



April 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.



Thank you
for bee-ing
awesome!

Celebrating our Volunteers!

At Silver Threads Service, our community is always buzzing -- and that's thanks to our incredible volunteers. To each and every one of you, thank you for *sharing your time and talents with us*. From leading sport programs with gusto, helping distribute and serve food, lending a helping hand at tax time, your efforts create a hive of activity and connection. You help our centres thrive, bringing people together in ways that truly matter.

Like busy bees, you bring energy, care, and purpose to everything you do. You pollenate new friendships, create sweet moments of joy, and remind us all that a strong community is built one act of kindness at a time. 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 over 3200 hours to our organization. Volunteer recognition is our chance to pause and celebrate the impact you make every day. Your generosity does not go unnoticed - it's the honey that keeps Silver Threads so vibrant and welcoming. We are so grateful for the time, talents, and heart you share.

So here's a little buzz of appreciation just for you:

Thank you for bee-ing awesome!

Upcoming Dates

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

World Table Tennis Day

Saanich Centre Friday, April 24th
9:30am to 11:30am

Hampton Concert Orchestra Spring Concert

Saanich Centre
Performances Saturday, April 25th and
Sunday, April 26th

See the Spring Program Guide for details.

Giving thanks to our Funders!

In addition to our thanks to our Volunteers, we are deeply grateful to the individuals, foundations, and community partners whose generosity makes our work possible. Their support provides nearly 70% of our revenue - quite simply, it is this support that keeps our doors open and our lights on. Because of this generosity, we are able to keep program fees affordable, ensuring that cost is not a barrier to participation. The contributions also allow us to address food security through nutritious meals and food share programs, and to offer a wide range of free programs and services at our centres and in the community that foster connection, wellness, and belonging. Every dollar we receive strengthens our community and supports older adults in living healthy, engaged lives.

We give our thanks for all who are believing in our mission and for investing in a community where everyone can thrive.

With gratitude,

Tracy Ryan,
Executive Director

Thank you to our 2025 - 2026 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 over 3200 hours to our organization.

Board of Directors

Marjorie Moulton, President, Twyla Johnson, Vice President, Shawn Rankin, Treasurer
Kerri Gibson, Gail Snider, Kim Duffus, Directors

Mark Baxter	Derek Emmerson	Lillis Lawrence	Monika Moar	Mike Seal
Joan Bobyn	Hitch Enns	Diane Lee Van On	Blair Munro	Carol Sherwood
George Bowden	Michael Gaudet	Dianne Lezetc	Narender Nagpal	Michael Swift
Rick Brokenshire	Rosemary Gaunt	Tat Ma	Keiko Nakaji	Leslie Symes
Chris Cantwell	Jocelyn Gile	Sue Macgregor	Brenda Nicolson	Linda Thompson
Sandra Cleland	Kim Harrison	Charles Martin	Ethel O'Neill	Linda Toffey
Gord Collins	Anna Hendren	Liz McCarter	Li Paper	Sandra Tolley
Sandy Cook	Gail Horne	Linda McGillicuddy	Adele Pauls	Micheal Turner
Dorothy Cushway	Don Inch	Joan McKinty	Lucille Proulx	Lorraine Van Somer
Dianne Davey	Cam Jackson	Raewyn McLean	Kristen Reed	Kathy Voakes
Ruth Duquette	Deborah Jury	Sarah McLean	Brian Riddell	Anna Vonk
Peggy Elves	Elise Kennedy	Charlie McMartin	Laural Roberts	Mary Anne Waldron
		Pat McNish		Gloria Walker

In Honour

Sadly we acknowledge the passing of some very special volunteers in 2025-2026:

Board Member: Margaret Jacobson, Social Leader: Penny Limer,

Food Services: Cathy Beals and VCC Volunteer: Ed Prior.

They were all skilled and dedicated volunteers and we miss you greatly and are grateful for the positive impact you each had on our organization.

