



# Silver Threads Service Victoria Centre

## Program Guide and Schedule Fall 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Strength and Stretch</b> 10:00-11:00am	<b>Golden Rods &amp; Reels Fishing and Social Club</b> 9:00-11:30am	<b>Memory Plus</b> 9:30-11:30am	<b>Strength and Stretch</b> 11:00am-12:00pm	<b>Knitting/Crochet Social Group</b> 9:00am-12:00pm
<b>Walking Group</b> 9:30-11:00am	<b>Lunch and Learn Workshop Nov 13</b> 12:00-1:30pm *registered	*registered		
<b>TIME™ Program</b> 1:00-2:00pm *registered	<b>Fall-Prevention Fitness</b> 1:30-2:30pm	<b>MS Society Art Therapy</b> 10:00am-2:00pm  To register please contact 250-388-6496	<b>Footcare Nurse</b> 9:30-11:00am By appointment 250-388-4268	<b>Open Studio Mosaics/Crafts</b> 9:00am-12:00pm
	<b>Meditation</b> 1:30-2:30pm		<b>Arts &amp; Alzheimer's</b> 11:00am-1:00pm  To register please contact 250-920-9573	<b>Blood Pressure Clinic</b> 10:00am-12:00pm  <b>Nov 30</b>
	<b>Table Tennis</b> 1:45-3:45pm			
	<b>Legal Assistance</b> 3:00-4:00pm By appointment 250-382-3151	<b>Cards and Games</b> 1:00-3:00pm	<b>TIME Program</b> 1:00-2:00pm *registered	<b>Computer Assistance</b> 11:00am-12:30pm By appointment 250-388-4268
<b>Silver Threads Service – Victoria Centre is located at 2340 Richmond Road 250-388-4268 <a href="http://www.silverthreads.ca">www.silverthreads.ca</a></b>			<b>Chair Yoga</b> 2:15-3:15pm *registered	<b>Chinese Brush Painting</b> 1:30-3:00pm
			<b>Mexican Train Dominoes</b> 12:30-3:00pm	<b>Clarinet Choir</b> 1:30-3:00pm

**Drop-In Programs:**

**Silver Treads Walking Group:**

Get moving, meet new friends and see new sights with the Silver Treads Walking group. We meet at the Victoria Centre and carpool to various locations around the city for a 45-60 minute walk. Enjoy coffee and social time upon return. Please call the Centre to book a space in the carpool 250-388-4268.

**FREE**

**Strength and Stretch Fitness:**

A variety of strength training exercises using light weights and resistance tubing to help maintain bone density and build strength. Gentle stretches will improve flexibility and allow you to do your daily tasks with ease.

**\$3.70 (member); \$5.80 (non-member)**

**Fall-Prevention Fitness:**

Join us for an hour of exercises designed to improve balance, mobility, strength and flexibility.

**\$3.70 (member); \$5.80(non-member)**

**Golden Rods and Reels:**

This social and educational group meets at the centre weekly to discuss all things fishing! New members welcome, free coffee at your first meeting!

**Meditation:**

Meditation is the art or technique of quieting the mind so that the endless chatter that normally fills our consciousness is stilled.

**Start date TBA \$3.70(member); \$5.80(non-member)**

**Table Tennis:**

Drop-in and challenge one of our regular table tennis enthusiasts to a match. A great physical and tactical workout.

**\$1.60 (member); \$4.75 (non-member)**

**Cards and Games:**

Cribbage, Euchre, Scrabble, puzzles – whatever suits your fancy. Drop-in, socialize and have some fun. Don't know how to play? No problem, check out the Learn to Play sessions offered in our Registered Program Section.

**\$1.60 (member); \$4.75 (non-member)**

**Mexican Train Dominoes:**

A fun and social game and a great way to meet new people!

**\$1.60 (member); \$4.75 (non-member)**

**Knitting and Crochet:**

Bring your knitting or crocheting skills and enjoy this social group.

**Beginners welcome** – our knitting mentors are happy to teach you how to get started and guide you along the way.

**\$1.60 (member); \$4.75 (non-member)**

**Mosaics/Crafts:** Our well-stocked craft room has all the supplies you need to make beautiful tile and ceramic mosaics.

**\$1.60 (member); \$4.75 (non-member)**

**Chinese Brush Painting:** Explore this ancient art form in a self-directed group that learns from one another. Please bring supplies.

**\$1.60 (member); \$4.75 (non-member)**

**Clarinet Choir:** Come and join other clarinetists for some enjoyable practice time. **\$1.60 (member); \$4.75 (non-member)**

**Registered Programs:** (prices include GST) Course fee payment required at time of registration.

### Handmade Christmas Ornaments

Learn how to make these beautiful fabric Christmas ornaments—no sewing required! Materials provided.

