



May 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.

## Endings and New Beginnings !

So far, the theme for the first part of this year has been "Endings and New Beginnings" at Silver Threads. With several staff retirements, new staff joining the team at the Saanich Centre and the organization going online we are entering a new era that is equal parts nerve wracking and exciting.

It is said that *Change is the only constant in life*, while some of our recent changes were unexpected, some were planned for. I can say that each change has been addressed to the best of our ability, we have adapted, and are in a good position, ready to face whatever comes next! During these transitions the kindness of our members, who showed support and patience, has been very much appreciated. It has meant a lot and has made it easier for the team. Thank you!

As part of our Strategic Plan one of our priorities is Organizational and Financial Sustainability. This means ensuring we have systems that follow best practices, are current with all aspects of technology and we are modernized and positioned for the future. Next month you will be able to sign up for Registered Programs for the summer session online (as well as signing up in person).

The Silver Spoons Café will reopen Wednesday, May 8<sup>th</sup> at 9:00am with Candice Ho, our new Food Service Coordinator. We are pleased to welcome her to Silver Threads. Stop by and say hello!

As we navigate through change, we take deep breaths, and practice going with the flow. Both of which can be practiced in our Gentle Yoga classes! New sessions begin the week of May 23<sup>rd</sup>, Details further in this newsletter.

Tracy Ryan,  
Executive Director



*"Just when I think I have learned the way to live, life changes."*

Hugh Prather

### 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)

## 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](mailto:eng@victoria.ca) or phone: 250 361-0300.



## Food Services Update

### Saanich Centre



In April we said Good-Bye to Food Service Coordinator Donene Eve, after 5 years of service. She first volunteered at the Dinners before joining the staff team, and ran the Silver Spoons Café with great care and dedication. She built

strong connections with our members and will be missed by all of us.

After 30 years of service, our great Kitchen Volunteer Marcus retired. It was back in 1994 that his Job Coach from Community Living suggested he volunteer at Silver Threads. Marcus was a real asset in the kitchen, helping serve, cleaning, keeping on top of the dishes! We hope you enjoy retirement and we hope to see you back at the Centre. For shuffleboard!



We are pleased to announce that Candice Ho will be taking on the position of Food Service Coordinator. Candice has an education background in Culinary Arts and employment experience at a variety of venues including Adrienne's Tea Garden along with volunteering with different age groups. The Silver Spoon Café will reopen on Wednesday, May 8th, stop by and welcome the newest member of our staff team.

## Gentle Yoga Classes

There are new sessions beginning the week of May 23<sup>rd</sup>, and we are pleased to introduce instructor Tanya Roberts. She is an experienced Registered Yoga Teacher and a Certified Yoga Therapist. Tanya strives to create a safe, compassionate, inclusive space that welcomes all levels to these floor-based classes for strength, mobility, and balance.

### Gentle Yoga Saanich Centre

**Dates:** Thursdays, May 23<sup>rd</sup> to June 27<sup>th</sup>

**Time:** 9:30am to 10:30am or 10:45am to 11:45am

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



### Gentle Yoga Victoria Centre

**Dates:** Mondays, May 27<sup>th</sup> to June 24<sup>th</sup>

**Time:** 1:00pm to 2:00pm

**Cost:** 5/\$45 members, \$65 non-members

## 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 words from

**A D I E R P**

3 letter word: \_\_\_\_\_

4 letter word: \_\_\_\_\_

5 letter word: \_\_\_\_\_

6 letter word: \_\_\_\_\_

## May Presentations

### Armchair Travel Saanich Centre

Explore the World in comfort! This month take a trip and experience the Salish Sea on Tuesday, May 14th 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.

May Topics:

May 3 - Societal Changes

May 10 - Wisdom

May 17 - Life Transitions

May 24 - Healthy Living

May 31 - Lifelong Learning

**Dates:** Fridays

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

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

**Facilitator:** Louise Thauvette



**Brain Power Challenge Answers**  
Possible answers: 3 letters: Air, pad, ear, red  
4 letters: dear, ripe, pare, aide 5 letters: aired, drape, pride, rapid 6 letters: diaper, paired, repaid

## 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 May:

Teriyaki chicken legs, Roast chicken, Sheppard's Pie, Liver and onions, Pork Ribs, Bangers and Mash, Shrimp curry, Veg curry.

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

**Limit 3 per person.**

## 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.

## May 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** May 7th

**Saanich Centre** May 28th

### 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

May 7th **Documentary:**

**"Maiden"**

May 21st **Movie:**

**"The Lost King"**

### Victoria Centre

12:00 to 3:00pm May 7th **Opera: "The Tsarevich"**

Monday, May 28th **Movie:**

**"Mrs. Harris goes to Paris"**

## Victoria Computer Club Saanich Centre

The friendly helpful society of computer users

riding the technology wave

since 1983

### Spring Updates

It's Spring! Time to take a look at your computer, laptop, tablet, or cell phone to ensure all have current updates. Regardless of whether you have Microsoft Windows, Apple, Android or Chrome devices they all need updates. Clear out the clutter, clean the screens, wipe the keyboards - don't put any liquids on the devices - just on the micro fiber cloth. Use the proper cleaning solution from a computer store.

Make a time each week or month, to ensure that all your devices are up to date with the latest updates. For example if you have a Windows device, Patch Tuesdays fall on the 2nd Tuesday of every month from Microsoft – you will need to keep your computer on for more than a mere 10 minutes as the updates need time to download. Also, there may also be updates throughout the month as required. Reboot your computer to make sure you are getting the updates. Learn how to check for updates.

Try something new!

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

**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](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*