November 2026

# NEWSLETTER

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for individuals 55+. We do this by providing accessible programs and services

## Upcoming Dates

Our Centres will be closed:
**Wednesday, November 11th**
for Remembrance Day

The Winter Program Guide will be available and registration begins **November 25th** for **January 2027**

A friendly face. A reason to get out of the house. A place to feel welcome. Sometimes the simplest things make the biggest difference.

For 70 years, Silver Threads Service has been helping older adults maintain their independence, health and well-being while staying connected to their community. Through our two Centres and community Outreach programs, we provide affordable health and wellness activities, opportunities for learning and social connection, address food security and provide essential support for those facing isolation or financial challenges.

Our work goes far beyond programs and activities. It's about helping older adults remain independent, building confidence, fostering meaningful friendships and ensuring that people have the connections and support they need to age well in their community.

This year, we received an extraordinary gift. In loving memory of their mother, Lily, a longtime Silver Threads member, her family donated over **$12,000** this year to support our work and launch our annual campaign. Their hope is that this generosity will inspire others to give and to reach **our goal of $50,000**.

Your contribution, regardless of the amount, will make a meaningful difference.

Donations can be made using the enclosed return envelope or made online through Canada Helps on our website:
**silverthreads.ca/support-us**

We appreciate your support and commitment to our mission.

**We invite you to build on their gift and ensure that cost or circumstance does not stand in the way of staying active, connected and supported.**

***Together, we can ensure that everyone has a place to belong.***

## Fall 2026 Program Guide

Our Fall Program Guide is available now with over 60 registered programs and over 50 drop-in activities September to December. Session 2 Registered Programs begin this month.

## SAANICH CENTRE

### STUDIO 55

Art hive for 55+ now with extended evening hours.

### Self-Management BC Healthy Living with Chronic Pain

Tuesdays | 9:30am to 12:00pm
Starting November 3rd

### Learn to Play Western Mahjong

Thursdays | 1:00pm to 3:00pm
Starting November 5th

### Silver Samurai: Karate for Self-Protection

Tuesdays | 2:30pm to 3:30pm
Starting October 27th

### Improve Your Table Tennis

Thursdays | 2:30pm to 3:30pm
Starting November 5th

## VICTORIA CENTRE

### SoundBody Self Massage

Fridays | 11:15am to 12:15pm
Starting November 20th

### Seniors Fitness Toolkit

Mondays | 11:15am to 12:15pm
Starting November 16th

### Free Fitness Fridays No Fee

Fridays | 10:00am to 11:00am

### Qigong

Tuesday | 4:30pm to 5:30pm
Friday | 11:15am to 12:15pm

### Chair Fitness

Thursdays | 11:15am to 12:15pm

FOR A COMPLETE LISTING CHECK OUT THE FALL PROGRAM GUIDE AVAILABLE ONLINE AND IN THE CENTRES.

# Highlights

## Canadian Poppy Project

By Doreen Shaw

Canadians from every province and territory have been called upon to knit and crochet poppies to honour our shared heritage through handmade remembrance. We are continuing the tradition of Canadian women who knit and stitched for soldiers in times of war. In Victoria, we rallied our 'troops'. Groups came together from Silver Threads Stitch and Chat, Learn to Knit, Learn to Crochet, and Line Dancers. From Commonwealth Place, Blankets for Canada and our many friends. Those who didn't stitch supported our endeavour by donating yarn, buttons and Canadian pins. Our combined effort produced 717 POPPIES in all shapes and sizes, in shades of red, green and black. These poppies are now in Ottawa and will be installed at the Museum of Science and Technology 2026.

## Hampton Concert Orchestra 2026 Fall Concert

Sunday, November 22nd 2:30pm
Monday, November 23rd, 7:30pm

Join Conductor Charles Encell and the HCO at the Saanich Centre for a program of C.M. Weber, Oberon Overture. S. Koussevitzky, Concerto for Double Bass and Orchestra. Bass Miriam Chong. J. Hayden, Symphony No. 102.

*Admission by Donation*

## Holiday Showcase Saanich Centre

Join us for a joyful afternoon of performances featuring the talent of Silver Threads. Featuring Jubilee Clarinet Choir, Chants des Fetes, Line Dancing, Ukulele, and a Weaving Fashion Show and the Silver Threads Singers.

