Silver Threads Service **Victoria Centre**

Program Guide and Schedule Fall 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Strength and Stretch 10:00-11:00am	**Golden Rods & Reels Fishing and Social Club** 9:00-11:30am	**Memory Plus** 9:30-11:30am *registered	**Strength and Stretch** 11:00am-12:00pm	**Knitting/Crochet Social Group** 9:00am-12:00pm
Walking Group 9:30-11:00am	**Lunch and Learn Workshops** 12:00-1:30pm *registered			
TIME™ Program 1:00-2:00pm *registered	**Fall-Prevention Fitness** 1:30-2:30pm	**MS Society Art Therapy** 10:00am-2:00pm To register please contact 250-388-6496	**Footcare Nurse** 9:30-11:00am By appointment 250-388-4268	**Open Studio Mosaics/Crafts** 9:00am-12:00pm
	Meditation 1:30-2:30pm **Start Date Oct 16**		**Arts & Alzheimer's** 11:00am-1:00pm To register please contact 250-920-9573	**Blood Pressure Clinic** 10:00am-12:00pm **Sept 14** **Oct 26** **Nov 30**
	Table Tennis 1:45-3:45pm			
iPad for Beginners 1:30-3:00pm *registered	**Legal Assistance** 3:00-4:00pm By appointment 250-382-3151	**Cards and Games** 1:00-3:00pm	**TIME Program** 1:00-2:00pm *registered	**Computer Assistance** 11:00am-12:30pm By appointment 250-388-4268
Silver Threads Service – Victoria Centre is located at 2340 Richmond Road 250-388-4268 www.silverthreads.ca			**Chair Yoga** 2:15-3:15pm *registered	**Chinese Brush Painting** 1:30-3:00pm
			Mexican Train Dominoes 12:30-3:00pm	**Clarinet Choir** 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.

Cardmaking Workshop

Cut, glue, stamp and stencil your own beautiful handmade cards with the help of our talented instructor, Margo. Materials provided.

Fri Oct 5 10:00am-12:00pm

$5.25 (members); $7.35 (non-members)

Felted Wool/"Fulling"

Maureen will teach you how to make a felted wool coaster or small change purse in this fun workshop. Participants should have basic knitting skills. Materials provided.

Fri Oct 12-19 10:00am-12:00pm

2/$15.75(members); $17.85(non-members)

Tunisian Crochet Workshop

Tunisian Crochet is often known as the "afghan stitch" and is a combination of techniques that mimics both knitting and crochet. It is fun for both knitters and crocheters to adapt their knowledge to this hybrid crochet form. For those who have never knit or crocheted before, Tunisian crochet is considered the easiest of all three to learn. Registration includes a special crochet hook for you to keep.

Instructor: Dela Wilkins "The Railway Knitter"

Fri Oct 26 10:00am – 12:00pm

$15.75 members, $17.85/non-members

iPad for Beginners

Learn how to use all the basic functions of your iPad or iPhone including email, photos, apps and more. Our certified Apple instructor will walk you through the basics of your device and answer your specific questions. Haven't got an iPad yet? We have 2 available to lend for the course, just let us know when you register.

Mon Oct 15 – Nov 5 1:30-3:00pm

4/$52.50(members); $78.75(non-members)

Enhanced Road Assessment Information Session (New Date!)

Come and learn all about RoadSafetyBC's new Enhanced Road Assessment from Kevin Murray of RoadSafetyBC. The ERA is completed by drivers whom RoadSafetyBC determines need a functional road assessment to confirm their medical fitness to drive safely. There is no charge for this session, but please call 250-388-4268 to reserve a spot.

Fri Oct 12 1:00pm—3:00pm FREE

Memory Plus

This innovative program developed by Silver Threads is a great way to socialize while learning strategies to maintain and enhance your mental fitness. For more information or to register call 250-382-3151. Discounted rate for 2 family members to participate ($92.40).

Wed Sep 25 – Nov 28 9:30-11:30am 10/$ 66.15

Lunch and Learn Workshops

Talking About Dying Is Good For Your Health

Many people don't like to talk about end of life, but there's no escaping it! Come explore this topic and learn how facing one's death head on can actually free you up to live more fully and authentically. Join Death Doula and Grief and Loss Specialist, Margaret Harper, who will help you unpack and embrace this important chapter that awaits us all.

Tues October 16 12:00-1:30pm

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

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

Learn to Play Euchre

If you're not from Ontario you may have never played Euchre; a trick-taking card game most commonly played with four people in two partnerships. Come to this free session to learn the ins-and-outs of this fun game. Free coffee/tea and cookies.

Weds Oct 24 1:00-3:00pm

Registration is free but please reserve a spot by calling 250-388-4268

Flu Shot Clinic

Get your flu shot from a Rexall Pharmacist at the Victoria Centre. Flu Shots are FREE for BC Seniors, please bring your care card.

Drop-in, no appointment needed.

Thurs Oct 25 12:00-2:00pm

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 Sept 20 – Oct 25 2:15-3:15pm

Thu Nov 8 – 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*

(No Class Nov 12)

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)

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, 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**

Victoria Centre 2340 Richmond Road 250-388-4268 **Saanich Centre 286 Hampton Road 250-382-3151**