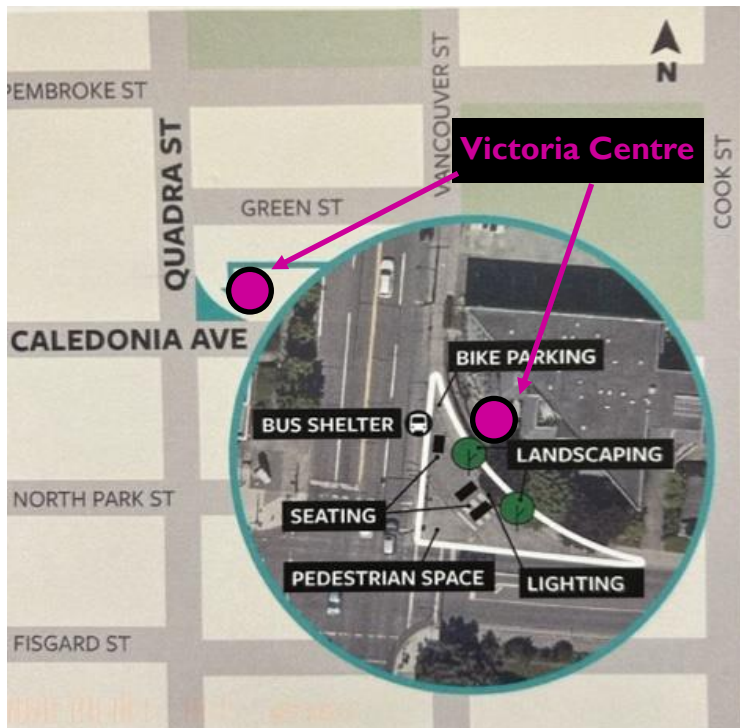
Victoria Centre

This spring, the City will be changing the intersection of Caledonia Avenue and Quadra Street in front of the Victoria Centre. The right-turn lane will be closed and the space will be converted to a pedestrian plaza.

Construction is to start at the end of May and be completed sometime in the summer.

We may experience some disruptions during construction and are hoping these are minimal.

For feedback or more information please contact the City of Victoria by email: eng@victoria.ca or phone: 250 361-0300.



July Summer Presentations

Keeping Your Brain Healthy Saanich Centre

Join clinicians from the Seniors Outpatient Clinic to discuss ways that you can keep your brain healthy. This interactive presentation, will review lifestyle factors that have positive impacts on our brain health. Information will also be provided on the importance of cognitive engagement, exercise, diet, social interaction, and more.

Date: Tuesday, July 9th

Time: 1:00pm to 2:30pm

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

Facilitator: Kristen Nikolejsin

Royal BC Mystery Museum Victoria Centre

Join a volunteer from the Royal BC Museum to explore six mysterious historical objects, followed by creative thinking and discussion.

Dates: Thursdays, July 18th & August 15th

Time: 1:00pm to 2:30pm

Cost: 1/ \$4 members, \$7 non-members

Speed Friending Saanich Centre

In this partnership program with Saanich Parks and Recreation, an opportunity to meet new people in a welcoming, safe and fun environment. Meet up to fifteen other adults and connect, share a laugh and maybe spark a friendship. Registration for this program is through Saanich Recreation, www.saanich.ca/recreation, 250-475-7121.

Date: Tuesday, July 30th

Time: 1:00pm to 3:30pm

Cost: No charge

Stop the Scammers Saanich Centre

In partnership with the Saanich Police's Community Engagement Division, this seminar will cover aspects of scam and fraud safety.

Date: Tuesday, August 13th

Time: 1:00pm to 2:30pm

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

Facilitator: Cst. Berle Zwaan

Summer Out Trips

Summer Outing: Chinatown Walking Tour

Join a knowledgeable guide from Discover the Past Walking Tours to explore the history, culture, and architecture of Canada's oldest Chinatown.

Date: Thursday, July 25th

Time: 11:00am to 12:00pm

Cost: \$25 members, \$30 non-members

Summer Outing: Art Gallery of Greater Victoria

View the exhibition at the Victoria Art Gallery and gain a deeper understanding of the artworks with an experienced tour guide.

Date: Thursday, August 22nd

Time: 11:00am to 12:00pm

Cost: \$25 members, \$30 non-members

*Out trips meet at the location. Call the Victoria Centre for more information: 250 388-4268.

Brain Power Challenge

Fun with 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 for more information.

The Challenge this month is to create words from

R I A T N E

3 letter word: _____ 4 letter word: _____
5 letter word: _____ 6 letter word: _____

June Presentations

Armchair Travel Saanich Centre
Explore the World in comfort! This month take a trip and experience travels in BC on Tuesday, June 11th 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.

June Topics
June 7th: Activities and Outings in Victoria
June 14th: Life Passions and Interests
June 21st: Local Current Affairs
June 28th: Fun and Laughter

Dates: Fridays
Time: 1:30pm to 2:30pm
Cost: \$2 members, \$5 non-members
Facilitator: Louise Thauvette

Possible answers: 3 letters: Eat, net, tar, tin
4 letters: Ante, near, rate, tire 5 letters: Inert, train, irate,
6 letters: Retain, retina

Brain Power Challenge Answers

Frozen Meals and Food Share

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).

Available in June: Teriyaki Chicken Legs, Chicken Parmesan, Chili, Shepards Pie, Roast Beef & Yorkshire Pudding, Bratwurst, Mediterranean Cod

Note: Meals are subject to change due to supply chain, food costs and other issues.

Limit 3 per person.

Note: The Silver Spoon Café will be closed June 17th to 21st.

Food Share

Both Centres offer a pick up of bread, produce and other products on Thursdays starting at 11:00am on a first come, first serve system. Our primary goal is to serve as many individuals in need as possible.

Thank you to United Way Greater Victoria.

June 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 June 4th
Saanich Centre June 25th

Victoria Centre Soup Social

Enjoy a soup and bun 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

June 4th **Documentary:**

“McEnroe”

June 18th **Movie:**

“12 Mighty Orphans”

Victoria Centre

12:00 to 3:00pm June 4th **Opera: “The Marriage of Figaro”**

Monday, June 25th **Movie: “Maestro”**

Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

June Tip of the Month

Our daily lives have changed the last few years. We all have new habits and ways to do things. You may be doing less on your electronic devices or even more and have learned to use some new technology. The scams are still very active and getting even trickier for everyone.

Make sure you stay safe online - if you aren't sure, call a family member or friend for advice - just don't click something you aren't sure about. Here are tips:
Security can be complex so get advice from the Victoria Computer Club

Use a credit card that isn't your only credit card in case you get compromised

Don't give your credit card number out over the phone

Don't be panicked by calls from the CRA, Grand Kid Scams, Banks, or Credit card companies

Shop with trusted online retailers

Don't save your credit card information on a website.

Use long random passwords, and keep them in a password manager.

Try something new!

We are now running classes as indicated in our calendar as well as 1-on-1 help on Friday's by registration. We require registration for in person classes as well as 1-on-1.

We continue to run online Zoom classes/hybrid and remote help sessions. You must be a Victoria Computer Club member to participate. Check out our website at

VictoriaComputerClub.org or email us at

VictoriaComputerClub@gmail.com

Silver Threads Service Summer Programs Online

Starting in June you can register online for Summer Programs! See our Program Guide and look for Programs designated with a star - these are online! 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 in 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

Candice Ho 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