Fri Nov 16 10:00am-12:00pm  
\$5.25(members), \$7.35(non-members)



### Fresh Wreaths

Get into the spirit of the season and make a fresh wreath with real boughs and branches and all the trimmings. Hot Apple Cider included.

Fri Dec 7 10:00am-12:00pm  
\$26.25(members) \$31.50(non-members)

### Silver Christmas Craft Fair

Start your Christmas shopping early with some lovely one-of-a-kind handmade gifts from the Silver Threads knitters and crafters. Tea, coffee and baked goods for sale as well.

**Free admission.**

Tables available for other vendors \$20.

**Friday Nov 9 10:00am-3:00pm**



### Christmas Concert

Ring in the season with a lively performance of your favourite holiday songs performed by the Victoria Village Squires Barbershop Harmony Chorus and children from Selkirk Montessori School.

Coffee, Tea and seasonal goodies will be served.



**Thursday Dec 13 1:00-2:30pm**

**Space is limited, please reserve in advance at 250-388-4268**

**\$5.25(member) \$7.35(non-member)**

### Outreach and Support Services:

**Blood Pressure Clinic:** Registered Nurse Wendy will measure your Blood Pressure and answer questions about heart health. **Free**

**Foot care:** Our Foot care nurse Darren will provide a foot assessment, removal of corns and calluses, nail trimming, removal of ingrown nails and a foot rub. Foot Soaks available if you bring your own basin.

**Call 250-388-4268 to schedule \$40.25/ 30 mins CASH ONLY**

**Computer Assistance:** Our computer-savvy volunteer can show you how to use your device for internet, photos, skype and more.

**Call 250-388-4268 for an appointment.**

**First Appointment is Free.**

**Subsequent Appointments \$5.25(members); \$7.35 (non-members)**

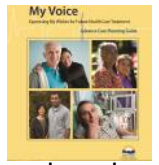
### Lunch and Learn Workshops

#### Assisted Dying 101: The Basics



This informative presentation from Dying with Dignity Canada will educate you on the definition of Medical Assistance in Death (MAID), current status and availability of MAID on southern Vancouver Island, who qualifies, how to go about applying, arrangements and other considerations.

Tues November 13 12:00-1:30pm



#### Advance Care Planning:

If you haven't prepared an Advance Care Plan to let your loved ones know your end of life wishes, then this workshop is a must! Learn about the laws that pertain to a care plan, how to address the topic with friends and family and how to select your Representative.

Tues January 22 11:30-2:00pm

#### Heads Up: An Introduction to Brain Health



Healthy aging is important for everyone and it is essential to not forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend.

Tues February 19 12:00-2:00pm

Our Lunch and Learn Sessions include soup and a sandwich from a local caterer as well as coffee or tea.

**Registration with lunch: \$ 10.50 (members); \$14.70 (non-members)**

**Registration without lunch: \$3.70 (members); \$5.80 (non-members)**

#### Chair Yoga

Finally a yoga class where you don't have to get down on the floor! This class focuses on breathing and stretches for back care and spinal health. Gentle standing poses focus on core strength and balance to build stability and bone density. Deep relaxation techniques end each class to leave you feeling relaxed and refreshed.

Thu Nov 1 – Dec 6 2:15-3:15pm

6/\$52.50 (members); \$78.75 (non-members)

#### TIME™ (Together in Movement and Exercise)

Tailored to people who are able to walk 10 metres (about 30 feet) with or without a walking aid and who live with conditions such as stroke, multiple sclerosis, acquired brain injury, or weakness after a hospital stay. Designed by physiotherapists and led by fitness instructors, each class consists of a seated warm-up, exercise stations and a cool-down. There is an optional social time after each class.

Mon and Thurs Nov 5 – Dec 10 1:00-2:00pm 10/\$105

Mon and Thurs Jan 10 - Feb 11 1:00-2:00pm 10/\$105

**Legal Assistance:** 20 minute advice sessions are available with a qualified volunteer lawyer.

**Call 250-382-3151 for an appointment.**

**Senior Mentor:** If you need help to complete forms or access services, we have volunteers that can help.

**Call 250-382-3151 to arrange.**

**Food Share Network:** Silver Threads participates in the Food Share Network. Food is delivered late in the day on Tuesdays and is generally available all day Wednesday. We have also added a Friday morning delivery! Selection varies from week to week.

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all. Our two centres are located in Saanich and Victoria. For more information visit [www.silverthreads.ca](http://www.silverthreads.ca)

Victoria Centre 2340 Richmond Road 250-388-4268

Saanich Centre 286 Hampton Road 250-382-3151