



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.

Have the Ice Cream

We are at the summer mid-point and here is a reminder to stop and simply enjoy this time of year. It won't be long before it is dark at 4:30pm and we are complaining about the rain. So for now stop and smell the roses, breathe, slow down and recognize all that is good going on around us! It feels a bit easier to do that in the summer, when the sun is shining and the sky is blue, and the pace slows down a little. Give thanks and have the ice cream...(unless you are lactose intolerant, then skip it, maybe have some summer fruit instead.)

This summer it has been great to see new people wandering in and checking us out, it is wonderful that

people visit both Centres when they are signing up. The Saanich and Victoria Centres are unique but having two Centres allows us to offer a wide variety of programs and services and while membership is not required it is valid at both Centres. Saanich is the larger facility, and is more like a Recreation Centre, you will find more people in classes and parking is good. While Victoria is the newer facility and has a community centre feel, with smaller classes, and is great for those who are walking or taking the bus. We are just like ice cream....cool, refreshing with a choice of flavours.

For August we are highlighting our one-time experiences to entertain and inspire. Both Centres offer Monthly Movies, Socials, Documentaries and Operas as well as special presentations and outings. Details are included in this newsletter. These are great to fit into schedules that might be busy with other summer activities.

As well, we have released our Fall Program Guide and registration is now open for programs that will run September to December. You can sign up in person and online. There is a wide variety with 53 registered programs, 41 weekly drop ins and 43 different monthly activities being offered. Have a look, there just might be something of interest, and don't forget to have the ice cream!

Tracy Ryan, Executive Director



*'You can't buy happiness, but you can buy ice cream.
And that's kind of the same thing' Unknown*

Fall Program Guides

Our Fall 2024 Program Guide lists our Programs and Services from September to December 2024. Guides are available for pick up at our Centres or online at [Silver Threads | Services for Seniors](https://www.silverthreads.ca)

July Highlights

Royal BC Mystery Museum

Thank you to Pam from the Royal BC Museum for bringing artifacts from their collection for the Mystery Day at the Victoria Centre. The item sparks good conversations and guesses, and learning about their history and purpose. The next event is August 15th, space is limited.



Soap for Hope

Our Crafters have been busy Knitting wash cloths for Soap for Hope for the Hygiene Packs that go out to charities in the community.

They provided us with a recent donation of cotton wool for the project, and this industrious group will put this to good use! The group meets Friday mornings at the Victoria Centre.



Alzheimer' Society of BC

We are pleased to welcome the Alzheimer Society of BC to the Saanich Centre, who will be having their "Coffee and Chat" group with us.

The Alzheimer Society of BC provides services for people impacted by dementia through the First Link@Program. Dementia Helpline available 9:00am to 8:00pm Monday to Friday. Call 1 800 936-6033 for more information or visit www.alzheimerbc.org

August Summer Presentations

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

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, August 15th

Time: 1:00pm to 2:30pm

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

Summer Out Trips

Summer Outing: Art Gallery of Greater Victoria

Discover the Art Gallery's current exhibitions and gain a deeper understanding of the artworks with an experienced tour guide. Learn how art connects us, our environments, and our cultures.

Date: Thursday, August 22nd

Time: 11:00am to 12:00pm

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

*Out trips meet at the location.

Group Discussion Program

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

August 2nd: Tips for Frugal Living in Victoria

August 9th: Health News

August 16th: Careers and Jobs

August 23rd: Recycling

August 30th: Memories of School Days

Time: 1:00pm to 2:30pm

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

Group Discussion Facilitator: Louise Thauvette

Brain Power Challenge Answers
Bottle, Crib, Rattle, Mobile = Things to buy a Baby
Alternate, Cover, Sub, Backup = Replacement
Giant, Mammoth, Monster, Titanic = Enormous
Pointer, Suggestion, Tip, Trick = Bit of Advice
Fall Program Challenge
A-6-B-5-C-3-D-2-E-4-F-1

Brain Power Challenge

Connect Four

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 include Dynamic Discussions, with Brain Games and Memory PLUS beginning in the Fall. 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 match four words that could be in the same category. For example: jazz, punk, rap, pop = Types of Music

Bottle	Giant	Rattle	Backup
Alternate	Crib	Sub	Tip
Mammoth	Suggestion	Mobile	Titanic
Pointer	Monster	Cover	Trick

Fall Program Challenge

We have a number of great new programs this Fall. Here is a Brain Power Challenge for you - match the

Program Title to the description.

- A. Sashiko
- B. Chosen to Move
- C. From the Ground Up
- D. T'ai Chi
- E. Line and Wash
- F. Painting the Impressionists

Description

- 1. Painting class with techniques of famous artists
- 2. Low-impact movement class
- 3. Strength and mobility to help after falls
- 4. Pen and watercolour art class
- 5. Social group to support daily exercise
- 6. Japanese-style embroidery



To find out more about our NEW Programs look for the star in Guide.

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.

August 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 August 20th

Saanich Centre August 27th

Sandwich Social Victoria Centre

Enjoy a sandwich lunch, and have a visit.

Thursdays, August 8th

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

August 6th **Documentary:**

“Searching for Sugarman”

August 20th **Movie:**

“The Sapphires”

Victoria Centre

12:00 to 3:00pm August 6th **Opera:**

“Madame Butterfly”

Tuesday, August 27th **Movie: “Wonka”**

Victoria Computer Club Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

August Tip of the Month - Phone Power

Have you found your phone is losing its power quicker than normal?

Possibly the battery is getting old, but other things such as too many apps running, Bluetooth always on when not needed, unnecessary apps you have never used and are always searching, or your screen timeout being too long. Delete apps you don't use. Keeping your phone in the sun on a holiday or the dash of your car or in cold climates also affects the battery. If it gets too hot it can warp and damage the circuitry of your device.

Keep your device screen clean . Don't spray cleaners on the device – spray on a microfiber cloth and then wipe carefully. Don't use water, industrial cleaners or antibacterial wipes. Eyeglass cleaner or proper cleaner from a store that sells cell phones is best.

Review your cell phone plan to see if you paying too much, or are you paying the same rate as you did when you got a new phone? How long have you had your phone? Maybe it is time to upgrade as you need to have the latest updates for security purposes.

We are running classes as indicated in our calendar as well as I-on-I help on Friday 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 or email us at VictoriaComputerClub@gmail.com

Silver Threads Service Fall Programs Online

You can register online for Fall 2024 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 we would be happy to help.

Summer Statuary Holiday Closures

Our Centres will be closed

Monday, August 5th for BC Day

Monday, September 2nd for Labour 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

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