



# 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.

## Victoria Centre Update



The Victoria Centre.

Photo credit: Darren Stone, Times Colonist

Silver Threads is an integral part of the City of Victoria's decentralized service delivery model and serves as one of the eleven Community and Senior Centres in the City. As such, over the course of the past year, we have put the issue of the Victoria Centre funding shortfall in front of the City of Victoria Mayor, Council and Senior Staff repeatedly. We are the only organization not in a city owned building and as lease holders we must pay property taxes and operating costs that the other Centres do not. While we do receive an annual grant from the city these additional costs exceed what we are given. We respectfully requested the city revisit the agreement made in 2014 and help us find a solution to the \$50,000 annual deficit.

Our members and the organization acknowledge that a community-based center is a significant resource that enhances the health, well-being, and safety of older adults. We hoped that the City of Victoria would also recognize the importance of this and understand that, with projected demographic shifts towards an increasing aging population, it is essential to secure services for both the present and the future.

With no action from the city, The Silver Threads Board of Directors and the Executive Director have made the difficult decision to try and continue services and find a way to address the ongoing operating shortage. Since COVID Silver Threads has increased in membership, programs, and participation making significant progress in building back bigger, better and more efficient than ever despite the challenges faced. We remain dedicated to sustaining this momentum and working towards continued advancements. As a charitable, not-for-profit serving the community for 69 years we are committed to supporting older adults remaining independent in the community.

It is important to understand that the impact of closing the Victoria Centre would have significant negative impact for the people who attend our programs and services and it would greatly impact the organization and the Saanich Centre as well. These facts were of critical importance in our decision making.

We are grateful for the support from our members and participants and the patience of our staff during these past months. We welcome the opportunity to revisit this situation at any time with the City of Victoria and are actively committed and working towards a sustainable long term solution. Feel free to contact me for further information.

Tracy Ryan, Executive Director

*"In an age-friendly community, policies, programs, services and infrastructure related to the physical and social environment are designed to enable older people to live in security, enjoy good health and continue to participate and contribute to society in a meaningful way."* World Health Organization, quote included in the City of Victoria Seniors' Action Plan 2020

## Session 2 Winter Registered Programs begin in February

Membership is now \$25 to the end of March and is not required to participate, but it will give you lower fees. Some of the registered programs and the start dates are listed below. For details and the complete Program Guide visit [www.silverthreads.ca](http://www.silverthreads.ca)

### Saanich Centre

Essentrics	Thursday, February 20th
Experienced Ukulele	Wednesday, February 21st
Gentle Yoga	Thursday, February 20th
Line Dance (Int)	Wednesday, February 19th
Zumba Gold	Friday, February 24th

### Victoria Centre

Essentrics	Wednesday, February 19th
Qigong Level 1 & 2	Tuesday, February 18th
Evening Pilates	Thursday, February 27th
Art Journaling	Wednesday, February 12th
Art Therapy	Thursday, February 20th
Beginner Ukulele	Friday, February 21st

## 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](http://Silver Threads | Services for Seniors)

## 2025-2026 Annual Membership

Membership is April to March and you can renew beginning March 1st, 2025. Sign up online or in person at our Centres. The Spring Program Guide featuring programs and services offered April to June will also be available at this time.

## How to stay in touch

We produce a **Monthly Newsletter** with Centre updates and happenings. If you'd like to stay up to date and receive our Newsletters by email, send us your name and email address to: [inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)

Our **Program Guides** are published seasonally, Winter, Spring, Summer and Fall. Copies are available on our website [www.silverthreads.ca](http://www.silverthreads.ca) or can be picked up at the Centres.

## January Highlights



### Target Theatre "4Get me Notes"

Special thanks to the actors from Target Theatre for an entertaining performance of "4 Get Me Notes" at the Victoria Centre! Well done! Afterwards we all enjoyed sharing Lucille's birthday cake, all in all a lovely afternoon. The next performance will be "Stayin' Alive" on March 17th at 1:00pm, call 250 388-4268 to reserve your seat.

## Upcoming Presentations

### Emergency Preparedness Presentation

Victoria Centre

City of Victoria Emergency Management Community Liaison Doug Clarke presents an Emergency Preparedness Workshop to help you make a plan, prepare your emergency kit, and teach the importance of connecting with your community.

**Date:** Monday, February 10th

**Time:** 1:30pm to 3:00pm

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

**Leader:** Doug Clarke, City of Victoria

### CRA and Service Canada Information Session

Saanich Centre

Join us for an information session on CRA and Service Canada topics including CPP / OAS / GIS, Canada Dental Care Plan, Disability Tax Credit and more.

