



March 2026

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.



Plant Curiosity. Harvest Friendship.

March arrives with Spring on the horizon - a season of fresh starts, longer days, and new growth. This year, our Spring Program Guide is rooted in a simple and meaningful theme: **Plant Curiosity. Harvest Friendship.**

Spring reminds us that growth begins with a single seed. At Silver Threads Service, that seed might be trying a new class, signing up for a workshop, joining a fitness program, or attending a social gathering for the first time. Curiosity is where connection begins. When we plant it, we open ourselves to learning, laughter, creativity, and new experiences.

And what do we harvest? **Friendship. Community. Belonging.**

Our Spring programs are designed to nurture both mind and body, and just as importantly, relationships. Whether you're exploring something brand new or returning to a familiar favourite, every program is an opportunity to connect with others who share your interests.

March is also Activity Member Pass (AMP) renewal time. AMP gives reduced fees for those who attend programs frequently. As the season changes, we invite you to plant something new: an idea, an activity, a conversation and watch what grows.

Let's make this a Spring of discovery and connection.

Upcoming Dates

Our Centres will be closed Friday, April 3rd for Good Friday and Monday, April 6th for Easter Monday.

2026-2027

Annual Activity Member Pass
Membership Renewal begins and our Spring Program Guide is now available.

Thank you to our Community Foundations

Silver Threads Service extends our heartfelt thanks to our Community Foundations for their generous financial support. Their investment in our organization strengthens programs that reduce isolation, supports healthy aging, and creates meaningful opportunities for older adults to connect, learn, and thrive. Because of their commitment to community well-being, we are able to provide accessible programs, welcoming spaces, and vital services that make a real difference in the lives of seniors. This fiscal year we have received gifts totaling \$69,000 from:

Grant Family Foundation
Quiet Heart Foundation
Sara Spencer Foundation
Strategic Charitable Giving Foundation
United Way of BC
Victoria Foundation

We are deeply grateful for the confidence in our work and for the ongoing dedication to building strong, inclusive communities. Thank you for helping us continue this important mission.

With gratitude,
Tracy Ryan,
Executive Director

Plant Curiosity. Harvest Friendship.



Spring 2026 Program Guide

Our Spring Program Guide is available now! We are featuring “**No fee**” offerings that are available to anyone 55 years and better with no membership requirements. See the Monthly Events on page 3.

Saanich Centre

Studio 55: A new art hive opened in January, a permanent space for up to 11 artists.

Silver Samuri: Karate for Self-Protection and Health: Guided by neuroscientist E. Paul Zehr, PhD, learn foundational techniques for physical safety.

Watercolours: The Natural Environment: Focus on coastal fauna and seascapes.

Improve your Table Tennis: Master proper technique for more fun play!

Victoria Centre

Foot Foundations: If you’ve experienced foot discomfort, you know how vital healthy feet are to overall well-being. Popular Instructor Roz leads this specialized class that will build strength, mobility, and stability.

Comic and Character

Unleash your inner cartoonist! This fun, beginner-friendly class teaches older adults how to create comics, characters.

Zines: Small Pages Big Ideas: Make small booklets to share your ideas and stories.

Qigong: an evening class on Tuesday and Thursdays starting at 5:00pm.

For a complete listing check out the Spring Program Guide available online and in the Centres.

Partnership Highlights

At Silver Threads Service, partnership is an important part of our work. Strong community relationships allow us to expand our reach, enhance our programs, and ensure older adults feel connected, supported, and valued.

Our longstanding partnership with the **District of Saanich** is particularly meaningful. Through shared facilities, collaborative planning, and aligned community goals, Saanich plays a vital role in helping us deliver accessible programs and services to older adults in our region.

Providing the Les Passmore Centre for Silver Threads to operate the Saanich Centre allows us to provide a welcoming community hub for older adults. While the REACH Project is allowing us to work in the community beyond our centres.

In February that support came to life through two special initiatives:

Speed Friending:

at the Saanich Centre was a light-hearted opportunity for older adults to meet new people in a structured,



supportive setting. In just a few minutes per conversation, participants expand their social circles, reduce isolation, and rediscover the joy of connection.

Art for Wellness: Using the Art Gallery and Studio at Cedar Hill Rec Centre, and the experience of our favourite Dr. Lucille Proulx, Art Therapist we explored self-expression and mental well-being through creativity, inspired by the work of artist, Natalie Shumka.

Thank you to all who attended both events.

We appreciate your involvement and the support of the District of Saanich.



Silver Threads Service Annual Activity Member Pass Renewal

Time to sign up or renew your
2026-2027 Activity Member Pass
April 1st, 2026 to March 31st, 2027
New Members can sign up starting
In March and receive one month free!