Member of Parliament Visit

Thank you to The Honourable Stephanie McLean, Member of Parliament and Secretary of State for Seniors, for visiting the Saanich Centre on March 17th and engaging with our staff, Board members, and, most importantly, our participants. We appreciate her taking the time to learn more about Silver Threads and connecting with seniors participating in watercolor classes, choir, and table tennis activities.

We are also grateful for the Federal New Horizons funding, which is part of the REACH Project in partnership with the District of Saanich. This support is enabling us to expand our Outreach Programs into housing sites within the community.



New Victoria Presentations

New and not listed in the Program Guide!
Call 250 388-4268 for more information and to register. No fee

Everyday Tech Explained

Join us for a Technology Workshop exploring the most current topics, presented by Priority One Computer Service, this informative and relaxed session will explore the latest updates in Windows 11 as well as important topics like protecting your personal data, cybersecurity basics, and privacy concerns in today's digital world. Curious about Artificial Intelligence (A.I.) and how it's showing up in everyday technology? We'll introduce what it is, and what you should know.

Dates: Tuesday May 12th OR Monday May 25

Time: 2:00pm to 3:00pm

Elder Mediation & Communication Workshop

Join Mark Phillips, a professional mediator, for an engaging and informative session on elder mediation and communication to encourage proactive approach to navigating important life conversations.

So, what is elder mediation? It's a process that helps individuals and families address sensitive issues, such as financial disagreements, self-neglect, and social isolation *before* they escalate into conflict. Through guided communication, mediation creates a safe space for everyone to be heard and understood.

Explore how open, respectful dialogue can strengthen relationships, and promote well-being as we age.

Date: Friday, April 17th

Time: 11:00am to 12:30pm

Food Services

Frozen Meals and Food Share

The Silver Spoons Café produces frozen meals in house for pick-up starting at \$6 each.

Food Share **No fee**

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

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

April 2026 Monthly Events

Monthly Socials

No fee

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

Victoria Centre Tuesday, April 21st, 2026

Saanich Centre Tuesday, April 28th, 2026

Saanich Centre

Movie **No fee**

Tuesday, April 21st 1:00pm to 3:00pm

Radium Girls

Documentaries

Tuesday, April 7th 1:00pm to 3:00pm

Jim Thorpe: Lit by Fire

Dynamic Discussions

Mondays, 10:00am to 11:30am

April 13th Food and Nutrition

April 20th Rethinking the beliefs we were raised with

April 27th Criminal Justice System

Armchair Travel

Tuesday, April 14th 1:00pm to 2:00pm

Antarctica

Victoria Centre

Movie **No fee**

Tuesday, April 28th 1:00pm to 3:00pm

Cool Runnings

Musical Bingo

Monday, April 20th, 1:30pm to 3:00pm

Trivia Quiz

Monday, April 13th 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 April and we hope you will try the No Foolin' Brain Builder, a teaser for our cognition programs, which 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.

1. The more you take, the more you leave behind. What are they?
2. What has many keys but can't open a single door?
3. What comes once in minute, twice in moment, and never in a thousand years?
4. I'm light as a feather, yet the strongest person can't hold me for very long. What am I?
5. If you have three chocolate eggs and you take away two, how many do you have?
6. How many months have 28 days?
7. A rooster lays an egg on the very top of a roof. Which way does the egg roll?
8. Before Mount Everest was discovered, what was the highest mountain in the world?

Answers: 1. Footsteps 2. A Piano
3. The letter M 4. Your breath 5. Two
6. All of them 7. Roosters don't lay eggs
8. Mount Everest, it hadn't been discovered yet

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. We now have a monthly Outreach calendar posted on our website with the housing sites and our programs, activities and information sessions. Visit it at <https://silverthreads.ca/our-programs/outreach-programs/> 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, offerings include presentations on mediation, sleep health, and Out trips. Staff will also visit several CRD Housing sites including Birches, Viewmont and Springtide to connect on serious issues like food security, Health Link Registry, and enjoy a bit of creativity painting eggs for easter.

For future programs, we are recruiting volunteer drivers who have their Class 4 License and experience driving groups of seniors to community 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

Nancy Scott, Reception

Paige Driedger, Adrianna Balic Outreach

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/>