



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.

Future of the Victoria Centre

Silver Threads Service is at a decision point regarding the future of the Victoria Centre. Our goal is to keep the Victoria Centre open past March 31st, 2025, however we cannot continue to subsidize \$50K out of our annual operating budget.

Why? The Victoria Centre is part of the City of Victoria's decentralized model of service delivery. There are 11 Community and Senior Centres that are a part of this network. All except for Silver Threads are in City owned facilities. We are currently the lease holder of the centre on Quadra Street and receive funding from the City to lease the space, but we have a significant shortfall due to paying property tax, and operating costs such as cleaning and hydro. The 10 organizations that are in City owned buildings have these expenses covered. Having these costs paid by the City, as they are for other network service providers, is critical for us to be able to renew our lease.

The history of the relationship between Silver Threads and the City of Victoria goes back to 1965. We were the first organization to partner on service delivery. We began in a 14,000 square foot City owned, purpose built facility, which we operated for 38 years until the land was sold to make space for the CRD. Since then, we have struggled to find a permanent location that is also financially viable. We have been in the current Quadra Street location since March 2020 and successfully navigated a tough start due to COVID. We now have a solid roster of programs and a great atmosphere thanks to our wonderful members, volunteers and staff.

We want to keep building on the significant progress we have made! There have been previous initiatives to resolve this issue. Our next step is to present to the Mayor and Council on October 10th to ask that they even the playing field for Silver Threads and provide funding to cover the property tax we pay to the City and the facility operating expenses. For further information or to support us, please contact Silver Threads at 250 388-4268 or inquiries@silverthreads.ca

Tracy Ryan, Executive Director



The Grand opening of the Victoria Silver Threads in 1965 at the corner of Fisgard and Government Street.

"The greatness of a community is most accurately measured by the compassionate actions of its members." Coretta Scott King

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)

Bus Shelter Ads



The final item for the Pedestrian Plaza in front of the Victoria Centre is the relocation of the Bus Shelter to the front of our Centre. So we are taking advantage of the opportunity to increase our visibility by having new bus shelter ads. Now everyone can find us!

Card-Making for Fun

Just in time for Halloween! The Card Makers ran with a Halloween theme and created some really creative cards for friends and family. The next session will begin November 13th at the Victoria Centre and you can be sure that the holidays will be a theme. Classes are Wednesdays from 10:30am to 12:00 noon and runs for 4 weeks.

Call 250 388-4268 for more information.



October Programs

The second sessions of Fall Programs begin this month. For complete listings see our Program Guide. Below are some of the workshops for October.

Choose to Move Victoria Centre

Dates: Thursdays, October 3rd to December 5th

Time: 11:30am to 1:00pm

Cost: No Charge

Leader: Anne Casey

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

Creative Gifts Workshop: Scarf Flower Pot

Saanich Centre

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

Date: Monday, November 4th

Time: 1:00pm to 3:00pm

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

Leader: Rocio Tsuja

Fall Speaker Series: Strength and Balance

Saanich Centre

Learn about the benefits of exercise, specifically strength and walking, as it relates to improved balance and lowering the risk for falls.

Date: Tuesday, October 29th

Time: 1:00pm to 2:30pm

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

Presenter: Adrienne Maurakis, Island Health Physiotherapist

Website Safety Workshop Saanich Centre

Empower yourself with practical techniques to increase your financial and technological safety skills to protect yourself and loved ones. Bring your device to learn some simple tricks to help keep you safer while surfing the internet. Learn how to block a caller, check an email address to see where it's come from, move to junk folder and see if you can trust a website.

Date: Tuesday, October 29th

Time: 9:30am to 11:30am

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

Presenter: Constable Berle Zwaan, Saanich Police Department

Brain Power Challenge

Silver Threads Programs 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 Program theme and make words from the syllable fragments in each square. Cross out each grid as you use it.

sic	vies	mes	cussion	fit	ce
ness	rature	dan	ev	cation	arts
ga	edu	mu	move	well	mo
ment	ness	dis	creative	lite	ents



Vaccination Clinics

Call to book an appointment for your annual flu shot and COVID vaccination (NO drop-ins). Vaccines administered by Pharmacist from Rexall Pharmacy
What to Bring: BC Care Card, Completed Rexall Consent for Immunization form, wear clothing easy to access upper arm

Saanich Centre **Victoria Centre**
 Monday October 28th Wednesday October 30th
 9:30am to 3:30pm 9:30am to 12:30pm
Cost: Free for BC Seniors (55+)

Answers: fitness, wellness, games, creative arts, music, Events, dance, movement, education, movies, literature, discussion

Frozen Meals and Food Share

The Silver Spoons Café will be produces frozen meals in house for pick up at \$6 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.

October Socials & Movies

Monthly Socials

An opportunity to meet and socialize with others. Perfect for new members. Tuesdays 1:30 to 2:30pm. \$2 members and non-members.

Victoria Centre October 15th
Saanich Centre October 22nd

Movies, Documentaries and Operas

\$2 members \$5 non-members

Saanich Centre 1:00pm to 3:00pm

Tuesday, October 1st **Documentary: "Julia"**
 Tuesday, October 15th **Movie: "Being the Ricardos"**

Dynamic Discussions 10:00am to 11:30am

Monday, October 7th Mindfulness Meditation
 Monday, October 21st Preserving Life Stories
 Monday, October 28th Show and Tell

Victoria Centre 1:00 to 3:00pm

Tuesday, October 1st **Opera: "Aida"**

Tuesday, October 22nd **Movie:**
"Young Woman and the Sea"

1:30pm to 3:00pm Monday, October 21st

Musical Bingo

1:00pm to 2:30pm Monday, October 8th

Welcome to the Classics

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

Please call to reserve your spot in all of the above programs.

Victoria Computer Club Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

Tip of the Month - October

We are finding that many of our Seniors continue to fall for the scammers, either by phone calls, banking issues, clicking on links in emails or texts and finding themselves in a very unfortunate situation. We offer many classes in person and online via Zoom per our calendar each month. Also, you can get assistance in a 1:1 session at Silver Threads on a Friday morning.

October is Cyber Security Month – It's time to ensure again the following:

- Make sure your devices are up to date with software patches from Microsoft, Apple, or Apps on your phones/tablets. There are updates more than just once per month these days.
- Are your anti-Virus/malware programs working as they should – is there a green check mark or red mark? Always pay attention to this on your PC's/ Laptops
- Do you have an inventory of your digital equipment – models, serial numbers?
- Have you changed and secured your passwords either by doing this on a regular basis or have STRONG passwords unique to each account, as well as informing family members of where your passwords are in the event of an illness?
- Are you falling for all the scams and fake emails. Then it's time to learn about how to stay safe.

The VictoriaComputerClub.org website and the Government of Canada website getcyber.safe.gc.ca both offer advice on securing your devices.

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, October 14th in recognition of Thanksgiving



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