



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.

Food Security (& Strawberries)

Food Security is an issue we at Silver Threads strive to address. Our Food Program changed during COVID to address the needs we were seeing in the community and has continued to grow and evolve to address the need arising from increasing food costs. Our Commercial Kitchen at the Saanich Centre, managed by our Food Services Coordinator, Candice prepares and supplies affordable frozen meals that are available at both Centres for pick-up. The Silver Spoons Café is open Monday to Friday at the Saanich Centre with an excellent variety of lunches and baked goods. Weekly Food Share in both Centres provide produce, bread and dry goods that help over 50 people every week stretch their budgets.

I am proud of our Food Services and everything that goes into this well-oiled machine and I would like to take the time to acknowledge all the behind the scenes support and resources that go into this service, including:

Volunteers: Our Food Service Volunteers are the best. They pick up and drop off product from our sponsors, prepare and sort food, help in the Café, host Soup Socials, manage the Food Share, package meals, clean and so much more! **Thank you to Cam, Chris, Derek, Don, Hitch, Laural, Lorraine, Peggy, Rick, Sandy and Sue.** We could not manage this service without you!

Funders: This past year financial support was provided by the Victoria Foundation, United Way Southern Vancouver Island, Island Health and Community Gaming, as well as individual donors. The funding we receive allows us to purchase needed product that isn't available through donations, and keep costs low or free to those in need.

Sponsors: Through in-kind donations from COBS Bread and the Food Share Network we are able to distribute food that would otherwise go to waste. The Food Share Network and the Food Rescue Project collects over 2,000kg of fresh food daily and distributes it through a network of more than 50 organizations, - of which Silver Threads is one. This past year, **we received 6,988 pounds of food valued at \$25,017** from the Food Share Network that was shared with folks at both Centres.

We are grateful for the support. It is a privilege to be connected to these generous individuals and organizations that allow us to help address food security in our part of the community.

Speaking of food, join us this month for **Mother's Day on Friday, May 9th** between 11:00am to 12:30pm for Strawberries and Lemonade at the Centres. A casual chance to connect and share a memory, after all Mother's Day should be all about expressing love and gratitude. So let's do that!



Join us Friday, May 9th from
11:00am to 12:30pm for Mother's
Day Strawberries and Lemonade

"Food is not just about fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well" Michael Pollan

May 2025 Programs

Introduction to Modelling & Casting Victoria Centre

Learn simple modelling and casting techniques, reproducing a clay model in plaster. Supplies included.

Dates: Thursdays, May 22nd to June 26th

Time: 1:00pm to 2:30pm

Cost: 6/ \$90 members, \$120 non-members

Gentle Pilates Victoria Centre

Focusing on awareness of movement and strengthening of the core muscles along with hip mobility, balance and posture.

Dates: Thursdays, May 22nd to June 26th

Time: 5:00pm to 6:00pm

Cost: 6/\$78 members, \$120 non-members

Leader: Regina Flueck

T'ai Chi Victoria Centre

You'll learn gentle, flowing movements that enhance balance, flexibility and mindfulness to build on a basic form.

Dates: Thursdays, May 22nd to June 26th

Time: 5:00pm to 6:00pm

Cost: 6/ \$66 members, \$90 non-members

Leader: Frances Weick

Parlez Vous Francais? Saanich Centre

Un groupe de conversation française.

Dates: Wednesdays, May 21st to June 25th

Time: 9:30am to 10:30am

Cost: 6/\$24 members, \$42 non-members

Leader: Louise Thauvette

Intermediate Ukulele Saanich Centre

For students who have previous experience in ukulele.

Dates: Wednesdays, May 21st to June 25th

Time: 11:00am to 12:00pm

Cost: 6/\$54 members, \$78 non-members

Leader: Molly Raher Newman

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>

April Highlights



World Table Tennis Day

We had a well attended World Table Tennis Day at the Saanich Centre this month! Over 35 played, laughed, and enjoyed a great spread prepared by Candice and the Food Services Team. Thanks to Paul and Tat for their enthusiastic support and organizing the event. We had a special visit from Derek and Mary Chu, son and daughter-in-law of Lily Chu, who was an avid table tennis player and inspiration to so many of us. We thank the Chu family for their continued support and interest in Silver Threads.