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

stay active • stay healthy • stay connected

Food Services

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 bread, produce and other products for pick-up 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.

Thank you to the
Food Share Network, COBS Breads,
United Way BC, Soap for Hope,
Sovereign Order of St. John of Jerusalem,
Victoria Foundation and Community Gaming for the
support of our Food Programs.

March 2026 Monthly Events

Monthly Socials

No fee

An opportunity to meet and socialize with others.
Perfect for new members.

Victoria Centre Tuesday, March 17th, 2026

Saanich Centre Tuesday, March 24th, 2026

Saanich Centre

Movie **No fee**

Tuesday, March 17th 1:00pm to 3:00pm
Golda

Documentaries

Tuesday, March 3rd 1:00pm to 3:00pm
Liza: A Truly, Terrific, Absolutely True Story

Dynamic Discussions

Mondays, 10:00am to 11:30am

March 2nd - Health Care

March 9th - Reason for Being

March 16th - Canadian History

March 23rd - Books, Movies, Podcasts, etc

March 30th - Optimism

Armchair Travel

Tuesday, March 10th 1:00pm to 2:00pm
Australia

Victoria Centre

Movie **No fee**

Tuesday, March 24th 1:00pm to 3:00pm
Hamilton: An American Musical

Musical Bingo

Monday, March 16th, 1:30pm to 3:00pm

Trivia Quiz

Monday, March 2nd 1:30pm to 3:00pm

Soup Social

Enjoy a soup lunch and have a visit.
Thursdays, 12:00pm to 1:00pm
\$4 members, \$7 non-members

**Unless otherwise noted: Programs are
\$2 members, \$5 non-members
Please call to reserve your spot in all of the
above programs.**

Monthly Brain Builder

It's March and we hope you will unscramble all that is related to the month: spring and staying active! Our cognition programs 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.

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|-------------|-------------|
| 1. ripnsg | 6. awlks |
| 2. nisunhse | 7. eridsfn |
| 3. lcoevr | 8. mroach |
| 4. grandne | 9. bmoslo |
| 5. atxes | 10. sgnirow |

Bonus Question!

Sticking with the Spring theme....

What steals an hour of sleep without music, dancing or questionable fashion choices and leaves you cranky in the morning?

Extra Bonus Point if you can answer when!

Answers: 1. Spring 2. Sunshine 3. Clover 4. Garden 5. Taxes 6. Walks 7. Friends 8. March 9. Blooms 10. Growing

Bonus Question: Daylight Savings

Extra Bonus Point: It's March 8th.

And we want the hour back in naps!

Outreach Programs

James Bay New Horizons and Silver Threads Service are partnering to reduce the isolation of seniors. The concept is simple: Outreach Workers meet with seniors where they live to build connections, listen to their concerns, and inform them about available services that support independent living, bringing programs directly to them, thanks to funding from the Federal Government's New Horizons Grant, in partnership with the District of Saanich.

Beginning in March, there will be an Outreach Calendar posted on our website with the housing sites and our programs, activities and information sessions. While these initiatives are for the residents at these locations, and the purpose is for their information it also demonstrates our increasing work in the community beyond our centres. At Kiwanis Village and Mount Douglas Seniors Housing Society, new offerings include Storyteller's Guild and Dying with Dignity Presentations, as well as an information session with Canadian Mental Health on the Bounce Back Program. We will visit several CRD Housing sites in March, including Birches, Viewmont and Springtide to connect on issues like food security, Health Link Registry, and support. For future programs we are recruiting volunteers to assist with one-on-one tech support to help with personal devices, cell phones, tablets and laptops. Class 4, experienced drivers are needed for bus trips to local sites. See our website for details or call 250 388-4268 for more information.



Silver Threads Service Staff and Locations

Association Management

Tracy Ryan Executive Director

Victoria Centre and Outreach Staff

Sarah Beihse Operations Director

Debbie Erb Centre Administrator

Paige Driedger, Adrianna Balic Outreach

Nancy Scott, Reception

Victoria Centre

1911 Quadra Street, Victoria, BC V8T 4C1

Phone: 250 388-4268

Saanich Centre Staff

Anne Nelson Centre Director

Deanna Austin Centre Administrator

Louise Thauvette Program Coordinator

Candice Ho Food Services Coordinator

Caroline Covil Reception, Program Facilitator

Saanich Centre

286 Hampton Road, Victoria, BC V8Z 1H1

Phone: 250 382-3151

For general inquiries please email: inquiries@silverthreads.ca

For more information please visit: <https://silverthreads.ca/>