



# 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 to our Community Funders



As a charitable, non-profit organization, Silver Threads Service sincerely appreciates the financial support received from numerous Community Funders, Foundations, and Municipal Governments. Our program and membership fees account for approximately 25% of our annual revenue, with the remaining 75% generated through contributions from these supporting organizations. Thank you to our Community Funders and Foundations, who supported the mission of Silver Threads Service during the fiscal year, April 1<sup>st</sup>, 2024 to March 31<sup>st</sup>, 2025. We appreciate your care and belief in our organization.

### 2024-2025 Community Funders and Foundations

**Benevity**

**City of Victoria**

**District of Saanich**

**Gaming Policy & Enforcement Branch:  
Community Gaming Grant**

**Island Health (VIHA)**

**The R.K. Grant Family Foundation**

**The Victoria Foundation: Community Grant**

**The Victoria Foundation: The Nellis Roy Moyer &  
Elizabeth Moyer Memorial Trust**

**Greater Victoria Real Estate Board**

**Provincial Employees Community Services  
Fund**

**RCL #7 Britannia Branch**

**Royal Canadian Legion Esquimalt**

**Victoria Foundation: Kaushika Fund**

**United Way Southern Vancouver Island/  
United Way BC**

**Fraternal Order of Eagles Ladies Auxiliary  
Victoria #12**

**Victoria Lions Clubs District 19L-1-2**

Our Summer 2025 Program Guide and Registration are now available for Programs offered in July and August. Our new offerings include many great experiences and a few are listed further in this newsletter. Personally, if I could take one thing - it most likely would be The Chocolate Project Masterclass & Tasting. Now there's a class where one really hopes there is homework! But if this doesn't appeal, know that there are 64 weekly programs, 22 monthly workshops, events and presentations. Along with a variety of support services, Food Programs and our restarted Outreach Programs. I hope you make Silver Threads part of your summer plans!

Tracy Ryan, Executive Director

*"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."*  
A.A. Milne, from Winnie the Pooh

## New Summer Programs



### Cheers to Summer!

Our Summer Program Guide is now available. You can register for July and August 2025 programs online, in person, or by phone. In addition to the popular favourites, new offerings will include:

#### Victoria Centre

Summer Outings

Power Hour – 5:15pm evening class!

The Chocolate Project Masterclass & Tasting

Clothed Figure Drawing Workshop

Dynamic Discussions

Tangling On

Sight & Insight: Playing with Art & Meaning - Making

#### Saanich Centre

Introduction to Belly Dancing

Flower Arranging Basics

Speaker Series: Healthy Living - Healthy Heart

Armchair Travel Movies

Improve your Table Tennis

## 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](mailto:inquiries@silverthreads.ca)

Our **Program Guides** are published seasonally, Winter, Spring, Summer and Fall. They can be viewed on our website [www.silverthreads.ca](http://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>

For our **Online Registration** visit our website at:

<https://silverthreads.ca/our-programs/>

## May Highlights Mother's Day



We had a little Mother's Day Celebration on May 9th, (really, an excuse for treats!) Thanks to Candice our Food Services Coordinator for making chocolate covered Strawberries!



We appreciate everyone who popped by the Saanich and Victoria Centres for lemonade and a visit!

## Fraud Prevention

In recognition of the Victims and Survivors Crime Week we were pleased for the support from Greater Victoria Police Victim Services for sponsoring a Fraud Prevention Presentation at the Victoria Centre on May 12th.

Facilitator Cst Berle Zwaan did an information and practical talk, that was greatly appreciated. Thank you to Victim Services for the opportunity!

## Getting Old Ain't for Sissies



Kathy Fournier presented a fun and informative presentation on Aging on May 13th.

Some great quotes to share and to think about:

“Having goals is important, being curious in life is important, feeling passionate is important, and attitude is important. See the humour in everything as best as you possibly can.”

“Laughter increases memory retention, reduces pain,

soothes stress, increases your immunity, and helps to ease depression. If you live positively, you will live healthier.”

“Set goals, try new things, and practice gratitude. When we say what we are thankful for, it changes our neurological systems.”

## 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 Summer Programs start in July 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 syllable fragments in each square.

dan	imp	car	bage	wing	ling
clar	bala	tang	soc	rov	via
crib	dra	wal	inet	cing	ving
dio	tri	lance	wea	king	ials

## Outreach Programs restarted!

Beginning in 2015, Silver Threads and James Bay New Horizons partnered to initiate an Outreach Program that continued until 2020, the goal was to reduce isolation and connect older adults to the services they needed.

During this 5-year period we connected with over 800 individuals through information sessions, and expanded support by developing off-site programs and bus trips, that unfortunately ended due to COVID and changes in funding.

We are finalizing funding and our first step is restarting programs at Kiwanis Village Society. We are planning to grow this valuable initiative in the region with further sites and supports being planned.

Paige Driedger has been hired as our new Outreach Worker, and will be holding an Information session and on site Health & Wellness Programs for the Kiwanis residents beginning in June 2025.



**Answers:** dancing, balance, cardio, documentaries, drawing, tangling, clarinet, improv, cribbage, trivia, socials, walking, weaving

## 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.

## June 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, June 17th 1:30 to 2:30pm  
**Saanich Centre** Tuesday, June 24th 1:30 to 2:30pm

### Saanich Centre

**Documentary:** Tuesday, June 3rd 1:00pm to 3:00pm

**Mr. Dressup: The Magic of Make Believe**

**Movie:** Tuesday, June 17th 1:00pm to 3:00pm

**My Penguin Friend**

### Dynamic Discussions

10:00am to 11:30am

Monday, June 2: Share your Story: BC Seniors Week

Monday, June 9: Home

Monday, June 16: Communication

Monday, June 23: Life lessons

Monday, June 30: Books and Movies

### Armchair Travel

1:00 to 2:00pm

Tuesday, June 10th India

### Victoria Centre

**Opera:** Tuesday, June 3rd 12:00 to 3:00pm

**Cavalleria Rusticana**

**Movie:** Tuesday, June 24th 1:00pm to 3:00pm

**The Six Triple Eight**

**Musical Bingo:** Monday, June 23rd, 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

## Victoria Computer Club Saanich Centre

riding the technology wave

since 1983

Our daily lives have changed these last few years. We all have new habits and ways to do things, perhaps having weekly video chats with your kids and grandkids. You may be doing less on your electronic devices or even more and have learned to use some new technology.

Make sure you stay safe online - if you aren't sure, call a family member or friend for advice - just don't click anything you aren't sure about. Here are some tips:

- Security can be complex so get advice from the Victoria Computer Club
- Use a credit card that isn't your only credit card in case you get compromised
- Review your credit card account online to ensure charges aren't made that you are unaware of to avoid surprises when you receive the bill
- Don't give your credit card number out over the phone and only shop with trusted retailers
- Don't be panicked by calls from the CRA, Grandson, Banks, or Credit card companies
- The real Microsoft never phones about viruses on your computer
- Don't save your credit card information on websites
- Use long random passwords, and keep them in a password manager.

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](mailto:victoriacomputerclub@gmail.com)

## Silver Threads Service Summer Programs Online

You can register online for Summer 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:  
**Tuesday, July 1st, 2025**  
for Canada Day, eh

## 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)