

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kitchen Open 9:00am-2:00pm	Kitchen Open 9:00am-2:00pm	Kitchen Open 9:00am-2:00pm	Kitchen Open 9:00am-2:00pm	Kitchen Open 9:00am-2:00pm	Coffee Service 9:00am -11:45am
Table Tennis 9:00am -11:00am	Table Tennis 9:00am -11:00am	Snooker 9:00am -11:00am	Woodcarving 9:00am -11:00am	Snooker 9:00am -11:00am	Victoria Computer Club Tutorial and Social 9:30am -11:30am
Woodcarving 9:00am-11:00am	Morning Art Group 9:30am—11:30 am	Food Share Program 9:00am —3:30pm Based on availability	Food Share Program 9:00am —3:30pm Based on availability	Food Share Program 9:00am —3:30pm Based on availability	Pickleball 9:30-11:30am
Carpet Bowling 9:00am -11:00am	Victoria Computer Club Tutorial and Social 10:00am-2:00pm	Chess 9:00am -11:00am	Carpet Bowling 9:00am -11:00am	Yoga—Gentle Somatic 9:00am—10:00 am Registered	
Hampton Singers 9:30am -11:30am	Monthly presentation 4th Tuesday 1:30pm - 3:00pm	Floor Shuffleboard 10:00am -11:30am	Cribbage 9:00am -11:00am	Floor Shuffleboard 10:00am -11:30am	Saanich Songmen 9:30am -11:30am
Victoria Computer Club (VCC) Computer Basics 10:00am-12:00pm	Seated Exercises 10:00am -10:50am	Ukulele Various Levels 9:00am 10:15am 11:30am  Registered	Victoria Computer Club Special Interest Groups 10:00am-12:00pm Monthly Topics include:  Photography, Genealogy, Android and Apple Devices	Portrait Painting 10am—noon  Registered  January series  Pet Portraits	
Blood Pressure Clinic (2 <sup>nd</sup> Monday of month) 10:00am -1:00pm	Fun & Fitness 11:00am-12:00pm	Walking Group 10:00-11:00am	Seated Exercises 10:00-10:50am  Fun & Fitness 11:00am-12:00pm	Lian Gong Shi Ba Fa 10:30-11:30am	
Lunch 11:00am-1:30pm	Lunch 11:00am-1:30pm	Lunch 11:00am-1:30pm	Lunch 11am-1:30pm	Lunch 11:00am-1:30pm	
Duplicate Bridge 12:00pm -3:30pm	Line Dancing Beginners 12:30pm -1:45pm Registered	Pickleball 12:00pm - 2:00pm	Pickleball 12:00pm -2:00pm	Table Tennis 11:45am—1:45 pm	
Social Bridge 12:00pm -3:00pm	Weaving 1:00pm -3:00pm	Afternoon at the Movies 1:30am -3:30pm Call to confirm dates	Scrabble 12:30pm -2:30pm	Victoria Computer Club Tutorial and Social 12:00pm—3:00pm	
Enjoying My Community 1:00pm-2:30pm	Floor Curling 1:00pm - 3:00pm	Where in the World Travel Series (4 <sup>th</sup> Weds of the month) 1:00pm -2:30pm	Zumba Gold 1:00pm-2:00pm Registered	Line Dancing (Low Intermediate) 2:00pm -3:30pm Registered	
Hampton Concert Orchestra 7:00pm -9:00pm	Food Share Program 1:00pm—3:30pm Based on availability	Guess Who's Coming to Dinner 5:00pm -7:00pm Reservation required Call to confirm dates	Memory Plus 1:00pm -3:00pm Registered		(02/19)

### PHYSICAL FITNESS DROP-IN

#### Carpet Bowling

A great social sport for all abilities. \$1.60 (member); \$4.75 (non-member).

#### Floor Curling

Almost identical to on-ice curling, but no sweepers and no ice! \$1.60 (member); \$4.75 (non-member).

#### Floor Shuffleboard

A fun game with friendship and laughter built in. \$1.60 (member); \$4.75 (non-member).

#### Fun & Fitness

An instructor-led, all-over body work out. \$3.70 (member); \$5.80 (non-member).

#### Lian Gong Shi Ba Fa

Easy Tai Chi-styled movements set to music. \$1.60 (member); \$4.75 (non-member).

#### Pickleball

Racquet sport for beginners. Wednesday facilitated. Thursday & Saturday Un-facilitated. \$3.15 (member); \$5.25 (non-member).

#### Seated Exercise

An instructor-led all-over body work out from a seated position. \$3.70 (member); \$5.80 (non-member).

#### Table Tennis

A great physical and tactical workout. \$1.60 (member); \$4.75 (non-member).

#### Walking Group

Get some exercise along local trails in a fun and social setting. No charge.

### CREATIVE ARTS DROP-IN

#### Morning Art Group (New)

Bring your own project and learn from other painters. \$1.60 (member); \$4.75 (non-member). Starting January 8th.

#### Weaving

Work on your own project and learn from others. \$1.60 (member); \$4.75 (non-member).

#### Woodcarving

Bring your own project and learn from other woodcarvers. \$1.60 (member); \$4.75 (non-member).

### LEISURE: Social and Learning DROP-IN

#### Afternoon at the Movies

Various movies on the big screen TV. Popcorn provided. No charge.

#### Enjoying My Community

Social group with weekly themes and speakers. No charge.

