



November 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.

## Spirits up and fingers crossed



We would like to express our gratitude to everyone who attended the presentation to Victoria City Council on October 10th regarding our lease funding. Currently, we do not have a definitive response as the Council is still engaged in budget deliberations. On November 17th, the City Council has invited community organizations that receive \$25,000 or more in financial support from the City to make a presentation, and we are pleased to accept this opportunity. Our presentation will last 10 minutes and will focus on our organization's programs, services, and overall value, with a brief reference to our funding situation. You are welcome to attend in person or view the presentation online. Additional details will be provided as soon as the agenda is finalized.

This month, Silver Threads is launching our Annual Direct mail fundraising campaign, and you can expect to receive information by mail. This important initiative raises funds for our programs and services as our membership and registration fees only cover approximately 30% of our costs. We expect that our fees will not increase in 2025, as we recognize cost of living is ever increasing. If

you are in a situation that you can support Silver Threads this is appreciated. Our goal is to be able to continue to provide a place and purpose for older adults to have a community.

In late November, we will release our Winter Program Guide, which will include all offerings from January to March 2025. This newsletter highlights a selection of new programs, presentations, and workshops designed to engage your interest. Our dedicated staff puts in significant effort to provide you with professional, high-quality health, wellness, educational, and social experiences. We hope you find them enjoyable.

Although our organization faces certain challenges, there is much to feel positive about. Join me in keeping our spirits up and fingers crossed this month.

Tracy Ryan,  
Executive Director

*"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you." Mary Lou Retton*

### Winter Program Guides

Our Winter 2025 Program Guide lists our Programs and Services from January to March 2025. Guides are available for pick up at our Centres or online at [Silver Threads | Services for Seniors](https://www.silverthreads.ca)



## New Winter Programs

Our Winter Program Guide will be available November 27th. You can register for January to March 2025 Programs online, in person or by phone. In addition to the popular favourites, new offerings will include:

### Victoria Centre

Introduction to Art Journaling  
Standing Tall: Posture and Core Stability  
Target Theatre Performances  
Earthquake & Heat Preparedness Workshops  
Performative Improv: Dive Deeper

### Saanich Centre

Badminton  
Mexican Train Dominoes  
Painting with Watercolours  
Silver Threads Singers - returns in January!

## Support Programs

**If you or someone you know is in need of some help we are doing intake for two of our support services. Give us a call for more information.**

### Telephone Reassurance Program

Our Telephone Reassurance Program offers peace of mind for those who live alone and their family members. Each morning by 9:00am our volunteer will call to check in. If they are unable to connect we will reach out to emergency contacts to make sure you are safe. This service is offered Monday to Friday year round and is closed on statutory holidays and weekends. For more information and intake call 250 382-3151.

### Senior Mentoring

Skilled volunteers will assist with completing government forms and online or paper applications. When you need something unraveled we can help. The first step is to give us a call and we will ask some questions and do an intake over the phone to make sure we can help and match you up with a volunteer Mentor. An appointment will be made and you will meet with the Mentor at one of our Centres. For more information and intake call 250 388-4268.

## November Programs

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

### Creative Gifts Workshop

Saanich Centre

#### Roses and Chocolate

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

**Date:** Monday, December 2nd

**Time:** 1:00pm to 3:00pm

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

**Leader:** Rocio Tsuja



### Essentrics

A full body fitness workout done from a standing position and occasionally floor based. The focus is on opening connective tissue through flowing movements.

#### Victoria Centre

**Dates:** Wednesdays, October 30th to December 11th

**Time:** 11:15am to 12:15pm

#### Saanich Centre

**Date:** Thursdays, October 31st to December 12th

**Time:** 2:00pm to 3:00pm

**Cost:** 7/\$77 members, \$105 non-members

**Leader:** Junko Hammond (Level 4 Essentrics instructor)

### Gentle Yoga Victoria Centre

A floor-based class for strength, mobility, and balance.

**Dates:** Mondays, November 4th to December 16th

**Dates:** Wednesdays, October 30th to December 18th

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

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

7/\$63 members, \$91 non-members

**Leader:** Tanya Roberts

### Parlez Vous Francais? Saanich Centre

Nous sommes un 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.

**Dates:** Wednesdays, October 23rd to November 20th

**Time:** 9:30am - 10:30am

5/\$20 members, \$35 non-members

**Leader:** Louise Thauvette

## 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](http://www.silverthreads.ca) for more information.

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

ra	ya	ry	lot	le	pep
nip	per	le	dish	beet	lon
ek	mon	cher	me	tur	man
lic	go	root	papa	gar	shal

## Hampton Concert Orchestra 2024 Fall Concert Saanich Centre

Sunday, December 1st 2:30pm

Monday, December 2nd 7:30pm

Charles Encell - Conductor

W.A. Mozart Don Giovanni Overture

E. Lalo Cello Concerto in D Minor

Soloist Elena Antontceva (Russia)

F.J. Haydn Symphony No. 104

Admission by Donation

[www.hamptonconcertorchestra.com](http://www.hamptonconcertorchestra.com)



**Answers:** radish, lemon, garlic, pepper, mango, papaya, melon, shallot, turnip, leek, beetroot, cherry

## Frozen Meals and Food Share

The Silver Spoons Café 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.**

### 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.

## November 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** November 19th

**Saanich Centre** November 26th

### Movies, Documentaries and Operas

\$2 members \$5 non-members

**Saanich Centre** 1:00pm to 3:00pm

Tuesday, November 5th **Documentary: "Hallelujah"**

Tuesday, November 19th **Movie: "The Iron Claw"**

**Dynamic Discussions** 10:00am to 11:30am

Monday, November 4th: Aging well on our own terms

Monday, November 18th: Memories of Childhood

**Victoria Centre** 1:00 to 3:00pm

Tuesday, November 5th **Opera: "La Boheme"**

Tuesday, November 26th **Movie:**

**"Bob Marley: One Love"**

1:30pm to 3:00pm Monday, November 18th

**Musical Bingo**

1:00pm to 2:30pm Monday, November 12th

**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

### Computer Club welcomes new members

The Victoria Computer Club (VCC) is a non-profit society based in Victoria, British Columbia since 1983. Formerly known as Big Blue & Cousins. Their motto is "The friendly helpful Computer Club."

The club is a community of digital device enthusiasts with a membership of 160, who come together to share their knowledge and passion for technology.

They offer a variety of services, including educational classes, social events, Zoom/Hybrid classes, and technical support with one on one help. They support different devices like Windows, Android, Chromebook, iPhone, and iPad.

The club also has special interest groups for Photography, Apple, Windows, Android, and Chromebooks.

Membership is open to anyone interested in digital devices, and it costs \$25 per person per year to belong to the Victoria Computer Club.

In person sessions are \$5 if you do not belong to Silver Threads, and \$2 if you do. The VCC operates out of the Saanich Centre at 286 Hampton Road. Call the Centre for more information 250-382-3151.

Please refer to the website at

<https://victoriacomputerclub.org>

For classes listed on the calendar.

*"Treat your password like your toothbrush. Don't let anybody else use it, and get a new one every six months."*

Clifford Stoll

## Silver Threads Service Winter Programs Online

You can register online for Winter 2025 Programs! See our Program Guide out at the end of the month 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

## Statuary Holiday Closures

Our Centres will be closed

Monday, November 11th in recognition of  
Remembrance 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*