

September 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.

Back to School

As summer winds down and fall approaches, childhood memories of going back to school return, even though it was, well a lot of years ago! How great it was to get new school supplies, felt pens, notebooks and pencil cases. The first day of getting back into the routine was slightly painful, but worth it to see friends you haven't seen all summer. With no social media, we had no idea what our classmates were up to for the past two months. How things have changed!

At Silver Threads, September feels a bit like this, we look forward to welcoming those of you who were away back to our

Centres. Our Program Schedule is full, with all our regular classes being offered. Our Fall Program Guide is now available for pick up at our centres and online at www.silverthreads.ca Registration is well under way and you can sign up in person, by phone or online. We have many new classes and events to support health, wellness, creativity, and challenge your brain. A few are listed in this newsletter but see our guide for the complete schedule.

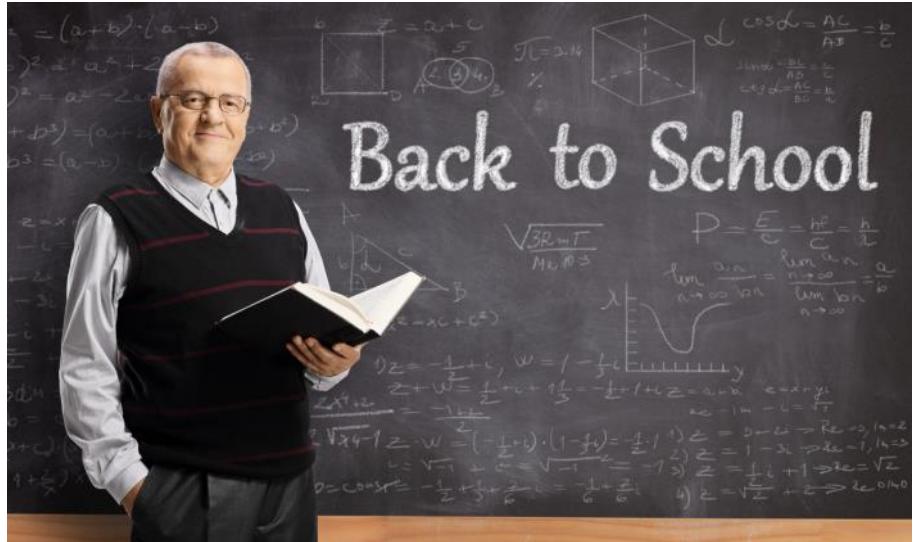
Due to popular demand, we are now preparing Takeaway Meals in-house. The meals are a bit smaller with a price point of \$6 to match. Thanks to Candice, our Food Service Coordinator who is cooking some delicious favourites like Shepherd's pie and Teriyaki meatballs. Stop by either Centre and see what we have available as the menu is constantly changing.

We hope that by the time you are reading this, the construction to the corner in front of the Victoria Centre is complete. Some days have been a challenge to get into the Centre. Thank you to everyone for your patience with the disruptions. Next will be bike lanes along Caledonia, we will keep you posted by Facebook of any access issues. If you haven't already – like our page!

We hope you have a great Fall and hope you will spend some time at Silver Threads.

Tracy Ryan, Executive Director

"Life starts all over again when it gets crisp in the fall." F. Scott Fitzgerald



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](http://SilverThreads.org/ServicesforSeniors)

www.silverthreads.ca

August Highlights



Stop the Scammers Presentation

Thank you to the Saanich Police and Constable Berle Zwaan for an informative session at the Saanich Centre. Cst. Zwaan left us with 4 key take aways about what to do if we think we've been scammed:

- 1) Breathe and slow things down
- 2) Ask yourself, "Does this make sense?"
- 3) Talk to a trusted friend / family / bank / lawyer before acting
- 4) Do your own research. Let's all take control and stop fraud!



Summer Out Trips

Thank you to "Discover the Past" for leading us on an informative walking tour of Chinatown. The group learned a lot, laughed a bunch and thoroughly enjoyed the trip!

The Out Trip to the Art Gallery of Greater Victoria was also well received this summer. The guided tour was educational and fun. Thank you to Joan for leading the trips this summer!

New September Programs

Following are the dates and times of the new programs, for complete descriptions see our Program Guide.