**Date:** Tuesday December 8th
**Time:** 1:30pm to 3:30pm
**Tickets available now:** $5 members, $8 non-members

# Food Programs and 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 individuals in need as possible.

*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.*

# November 2026 Monthly Events

## SOCIAL GROUPS

### New Member 101 | Victoria Centre No Fee

New member? Come meet with us and bring your questions about our organization.

Tuesday, November 17th | 1:30pm to 2:30pm

### Monthly Social | Saanich Centre No Fee

An opportunity to meet and socialize with others.

Tuesday, November 24th | 1:30pm to 2:30pm

## SAANICH CENTRE

### Movie No Fee

Tuesday, November 17th | 1:00pm to 3:00pm

**Gold Run**

### Documentaries

Tuesday, November 3rd | 1:00pm to 3:00pm

**Dolly Parton: Here I am**

### Armchair Travel

Tuesday, November 10th | 1:00pm to 3:00pm

**Newfoundland's Iceberg Alley**

### Dynamic Discussions

10:00am to 11:30am

Monday, November 2nd | ***Animals and Pets***
Monday, November 9th | ***Remembrance Day***
Monday, November 19th | ***Community***
Monday, November 23rd | ***Future Generations***
Monday, November 30th | ***Fairness and Justice***

## VICTORIA CENTRE

### Movie No Fee

Tuesday, November 24th | 1:00pm to 3:00pm

**The French Dispatch**

### Musical Bingo

Monday, November 16th | 1:30pm to 3:00pm

*Cost: $2 members, $5 non-members*

### Soup Social

Come and enjoy a soup lunch. Please reserve your spot by 9:00am the day before.

**Date**: every Thursday
**Time:** 12:00pm to 1:00pm

*Cost: $4 members, $7 non-members*

PLEASE CALL TO RESERVE YOUR SPOT IN ALL OF THE ABOVE PROGRAMS.

# Monthly Brain Builder

Giving isn't always about money. Sometimes the greatest gifts are time, kindness, friendship or simply showing up when someone needs you. This month's Brain Builder celebrates generosity, philanthropy and the joy of making a difference!

### Generosity, All Scrambled up!

1. NODATIO _ _ _ _ _ _ _
2. DSNIKSEN _ _ _ _ _ _ _ _
3. LONETREVU _ _ _ _ _ _ _ _ _
4. YHICTAR _ _ _ _ _ _ _
5. RENEGISYTO _ _ _ _ _ _ _ _ _ _
6. YGLACE _ _ _ _ _
7. TROSPUP _ _ _ _ _ _ _
8. KANHST _ _ _ _ _ _

### A Riddle

I can be given but never brought back. Everyone has some, but nobody knows exactly how much they have left. When shared with others, I can make a lasting difference. What am I?

**Answers:** 1. Donation 2. Kindness 3. Volunteer 4. Charity 5. Generosity 6. Legacy 7. Support 8. Thanks **Riddle:** Time

# Outreach Programs

Outreach Programs continue to strengthen connections with older adults at our regular housing sites and expand the range of programs and support available in the community that now includes BC Housing sites.

This month Outreach residents will have the opportunity to join staff on the FAB bus for trips to Butterfly World on the Saanich Peninsula and a Christmas Tour.

Our one on one and small group coffee parties will be focused on supporting residents in applying for GIS and OAP and ensuring they are receiving all the benefits they are entitled to. Discussion groups and Brain Games are planned to build connections and challenge cognition.

Regular on-site programming will include chair yoga, games, facilitated discussion groups, walking groups, coffee socials, and opportunities for social connection. These activities are designed to support physical and mental well-being while helping residents build stronger neighbour - to - neighbour relationships.

During July to September we offered 86 programs, 4 Out trips and hosted 26 Information sessions. A total of 651 individual visits where made during this quarter.

For residents of any of the sites we visit please feel free to call the Victoria Centre and leave a message for Bethany and Paige if you have any questions or to sign up for trips, programs or massage, 250 388-4268.

The REACH Project is funded by New Horizon for Seniors federal funding and coordinated by the District of Saanich. Silver Threads Service is in partnership with James Bay New Horizons.

# Silver Threads Service Staff and Locations

**Tracy Ryan** Executive Director

**VICTORIA CENTRE AND OUTREACH STAFF**

**Sarah Beihse** Operations Director
**Nancy Scott, Bonnie Reszel** Reception
**Paige Driedger, Bethany Brown** Community Outreach Workers
**Janet Matthews** Bookkeeper

**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
**Janice Arnot** Centre Director

**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/