

July 2024

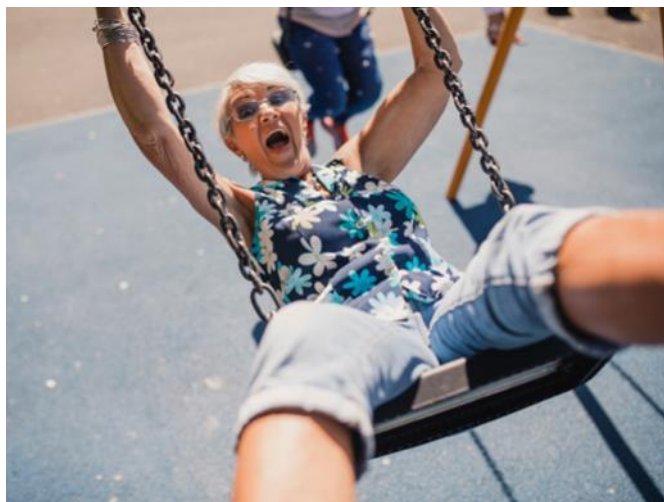


# NEWSLETTER

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.

## Forever young.....



*“One minute you are young and cool and the next minute you are turning down the stereo in your car to see better.”* A series of things have happened in the last while that made this resonate with me. It got me thinking, (dangerous, I know) how can we stay connected to the good parts of being young while embracing our age. At Silver Threads, I am surrounded by experts, people I admire for their spirit, enthusiasm and smarts, so I asked the question “What keeps you feeling young?” of our members.

*“Well, it’s not my knees, but I can predict when it is going to rain.”*

Another woman, said she used to love going to clubs and dancing, and gets the same joy by attending Zumba classes. The music is great, and the class is energetic and fun. *“It’s kind of like going to a club but in the afternoon, and yes, there might be a nap after.”*

A fellow who comes to Fitness classes says when he was younger, he never really worked out or focused on regular exercise, *“my work was physical, so I kept my figure”* he said with a laugh. *“Now that I am retired, I need to make time to stay active, I feel better because of it and my wife appreciates that I can get out of a chair without groaning.”*

Grandkids were mentioned by a few folks, there is nothing like doing crafts, taking turns on a swing, and playing with children. *“I’m better at playing at this stage of my life than when I was a parent., I love being the fun Grammy.”*

One of our volunteers states *“I have a couple of old friends with a lot of shared history, we retell the same stories and laugh at the things we did and that happened in our lives. But I also have some new friends that I met here at Silver Threads, we share the same wicked senses of humour, there is nothing like laughing till you cry moments with friends. Make me forget my worries and live in the moment.”*

Many of the things’ people say keep them young can be found at Silver Threads. Our Summer Guide is available at our Centres and online [www.silverthreads.ca](http://www.silverthreads.ca) There are great classes, socials, presentations, out trips and support. Join us, it will be good for some laughs!

Tracy Ryan, Executive Director

*Some guy said to me: ‘Don’t you think you’re too old to sing rock n roll?’ I said: “You’d better check with Mick Jagger.” Cher*

### 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](http://Silver Threads | Services for Seniors)

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

## Community Support



### Victoria Real Estate Board

The Victoria Real Estate Board's Community Relations Committee on behalf of all Victoria REALTORS generously donated \$10,000 to Silver Threads Service to help ensure seniors can access the services and support they need.

VREB Community Relations Committee volunteers from left to right Zoi Livia, Director Mark McDougall and Veronica Crha present the cheque to Tracy Ryan, STS Executive Director. Thank you to the VREB, your support is very much appreciated.



### Royal Canadian Legion #7 Britannia Branch

We were pleased to accept a cheque for \$3,000 from the RC Legion Britannia Branch, and meet donation Chair Sandra Tucker. Our shared commitment to older adults in the community is valued and we thank you for the gift!

## 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](http://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

## July Summer Outing

### **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

**\*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 Summer Programs start in July and include, 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

**E R T S P I**

3 letter word: \_\_\_\_\_ 4 letter word: \_\_\_\_\_  
5 letter word: \_\_\_\_\_ 6 letter word: \_\_\_\_\_

## Group Discussion Programs

### 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.

**Dates:** Fridays

July 5th: Generation Gap July 12th: Mental Health

July 19th: Slang, then and now

July 26th Sustainability

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

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

### Parlez Vous Francais? Saanich Centre

Nous sommes un nouveau groupe de conversation française. Un niveau de français intermédiaire ou plus est requis pour participer à ce programme. Venez vous joindre à ce groupe de francophones pour rencontrer d'autres personnes qui parlent français, faire de nouveaux amis, discuter de sujets variés, rire, et s'amuser ensemble.

**Date:** Wednesdays July 10<sup>th</sup> to August 14<sup>th</sup>

**Time:** 10:00am to 11:00am

**Cost:** 6/ \$24 members, \$42 non-members

**Group Discussion Facilitator:** Louise Thauvette

### Brain Power Challenge Answers

Possible answers: 3 letters: Pet, pie, rip, tip  
4 letters: Ires, pest, rite, ties 5 letters: Piers, ripes, strip, trips  
6 letters: Priest, ripes, stripe, sprite

## 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).

Offerings may include: 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.**

### 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, Island Health, and Victoria Real Estate Board.

## July 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** July 16th

**Saanich Centre** July 23rd

### Sandwich Social Victoria Centre

Enjoy a sandwich lunch, and have a visit.

Thursdays, July 11th

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

July 2nd **Documentary:**

**"The Eagle Huntress"**

July 16th **Movie:**

**"Respect"**

#### Victoria Centre

12:00 to 3:00pm July 2nd **Opera: "The Merry Widow"**

Tuesday, July 23rd **Movie: "Queen Bees"**



## Victoria Computer Club Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

### July Tip of the Month - Passwords

Passwords - time to review, change if necessary and make sure they are in a safe place away from your computer, make your family members aware of where they are. Simple things like how to sign in to your PC, Laptop, Cell phone, tablet in the event something happens to you.

Using a password manager is the way to go as it is impossible to remember the many unique passwords needed these days - without making the big mistake of using the same or similar over and over. Most of the mainstream internet browsers like Google Chrome, Microsoft Edge, Firefox, Opera, Safari and Brave have built-in password managers which are now generating and remembering STRONG passwords for you. These password managers work to some extent in the same way as standalone alternatives, though can be complicated if you use multiple devices and multiple Operating systems.

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 Summer Programs Online

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. If you have any questions please reach out to our staff and

## Summer Statuary Holiday Closures

Our Centres will be closed

Monday, July 1st for Canada Day.

Monday, August 5th for BC Day.



### 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

#### 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*