

April 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.

## Hoppy Easter!



Why was the Easter Bunny so Grumpy?  
Because he was having a Bad Hare Day.

Welcome April! Our clocks are set an hour ahead (except for the one in our cars), the blossoms are blooming, and spring programs at Silver Threads are underway. April 1<sup>st</sup> is the start of our new membership year, and you can sign up or renew in person or online. Visit [www.silverthreads.ca](http://www.silverthreads.ca) for our Program Guide and registration..

I am pleased to confirm the Victoria Centre update that on March 3<sup>rd</sup>, 2025, Stephen Hammond, City Councillor and liaison to the North Park Neighbourhood brought forward a motion to Council for additional funding for the Victoria Centre that was unanimously approved and included in the 2025 Budget. We are grateful for his support in addressing our lease funding shortfall and for the support of Mayor and Council. We are now in a better position to determine the path forward for the Victoria Centre.

There has been an outpouring of relief and gratitude from our members and volunteers with this news. In fact, we have a member and donor who has initiated a celebration to thank those involved that we are pleased to accommodate!

**Come celebrate with us at the Victoria Centre  
Wednesday, April 16<sup>th</sup> at 11:00am for cake and coffee**

There will be plenty of high fives, pats on the back and a big, collective sigh of relief! We hope you will join us.

This month we have a new staff joining our team and are pleased to

welcome Paige Driedger to the position of Outreach & Reception. Plans and funding are being formalized that will allow us to restart the Outreach Program to support those in the community that need services closer to home. During April, expect to meet Paige at the Victoria Centre.

As well, this month the Saanich Centre hosts World Table Tennis Day on April 22nd and the Hampton Concert Orchestra will hold a Spring Concert with two performances. Information on both are included in this newsletter. It has been a challenging time but we are on the upswing and I could not be happier for the organization.

Thank you to all of you for keeping the faith.

Tracy Ryan, Executive Director

*"Spring is Nature's Way of saying 'Let's Party!'"*  
Robin Williams

# National Volunteer Week April 27th to May 3rd, 2025

## Thanks to our 2024 - 2025 Volunteers

Every year our Volunteers give so much to Silver Threads Service. This past year we had 60 + different volunteers work in governance, programs and services, and contribute 3000 hours to our organization.

### Board of Directors

Marjorie Moulton, President, Twyla Johnson, Vice President, Shawn Rankin, Treasurer  
Margaret Jacobson, Kerri Gibson, Gail Snider, Directors

Mark Baxter	Ildiko Fashoway	Penny Limer	Brenda Nicolson	Carol Sherwood
George Bowden	Matthew Ford	Tat Ma	Ethel O'Neill	Murray Strome
Rick Brokenshire	Anita Fownes	Sue Macgregor	Li Paper	Michael Swift
Chris Cantwell	Rosemary Gaunt	Charles Martin	Adele Pauls	Leslie Symes
Sandra Cleland	Doug Greenberg	Linda McGillicuddy	Mary-Jane Posno	Linda Toffey
Gord Collins	Kim Harrison	Joan McKinty	Ed Prior	Sandra Tolley
Sandy Cook	Anna Hendren	Raewyn McLean	Lucille Proulx	Micheal Turner
Dorothy Cushway	Gail Horne	Charlie McMartin	Kristen Reed	Lorraine Van Somer
Dianne Davey	Don Inch	Pat McNish	Brian Riddell	Kathy Voakers
Peggy Elves	Cam Jackson	Blair Munro	Laural Roberts	Anna Vonk
Derek Emmerson	Lillis Lawrence	Narender Nagpal	Mike Seal	Gloria Walker
Hitch Enns	Dianne Lezetc	Keiko Nakaji	Norm Shatilla	



### World Table Tennis Day Saanich Centre

Enjoy a game of Table Tennis as we celebrate World Table Tennis Day. We'll have players on hand to show you the ropes if you've never played before.

**Date:** Tuesday April 22nd

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

**Cost:** No Charge

**Pre-Registration Required**



### Hampton Concert Orchestra Spring Concert Saanich Centre

**Sunday April 13th, 2023, 2:30pm**

**Monday April 14th, 2023, 7:30pm**

Hampton Concert Orchestra with  
Music Director Charles Encell

**Admission by donation**

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

## Brain Power Challenge

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 Spring Programs start in April and include Brain Games and Dynamic Discussions. 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.

The Challenge this month is to create words from the letters in **EASTER**

### 4 letter words

s \_ \_ \_

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\_ e \_ \_

\_ \_ a \_

\_ \_ \_ e

\_ t \_ \_

### 5 letter words

t \_ \_ \_ \_

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\_ \_ \_ \_ r

\_ a \_ \_ \_

\_ \_ \_ e \_

\_ \_ t \_ \_

## 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.

Remaining appointments at both Centres are for members only.

Saanich Centre 250 382-3151



5 letter words: taste, taser, teaser, eater

Answers: 4 letter words: seat, rate, rest, tear, tree, star

## 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.

## April 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, April 15th 1:30 to 2:30pm

**Saanich Centre** Tuesday, April 22nd 1:30 to 2:30pm

### Saanich Centre

Tuesday, April 1st 1:00pm to 3:00pm **Documentary:**

**Fly with me**

Tuesday, April 15th 1:00pm to 3:00pm **Movie:**

**One Life**

### Dynamic Discussions

10:00am to 11:30am

Monday, April 7th Stress & Stress Reduction

Monday, April 14th Friendship

Monday, April 28th If you were Prime Minister

### Speaker Series

1:00 to 2:30pm

Tuesday, April 8th Memoir Reading with Lucille Proulx

### Victoria Centre

**Opera:** Tuesday, April 1st 12:00 to 3:00pm

**Tales of Hoffman**

### Musical Bingo

Monday, April 28th 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 **Avoid Spring Scams**

It's spring and time to be very aware of all the scams that never stop year-round. If anything, they have gotten worse with the introduction of AI (Artificial Intelligence).

This is the time of year when scammers get active claiming to be a government agency like Canada Revenue, Canada Border Services Agency, or Service Canada. Always remember, the government **does not** ask for payment in gift cards, or Bitcoin. Scammers count on you panicking. As always, if you get an urgent email or phone call from someone at a government agency asking for information, reveal nothing and phone Service Canada at 1-800-622-6232.

Do not use a phone number provided by the caller or click on a link in the suspicious email. To protect yourself from fraud, get help from the Victoria Computer Club. Or you can browse to [Get Cyber Safe \(https://www.getcybersafe.gc.ca/en\)](https://www.getcybersafe.gc.ca/en)

Check out our website at [VictoriaComputerClub.org](http://VictoriaComputerClub.org) or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com). One-on-one help sessions on Friday mornings can be booked with the Silver Threads front desk, at 250-382-3151.

### **Computer Support**

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

## 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.



Our Centres will be closed:  
**Friday, April 18th & Monday,  
April 21st 2024**  
in recognition of  
Good Friday and  
Easter Monday

## Silver Threads Service Staff and Locations

### **Association Management**

**Tracy Ryan** Executive Director

**Sandy Firth** Bookkeeper

### **Victoria Centre Staff**

**Erica Loenen** Operations Director

**Debbie Erb** Centre Administrator

**Paige Driedger** Outreach & Reception

### **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)