



March 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.

Annual Membership Drive

Silver Threads Service Annual Membership Drive

Time to sign up or renew your
2025-2026 Annual Membership
April 1st, 2025 to March 31st, 2026

New Members can sign up starting
February 25th and receive one month
free!

Sign up or renew online:
Visit our website: www.silverthreads.ca
Membership is valid at both the
Saanich and Victoria Centres.
Cost: \$55 (includes GST)

Silverthreads.ca
stay active • stay healthy • stay connected

Our 2025-2026 Membership year begins April 1st and you can sign up or renew now. You can do this online or in person. If you are interested in Spring Programs confirm your membership before you sign up so you can get the reduced fee for members!

Our Annual Membership fee will remain at \$55 this year. As you are aware we are in process of determining our financial path forward in relation to our shortfall in lease funding to operate the Victoria Centre. We will continue to keep the issue in the news and welcome the opportunity to revisit the issue with the City of Victoria. We are looking at several solutions, but one we are not entertaining is to increase our membership and program fees. We understand the tough economic world we live in, and we are not passing along the increasing costs to our clientele.

Many of you have expressed your concern, support and appreciation during the past number of months as we work towards a resolution. Many of you have expressed wanting to do something. So here is the number one, most helpful

thing you can do – **keep coming to Silver Threads**. Stay involved, participate in programs, use the services, learn about our organization and tell others why Silver Threads is important to you and our community. This truly is a meaningful way to keep us moving forward.

If you haven't already, have a look at our Spring Program Guide that is now available. It showcases our offerings from April to June with 72 different weekly programs, and 35 monthly events in our two centres. There is a great mix of many popular programs with some new activities included. New programs are listed further in this newsletter. I hope you find something that will spark your interest.

We begin our Community Volunteer Income Tax Program this month with appointments available at both Centres for those 55+ who meet the eligibility criteria. Further information is included in this newsletter. If you need clarification or to book an appointment call the Centres and we would be happy to help.

Tracy Ryan, Executive Director

"Support and encouragement are found in the most unlikely places." Raquel Cepeda

New Spring Programs



Our Spring Program Guide is now available. You can register for April to June 2025 programs online, in person or by phone. In addition to the popular favourites, new offerings will include:

Victoria Centre

Bone Foundation Workshop
“Getting old Ain’t for Sissies”
Evening Pilates and T’ai Chi
Zentangle

Introduction to Modelling Clay

Saanich Centre

Painting with Watercolours: Water and Skies
Sparkling Creativity Through Art
Plant Based Nutrition for Healthy Aging
Learn to Play Western Mahjong
Learn to Play Bridge

How to stay in touch

At Silver Threads Service 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

Our **Program Guides** are published seasonally, Winter, Spring, Summer and Fall. They can be viewed on our website www.silverthreads.ca or copies can be picked up at the Centres.

Our **Facebook** page also has interesting posts.

Like our page at:

<https://www.facebook.com/SilverThreadsActivityCentres>

For our **Online Registration** visit our website at:

No good words for aging

This editorial was previously printed in the Times Colonist 55 + on February 25th, 2025

As someone who is now just over the age of 65, I must say that there are no good words to describe this stage of life. I cannot think of myself as a senior. My grandparents were seniors and elderly. In their day, society used terms like pensioner, old-timer, and geriatric. They didn’t seem to mind.

So yes, I am just over the age of 65. And I mind. Sure, I am aging. Aren’t we all? But I am not elderly. I am active, relatively healthy, and independent. I have raised a family, had a career. Now I am in the “now what” stage of life. But I am not elderly.

It may have been that there is no good word to describe this point of life that created my aversion to joining a senior’s centre. Well, that changed in the spring of 2024. I was looking for a Gentle Yoga class to fit in with my schedule and happened to find one at Silver Threads Service. I attended the first session, sneaking in, head down, eyes averted like someone committing adultery. It was my dirty little secret; I didn’t tell my friends. I did say I was taking yoga again, but when anyone asked where, I would cough, cover my mouth and mumble into my hand. Not able to admit I was going to a senior centre.

With yoga, I found my flexibility came back, I felt good after each class. The instructor was professional and created an enjoyable environment. My classmates were fun, we stretched, laughed and chatted after. We are all in a similar phase of life and it was good to find these connections. Someone mentioned taking an art class at one of the centres that Silver Threads operated, and I took a closer look at their program guide. Over this past year I have taken watercolours, Improv, and Functional Fitness. I have found many like-minded souls, who also have no good words for this stage of life.

But I have come to have good words for Silver Threads Service, many of them! I can proudly say I am a member and have admitted this to my friends. I am healthier, have a more positive outlook because I have things to do and people to see. Just don’t call me a senior.

L.C, member of Silver Threads

Brain Power Challenge

Make Words 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 letters below and make 3,4,5,and 6 letter words.

rahtde

3 letter word _ _ _
4 letter word _ _ _ _
5 letter word _ _ _ _ _
6 letter word _ _ _ _ _ _

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 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



Possible Answers: 3 letters: Art, had, red, era
4 letters: Star, rash, east, head 5 letters: Share, tread,
earth. Aster, 6 letters: Thread, trades, death, shared

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.

March 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, March 18th 1:30 to 2:30pm
Saanich Centre Tuesday, March 25th 1:30 to 2:30pm

Saanich Centre

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

Tuesday, March 18th 1:00pm to 3:00pm **Movie:**
The Boys in the Boat

Dynamic Discussions
10:00am to 11:30am

Monday, March 3rd Living in Victoria

Monday, March 10th Technology

Monday, March 24th If you could live anywhere, where would it be?

Monday, March 31st Gratitude

Armchair Travel

1:00 to 2:00pm

Tuesday, March 11th Tanzania

Victoria Centre

Opera: Tuesday, March 4th 12:00 to 3:00pm
Don Giovanni

Musical Bingo

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

Soup Social Victoria Centre

Enjoy a bowl of soup, and have a visit.

Thursdays 12:00pm to 1:00pm

\$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

Using Passkeys

Signing on to your digital accounts requires a user id and an authentication like a password. Now passkeys provide a more secure authentication than passwords and can rely on biometric sensors to verify your identity.

Also maintain a unique long password for each account as a backup should you lose your phone. Canadian banks would rather you use the bank's smartphone app than provide passkey access.

Use a password manager to store those unique and complicated backup passwords, and passwords for sites that don't yet allow passkeys. A password manager protects against mistyping website addresses, and against emails and texts containing fraudulent links. Password managers are provided by browsers like google chrome, or by independent providers like bitwarden. Generally, don't click on links in emails or text messages that are asking you to log into your account.

If you have questions or need further details, ask the Victoria Computer Club in a Friday morning help session, or in a Tuesday morning class. Click on events in the victoriacomputerclub.org/calendar/ to schedule an appointment. Please refer to the website at <https://victoriacomputerclub.org>

Silver Threads Service Spring Programs Online

You can register online for Spring 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.

Treasure Trove Saanich Centre

Did you know we operate a Thrift Shop at the Saanich Centre? Thanks to our great team of Volunteers and community donations this little social enterprise generates \$6,000 of revenue each year. Filled with an mix of clothing and household goods at very reasonable prices.

Open Mondays, Tuesdays, Thursdays from 11:00am to 1:00pm and Wednesday, Friday 11:30am to 1:00pm.

Donations of gently used items accepted and appreciated and can be dropped off at the



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