



January 2025

# 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.

## Ring in the New Year

Happy New Year to all. We hope that 2025 is a very happy, healthy and all around good year for everyone.

At the time of this writing, Silver Threads Service does not have a decision regarding the Victoria Centre and our future of our current location. We had been hopeful that we would have an answer before the holidays. As soon as we know, we will share this information. We appreciate everyone's patience in this challenging time.

Our Centres will open Thursday, January 2nd and we are ready for a new Winter session with registered programs beginning January 6th. There are some really interesting new programs and

events, like Target Theatre Performances, Badminton, Painting and Art Journaling. Some returning programs, after brief hiatuses, are Improv and the Silver Threads Singers. Of course the popular favourites like pickleball, fitness and table tennis are on offer as well. Registration is online, in person or by phone. Check out our website for our Program Guide.

Our 2024 did end with much to be grateful for, the efforts of our volunteers, staff and donors are highlighted in this edition of the newsletter. We thank each and everyone of you!

I hope we can help get the new year off to a good start for you. If you are making resolutions, Silver Threads is the place for fitness and wellness goals, for learning and creating. We are also the place for "no resolutions" just come for the fun and meeting great people. May 2025 be a wonderful year for all, we are here for it!

Tracy Ryan, Executive Director



Let another adventure begin.....

*"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." Vincent van Gogh*

### Winter Program Guides

Our Winter 2025 Program Guide lists our Programs and Services from January to March 2025.

There are 100 weekly offerings, and over 30 monthly events.

Guides are available for pick up at our Centres or online at [Silver Threads | Services for Seniors](https://www.silverthreads.ca)

## Winter Programs

Our Winter Program Guide is now available. You can register for January to March 2025 programs online, in person or by phone. A few of our offerings include:

### Victoria Centre

Introduction to Art Journaling  
Target Theatre Performances  
Earthquake & Heat Preparedness Workshops  
Performative Improv: Dive Deeper

### Saanich Centre

Badminton  
Mexican Train Dominoes  
Learn to Play Western Mahjong  
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 Monday, January 13th from 1:00 to 2:00pm. Cost: \$10 members, \$15 non-members.

**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.**

## December Highlights

### Victoria Lions Club

A big thank you to the Victoria Lions Club for their donation to Silver Threads in support of our Food Programs. It was nice to meet Lions Club representatives Don and Anne and accept the generous gift! Your work and fundraising is very much appreciated by charities like ours!



### Turkey Dinners

A big thank you to our Food Service Coordinator Candice and all the volunteers for preparing 120 Turkey Dinners in house this year. They

were delicious and popular, and sold out this year!

### Food Share

On December 19th our Food Share Programs at both Centres distributed special holiday food and other goodies. Including Hygiene Packs from Soap for Hope. Our year round Food Programs are generously supported by United Way Greater Victoria, Victoria Foundation, Food Share Network, COBS Breads and Soap for Hope.

### Individual Donors

This year we were blown away by the response to our Direct Mail Annual Campaign. Even with the mail strike we raised over \$22,000 this year. The support of our donors helps keep our membership and program fees low and allows us to run free services like our Food Share. Thank you to each and every one of you for your support.

### Treasure Trove Christmas Wonderland

The Treasure Trove at the Saanich Centre expanded this year and volunteers worked hard selling a variety of Christmas décor and gifts. Members love doing a little shopping before or after a class. Sales were great, and generated an increase in sales this season. Thank you everyone who helped this year!



## Brain Power Challenge

### 2025 Resolutions 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](http://www.silverthreads.ca) for more information.

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

cise	lity	nect	lax	lize	sup
nicate	crea	wal	joi	mobi	lea
ment	king	exer	rn	commu	move
socia	con	port	ting	re	ning

## Ageism

On January 20th Dynamic Discussion will be discussing Ageism with Louise. Held at the Saanich Centre from 10:00am to 11:30am this topic was chosen as Silver Threads explores the thoughts and feelings of our members as we consider initiatives to address the issue.

Ageism is a type of discrimination based on one's age, generally used to refer to age based discrimination against elderly people. The term was coined in 1969 by Robert Neil Butler to describe this discrimination, building on the terminology of sexism and racism. Butler defined ageism as a combination of three connected elements: negative attitudes towards old age and the ageing process, discriminatory practices against older people, and institutional practices and policies that perpetuate stereotypes about elderly people.

We look forward to a lively group, please call the Saanich Centre to reserve your spot 250 382-3151.

**Answers:** exercise, relax, walking, creating, socialize, joining, mobility, learn, connect, support, communicate, movement

## 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.

## January 2025 Monthly Events

### Monthly Socials

An opportunity to meet and socialize with others.

Perfect for new members.

\$2 members and non-members.

**Victoria Centre** Tuesday, January 21st 1:30 to 2:30pm

**Saanich Centre** Tuesday, January 28th 1:30 to 2:30pm

### Saanich Centre

Tuesday, January 7th 1:00pm to 3:00pm **Documentary:**

**Who Killed the Electric Car**

Tuesday, January 21st 1:00pm to 3:00pm **Movie:**

**The Holdovers**

### Dynamic Discussions

10:00am to 11:30am

Monday, January 6th **Welcome to 2025!**

Monday, January 13th **Creativity**

Monday, January 20th **Ageism**

Monday, January 27th **Surprise Topics**

### Victoria Centre

**Opera:** Tuesday, January 7th 12:00 to 3:00pm

**The Rosenkavalier**

### Musical Bingo

Monday, January 20th 1:30pm to 3:00pm

### 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

### Managing Subscriptions

Subscriptions to online news and entertainment soon add up to become unmanageable. Netflix, Amazon Prime, Disney Plus, Audible, New York Times, and the Globe and Mail all offer deep discounts to new subscribers for a few months. Then, when the trial period expires, your bills become a lot larger. Put a notice in your calendar about how to cancel the subscription before then. Or better yet, use the free digital Greater Victoria Public Library of books, audio books, news and videos.

To learn how to get the most from the digital Greater Victoria Public Library attend the presentation at 9:30 am Tuesday, January 7th with the Victoria Computer Club at the Saanich Centre.

If you still want to buy some subscriptions, use a single credit card for all, to look back at least a year for upcoming renewals. Subscriptions purchased through payment processors like Paypal can be cancelled on that website.

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

## Silver Threads Service Winter Programs Online

You can register online for Winter 2025 Programs! See our Program Guide which 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.



Our Centres will be closed on  
**Monday, February 20th** in  
recognition of Family Day.

Both Centres will re-open for  
regular programming on  
Tuesday, February 21st.

### 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*