Community Volunteer Income Tax Program

A big thank you to Volunteers Kerri, Narender and Micheal for their time and expertise in preparing returns this year. They processed over 120 returns all filed on line and on time! And we are done for another year!

COVID Clinic

Thanks to Rexall Pharmacy for hosting the COVID Booster Clinics, their friendly Pharmacists put shots in 100 arms. Thank you Rexall for making it easy for our members to stay up to date.

Volunteer Appreciation

During the last week of April we celebrated our over 60 volunteers and thanked them for their commit-mint! Our Volunteers are an important part of Silver Threads!



Word Scramble Challenge

Create words

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 May 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 for more information.

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

SRENOT

3 letter word: _____

4 letter word: _____

5 letter word: _____

6 letter word: _____

Frozen Meals and Food Share

The Silver Spoons Café produces frozen meals in house for pick up starting 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.

May 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, May 20th 1:30 to 2:30pm

Saanich Centre Tuesday, May 27th 1:30 to 2:30pm

Saanich Centre

Documentary: Tuesday, May 6th 1:00pm to 3:00pm

I am Celine Dion

Movie: Tuesday, May 20th 1:00pm to 3:00pm

The Last Rifleman

Dynamic Discussions

10:00am to 11:30am

Monday, May 5th Weirdest Jobs

Monday, May 12th Resilience

Monday, May 26th Hobbies and Interests

Armchair Travel

1:00 to 2:00pm

Tuesday, May 13th Panama with Jessica

Victoria Centre

Opera: Tuesday, May 6th 12:00 to 3:00pm

Cavalleria Rusticana

Movie: Tuesday, May 26th 1:00pm to 3:00pm

Unstoppable

Musical Bingo: Monday, May 26th, 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.

Celebration for the Victoria Centre

Thank you to everyone who joined us April 16th for cake and coffee in celebration of The City of Victoria for increasing the lease funding for the Victoria Centre. A special thank you to Councillor Stephen Hammond for putting forward the motion and attending the event! We appreciate the support and are grateful that Silver Threads can continue in this location.

Also attending were our Board President Marjorie Moulton, Directors Kerri Gibson and Margaret Jacobson. Staff Debbie, Erica, and Tracy were joined by new staff member Paige.

Thanks to the anonymous donor for providing the funding for the event. The cake was amazing!



5 - stern, stone, onset, snore 6 - tensor, tenors, noters, toners

Answers: 3 - ore, ten, son, eon 4 - sent, nest, nose, sore

Victoria Computer Club Saanich Centre

riding the technology wave

since 1983

The friendly helpful society of computer users

It's Spring! Time to take a look at your computers, laptops, tablets, or cell phones to ensure all have current updates. Regardless of whether you have Microsoft Windows, Apple, Android or Chrome devices, they all need updates. Clear out the clutter, clean the screens, wipe the keyboards - don't put any liquids on the devices - just on the microfiber cloth. Use the proper cleaning solution from a computer store.

Make a time each week or month, to ensure that all your devices are up to date with the latest updates. For example, if you have a Windows device, Patch Tuesdays fall on the 2nd Tuesday of every month from Microsoft - you will need to keep your computer on for more than a mere 10 minutes as the updates need time to download. There may also be updates throughout the month as required. Reboot your computer to make sure you are getting the updates. Learn how to check for updates.

Become a member of the Victoria Computer Club for in-person classes and one-on-one help sessions. You can also Zoom online for help and learning. Check out our website at <http://victoriacomputerclub.org/> or email us at victoriacomputerclub@gmail.com

Computer Support

Both the Victoria and Saanich Centres 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 on our website. If you have any questions please reach out to our staff and we would be happy to help.



Our Centres will be closed:

Monday, May 19th, 2025

for Victoria Day

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