#### Victoria Computer Club (VCC)

Instructional and special interest groups (SIG) Mondays & Thursdays. \$1.60 (member); \$4.75 (non-member)

Tutorial and Social Club—Tuesdays, Fridays & Saturdays. No charge.\*

Monthly Presentation—4th Tuesday 1:30pm-3:00pm . No charge.

\*VCC annual membership required for on-going attendance.

#### Where in the World Travel Series

Roam the world through travel presentations. Registration required. No charge.

### LEISURE: Games DROP-IN

#### Chess

Enjoy a game of strategize challenge. \$1.60 (member); \$4.75 (non-member).

#### Cribbage

Fun card game for 2 to 4 players. \$1.60 (member); \$4.75 (non-member).

#### Duplicate Bridge

Enjoy this tactical card game, partner required.

\$2.00 (member); \$5.00 (non-member) includes club fee.

#### Scrabble

A word-based board game. \$1.60 (member); \$4.75 (non-member)

#### Snooker Games

Try out a variety of skill games using our full-size billiard table.

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

#### Social Bridge

Come out and enjoy a card game, some experience with bridge required.

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

### LEISURE: Music and Dance SEASONAL and DROP-IN

#### Hampton Concert Orchestra

Orchestra practice with public performances. No STS drop-in fee.

STS Membership required. Contact the orchestra directly for other participation requirements. [www.hamptonconcertorchestra.ca](http://www.hamptonconcertorchestra.ca)

#### Hampton Singers

Ladies choir with public performances. No STS drop-in fee.

STS Membership required. September to May program.

#### Saanich Songmen

Men's choir with public performances. No STS drop-in fee.

STS Membership required. September to May Program.

### WELLNESS DROP-IN

#### Blood Pressure Clinic

Blood pressure screening, monitoring and heart health education. Monthly on Mondays 10:00am -12:00pm (). No charge.

#### Food Share Network

Redistribution of fresh fruit and vegetables from the Food Rescue Project.

Tuesday to Friday when available. No charge.

## Silver Threads Service Saanich Centre

286 Hampton Road 250-382-3151

Our Annual Membership ( April 1st to 31 March) costs \$52.50. Our membership rate is pro-rated during our fiscal year.

Confirm details and current pricing with our staff.

All programs and services offered at this location unless indicated . All prices for programs and membership include GST.

Silver Threads Service is a registered charity and non-profit which operates two centres in Greater Victoria.

Our Victoria Centre is located at  
2340 Richmond Road 250-388-4268.

For more information about our organization visit

[www.silverthreads.ca](http://www.silverthreads.ca)

### FOOD SERVICES

#### Kitchen Open

Hot beverages and baked goods. Monday-Friday 9:00am –2:00pm.

Prices listed in dining area.

#### Coffee Service

Hot beverages and baked goods. Saturday service at reception.

#### Lunch

Soups and sandwiches. Prices listed in dining area.

#### Take Away Foods

Frozen meals to go. \$6.50 meals; Soups \$4.50.

#### Guess Who's Coming to Dinner

An evening of dinner and entertainment.

Pre-booking is required. \$15 (member); \$18 (non-member).

### OUTREACH AND SUPPORT : By Appointment or Intake

#### Legal Assistance

20 minute advice sessions with a qualified lawyer. 1st and 3rd Tuesday. 3:00-4:00pm.

By appointment. No charge.

#### Senior Mentoring

Assistance filling our forms and accessing services. Monday to Friday by appointment.

No charge.

#### Telephone Reassurance

Daily check-in phone call for reassurance. Monday to Friday 8:30am-9:30am.

No charge.

#### Viewmont Gardens Community Group

Conversation, connection and socialization. Tuesdays 1:30pm -3:00pm. Sessions held at Viewmont Garden. Participants must be residents. No charge. Call for dates.

### REGISTERED PROGRAMS : Course Fee Payments Required in Advance

Call Saanich Centre for details and registration 250-382-3151

#### Line Dancing (Beginner)

Come to learn the basic steps to get started with this fun social activity.

6 week session \$44.10 (member) ; \$ 56.70 (non-member) . **January 8th-Feb 12th.**

#### Line Dancing (Low Intermediate)

If you have had some previous line dancing experience come along and join in for the social and fun way to move your body and learn some new moves. 6 week session

\$56.70 (member) ; \$ 69.30 (non-member) . **Call for next session.**

#### Memory Plus

Learn strategies to maintain and enhance mental fitness. Varied days and various

locations including both Silver Threads Centres. 12 weeks \$78.75 individual; \$110.25

family rate (two people). Spring Open Registration starts March 25th .

#### Pet Portrait Painting Classes

This course is instructed by Artist Rosa Benjamin. Supplies not provided. 6 sessions

\$21.00 (members); \$42.00 (non-members). **January 11th –February 15th.**

#### Ukulele, Various Levels

Learn to play the ukulele or improve your skills in these fun sessions. 6 sessions

\$52.50 (members); \$78. 75(non-members). **February 13th—March 20th**

#### Somatic Yoga

Somatic yoga is performed slowly and mostly floor-based. Focus is on brain and mus-

cle awareness and pain reduction. 6 sessions \$52.50 (members); \$78. 75(non-

members). **Call for Next Session dates.**

#### Zumba Gold

A low intensity exercise using the rhythm of Latin dance. 6 sessions \$52.50

(members); \$78. 75(non-members). **Call for Next session dates.**