Choose to Move Victoria Centre

Dates: Thursdays, October 3rd to December 5th

Time: 11:30am to 1:00pm

Cost: No Charge

Leader: Anne Casey

From the Ground Up Victoria Centre

Dates: Mondays, September 9th to November 18th

Time: 11:15am to 12:15pm

Cost: 8/ \$72 members, \$104 non-members

Leader: Roz Beddall

Painting the Impressionists Saanich Centre

Dates: Wednesdays, September 11th to October 16th

Times: 9:30am to 11:30am

Cost: 6 / \$60 members, \$84 non-members

Leader: Peggy Fraser

Line and Wash Watercolour Victoria Centre

Dates: Thursdays, September 12th to October 17th, October 24th to November 28th

Time: 10:00am to 11:30am

Cost: 6/ \$63 members, \$87 non-members

Leader: Sonia Wang

Sashiko Japanese-Style Embroidery Saanich Centre

Dates: Tuesdays, October 1st to 22nd, November 5th to 26th

Time: 1:00pm to 3:00pm

Cost: 4/\$28 members, \$42 non-members

Leader: Mary-Jane

Creative Gifts: Sock Sushi Tray Saanich Centre

Learn how to make unique and practical crafts for yourself or as gifts

Date: Monday, October 7th

Time: 1:00pm to 3:00pm

Cost: \$35 members \$50 non-members

Leader: Rocio Tsuja



Brain Power Challenge

Back to School Split Word Game

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 Fall Programs include Dynamic Discussions and Brain Games. 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.

Use the Back to School theme and make words from the syllable fragments in each square. Cross out each grid as you use it.

alge	onary	ches	brary	pen	cher
dent	tea	room	yons	re	edu
pack	cil	li	bra	back	dicti
cess	cra	stu	cation	class	lun

Silver Threads Service Annual General Meeting

Monday, September 16th, 2023
3:30 to 4:30pm

Victoria Centre 1911 Quadra Street

There will be a short business meeting with the Silver Threads Board of Directors to report on the 2023-2024 Fiscal.

Please register your attendance by Thursday, September 12th

By email to inquiries@silverthreads.ca

Or by contacting our Reception Desks

ary, backpack, library

Answers: algebra, pencil, teacher, lunches, Recess, student, education, classroom, crayons, diction-

Frozen Meals and Food Share

Beginning in September the Silver Spoons Café will be producing frozen meals in house for pick up at \$6 each. This will be in addition to the Souper Meals frozen meals which we hope to have available for mid-month pick up at \$7 each.

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

Limit 5 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.

Soup Social - Victoria Centre

The Social Social starts Thursday, September 5th and runs weekly. See below for details.

September 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 September 17th

Saanich Centre September 24th

Soup Social Victoria Centre

Enjoy a bowl of soup, and have a visit.

Thursdays 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

September 3rd **Documentary:**

“Iris”

September 17th **Movie:**

“Barbie”

Victoria Centre

12:00 to 3:00pm September 3rd **Opera:**

“Die Fledermaus”

Tuesday, September 24th **Movie: “Arthur the King”**

Victoria Computer Club Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

Tip of the Month - Cherry Picking Technology

Are you pressured to accept the accelerating change in communications? "What, you don't have a smartphone?" "You aren't on Facebook?" "You don't use Zoom?"

Wide open acceptance of new technologies is risky. It can replace healthier social interaction, such as found in the Silver Threads cafeteria, library and gym. It can leave you open to devastating loss to scammers. It can steal your hours watching echo news feeds where you will lose trust in civic institutions.

But technology brings benefits too, such as timely reminders, portable communication, and more frequent meetings with distant family.

How does one keep the good and prevent the bad? All devices and apps have privacy settings that you must adjust for your safety and privacy. The Victoria Computer Club will teach you to use those settings.

We have learned how social media was twisted into a platform for the powerful to profit by, and subvert democracy. Looking forward, artificial intelligence could take over our civic institutions. We can choose how we seniors shop, how we meet, and how we socialize. Now get your face out of your smartphone!

Check out our website at VictoriaComputerClub.org or email us at VictoriaComputerClub@gmail.com

Note that Monday morning classes have moved to Tuesday starting in September.

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.

Statuary Holiday Closures

Our Centres will be closed

Monday, September 2nd for Labour Day

Monday, September 30th for National Day for
Truth & Reconciliation



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