**Saanich Centre**

**Dates:** Tuesday, February 18th

**Time:** 9:30am to 11:00am

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

**Leader:** CRA and Service Canada staff

### Memoir Reading & Book Signing with Lucille

**Proulx** Victoria Centre

Join Lucille Proulx to view art and listen to her share a reading from her newly released Memoir, *The Towel*.

**Date:** Thursday, February 20<sup>th</sup>

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

**Cost:** No Charge

**Leader:** Lucille Proulx

## Brain Power Challenge

### 2025 Movement 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 Movement theme and make words from the syllable fragments in each square. Cross out each grid as you use it.

board	trics	carpet	ball	dancing	tai
king	gong	snoo	ga	tennis	ba
yo	zum	chi	line	wal	shuffle
pickle	ker	table	essen	bowling	qi

## Income Tax Preparation

In March and April, Income Taxes for 2024 can be filed at both centres through the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP).

Eligibility for Seniors 55+ includes having a moderate income (up to \$35,000 for a single person or \$45,000 for a couple) and a simple tax situation.

Appointments will be in person and volunteers will be e-filing all returns. The service is free of charge, and you can book an appointment after February 18th once you have all your relevant tax forms.

Appointments at the Victoria Centre will be for members only.

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268



**Answers:** walking, essentrics, yoga, taichi, qigong, pickleball, shuffleboard, Tabletennis, carpetbowling

## 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.

## February 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, February 18th 1:30 to 2:30pm

**Saanich Centre** Tuesday, February 25th 1:30 to 2:30pm

### Saanich Centre

Tuesday, February 4th 1:00pm to 3:00pm **Documentary:**

#### **Don't Look Down**

Tuesday, February 18th 1:00pm to 3:00pm **Movie:**

#### **Thelma**

### **Dynamic Discussions**

10:00am to 11:30am

Monday, February 3rd Giving/receiving advice

Monday, February 10th Food/Nutrition

Monday, February 24 Attitudes and how they affect our lives

### **Armchair Travel**

1:00 to 2:00pm

Tuesday, February 11th Gros Morne Park: Newfoundland

### Victoria Centre

**Opera:** Tuesday, February 4th 12:00 to 3:00pm

#### **Salome by Strauss**

### **Musical Bingo**

Monday, February 24th 1:30pm to 3:00pm

### **Soup Social Victoria Centre**

Enjoy a bowl of soup, and have a visit.

Thursdays 11:30am to 12:30pm

\$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

### Learning to use technology

Did you receive a digital device as a gift during the holiday season? Are you struggling with how to navigate its functions? The Victoria Computer Club (VCC) offers group classes as well as one-on-one help sessions. Group classes span a range of topics. For example, a Greater Victoria Public Library (GVPL) staff person recently presented an overview of the digital collection available to library card holders, including magazines, newspapers, movies and much more; Check out [https://gvpl.ent.sirsiidynix.net/client/en\\_US/default](https://gvpl.ent.sirsiidynix.net/client/en_US/default) for free access to GVPL's digital collection.

Upcoming topics for VCC Tuesday morning presentations include:

“The Authentication Forest” - Passwords, passcodes, passphrases, passkeys and pins.... Oh My!!  
Project planning with Artificial Intelligence  
Using Google Photos to manage photos on your phone  
Visit the VCC website calendar at <https://victoriacomputerclub.org/calendar> to view the monthly calendar of events. You can sign up to attend at the Saanich Centre, in-person or via zoom.

Please refer to the website at <https://victoriacomputerclub.org> for classes listed in the calendar. Both the Victoria and Saanich Centre provide one on one computer support to help troubleshoot and solve your technology issues.

## 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 17th** in recognition of Family Day.

Both Centres will re-open for regular programming on Tuesday, February 18th.

## Silver Threads Service Staff and Locations

### Association Management

**Tracy Ryan** Executive Director

**Sandy Firth** Bookkeeper

### Victoria Centre Staff

**Erica Loenen** Program Manager

**Debbie Erb** Centre Administrator

### Victoria Centre

1911 Quadra Street, Victoria, BC V8T 4C1

Phone: 250 388-4268

### Saanich Centre Staff

**Anne Nelson** Centre Director

**Jessica Yeske** Centre Administrator

**Louise Thauvette** Program Coordinator

**Candice Ho** Food Services Coordinator

**Caroline Covil** Casual Reception

### Saanich Centre

286 Hampton Road, Victoria, BC V8Z 1H1

Phone: 250 382-3151

For general inquiries please email: [inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)