



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.

Holiday Wishes

Happy Holidays from all of us at Silver Threads Service

December brings good cheer and joy to our Centres every day. We hope that you find ways to celebrate, and things to enjoy this month. Be it time with friends and family, taking in the lights and decorations, getting fresh air, watching a movie or of course coming to see us!

It brings us joy that our Winter Program Guide has launched, and registration is underway for programs that run January to March 2025. There are 100 weekly offerings, and over 30 monthly events. Check out our website or pick up a copy at the Centres. Registration is online, in person or by phone. There is much that is new, as well as our regular favourites. Maybe Santa will give you the gift of programs this year!

I am considering a visit to Santa myself, first on my list would be an answer on the funding issue for the Victoria Centre. We are here patiently waiting at the fork in the road, for a decision that could greatly impact the organization. At this time, we expect it will be in the new year before we have information to share. Meanwhile we carry on, thanks to a great staff team that is cheerfully setting their worries aside. For them, I am grateful! I am also grateful for the response to our Annual Direct Mail Campaign, even with the postal strike we have seen a 30% increase this year. Thank you to everyone who has contributed. Funds raised support our programs, keep our fees from increasing and support initiatives like Food Security. For those who are considering a charitable gift, you can still do so through our website that links to Canada Helps <https://silverthreads.ca/support-us/>. Donations of \$20 or more made before the end of the year will be issued a tax receipt. Enjoy all the good that December brings, and we are sincerely wishing some good comes to Silver Threads.

Tracy Ryan, Executive Director



Dear Santa: All we want for Christmas is some good funding news, oh and maybe pizza and world peace.

“Wishing you the courage to chase your dreams, the strength to overcome obstacles, and the wisdom to make wise decisions.” - Unknown

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://silverthreads.ca/support-us/)



New Winter Programs

Our Winter Program Guide is now available. 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!

Partnership Programs

We are pleased to partner with a number of Community Organizations to deliver programs and services to older adults in the community. Sharing resources and expertise is a win-win for everyone. This Winter we highlight new and returning partners.

Target Theatre is a group of mature actors who create and perform entertaining and educational plays on seniors' issues to increase awareness of topics relevant to an aging population and to contribute to fostering healthy communities. The first performance at the Victoria Centre is **"4 Get Me Notes"** on January 13th.

Island Deaf and Hard of Hearing is returning with the **"Let's Talk" Speechreading** Program at the Victoria Centre starting January 15th. If you are struggling to understand conversations even with hearing aids there are strategies to help.

Kidney Foundation will bring the **"Walking to Wellness"** to help those living with low mobility or a chronic disease lead a healthy, active life. This free program is open to public.

For more information call 250 388-4268.

Award Winning Instructors

We are very proud of all of our Instructors, they are well qualified, talented and care about those they are leading. Here are a couple who have received special recognition this past month.

Kathleen Fournier was the recipient of the Better Business Torch Award in the category of Senior Health & Wellness. Kathleen teaches the Chair Yoga classes twice a week at the Victoria Centre, and her students love her and her classes. Congratulations Kathleen, we are lucky to have you on the team!



Jennifer Ferris recently received the Story Tellers of Canada - Conteurs du Canada Storykeeper Award at the 2024 National Conference of Storytellers.

The Award recognizes outstanding storytellers. Anyone who has taken Memoir Writing or Story Telling with Jennifer will agree- she truly is outstanding!

Both Kathleen and Jennifer will have classes that begin in January 2025. Check out the Winter Program Guide.

Brain Power Challenge

Holiday 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 Winter 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 Holiday theme and make words from the syllable fragments in each square. Cross out each grid as you use it.

ily	ring	cake	king	letoe	cele
dition	sent	fam	deer	key	re
bration	rein	mist	tra	gathe	pre
ration	ba	joice	deco	fruit	tur



Turkey Dinners

Includes: Turkey with gravy, mashed potatoes, candied carrots, brussels sprouts with onion and wheat berry, yams, stuffing, and cranberry sauce.

Pick up: Between December 16th - 20th

Maximum orders: 4 per person

Cost: \$15 each

Order your frozen turkey dinners today at the reception desk at either centre

Answers: celebration, family, turkey, baking, present, decoration, gathering, mistletoe, rejoice, tradition, fruitcake, reindeer

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.

December 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 December 17th
Saanich Centre Cancelled for December

Movies, Documentaries and Operas

\$2 members \$5 non-members

Saanich Centre 1:00pm to 3:00pm

Tuesday, December 3rd **Documentary:** “Encounters to the End of the World: Travels to Antarctica”
Tuesday, December 17th **Movie:** “The Miracle Club”

Dynamic Discussions 10:00am to 11:30am

Monday, December 9th

Monday, December 16th

Victoria Centre 12:00 to 3:00pm

Opera: “Daughter of the Regiment”

Tuesday, December 3rd

Musical Bingo

Monday, December 2nd, 16th 1:30pm to 3:00pm

Welcome to the Classics

Monday, December 10th 1:00pm to 2:30pm

Soup Social Victoria Centre

Enjoy a bowl of soup, and have a visit.

Thursdays up to December 19th 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

Holiday Safety

Fraud spikes in December, so you better watch out, better not cry. Here is some advice to avoid those fake Santas. Let unknown callers leave a voicemail.

Never buy gift cards on behalf of someone claiming they will reimburse you. Never provide a gift card number over the phone, via email or via a text message.

Never click a link to track a package. Instead, copy the tracking number. Search with Google for the delivery company and then enter the tracking number there. Fake charities will use the postal strike to try to scam you. Instead, Google the charity name. Don't be panicked into action on behalf of a relative, or a super good deal.

Turn to the Victoria Computer Club for help and advice before you get scammed, not after. Be suspicious. Don't be nice.

Please refer to the website at

<https://victoriacomputerclub.org>

For classes listed on the calendar.

Computer Support

Both the Victoria and Saanich Centre provide one on one computer support to help troubleshoot and solve your technology issues.

For complete details see Page 10 of the Winter Program Guide.

www.silverthreads.ca

Silver Threads Service Winter Programs Online

You can register online for Winter 2025 Programs! See our Program Guide is now available. 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.

Holiday Schedule

Our Centres will be closed for the Holiday Season:

Monday, December 23rd

Reopening Thursday,

January 2nd, 2025

All the best to you and yours!



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