



Silver Threads Service Victoria Centre

Program Guide and Schedule Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Strength and Stretch Fitness 10:00-11:00am	Golden Rods & Reels Fishing and Social Club 9:00-11:30am	Memory PLUS 9:30-11:30am	Strength and Stretch Fitness 11:00am-12:00pm	Knitting/Crochet Social Group 9:00am-12:00pm
Walking Group 9:30-11:00am will resume in April	Lunch and Learn Workshop Jan 22 Feb 19 12:00-1:30pm *registered	*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	Mosaics/Crafts 9:00am-12:00pm
Ping Pong for Parkinson's 2:15-3:30pm NEW!	Meditation 1:30-2:30pm		Arts & Alzheimer's 11:00am-1:00pm To register please contact 250-920-9573	Blood Pressure Clinic 10:00am-12:00pm Jan 18 Feb 15 Mar 15
	Table Tennis 1:45-3:45pm		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:

This social walking group meets at the Silver Threads Victoria Centre and carools to various nearby parks and trails to enjoy a walk and talk and then returns to the centre for a coffee break. Please call ahead to book a spot in the carpool; 250-388-4268

Starts April 1st with a walk at Playfair Park. (No Charge)

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)**

Ping Pong for Parkinson's:

Ping Pong builds neuroplasticity and is a great way for people with Parkinson's to stay active! **\$1.60 (member); \$4.75 (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.

\$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)

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 Social Group:

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

Beginners welcome – our volunteer mentors are happy to teach you.

\$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.

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 improve core strength and balance to build stability and bone density. Deep relaxation techniques end each class to leave you feeling relaxed and refreshed.

Thu Feb 21 - Mar 28 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 Feb 21—Mar 25 1:00-2:00pm 10/\$105

Memory PLUS (Practice, Laughter and Useful Strategies)

The innovative program designed 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 contact 250-382-3151. Discounted rate available for 2 family members (\$110.25).

Wed April 7-July 3 9:30-11:30am 12/\$78.75

Upcoming Special Events:

Valentine's Day Tea

One and all are invited to join us for tea, coffee and sweet treats. Entertainment by the delightful Andy McCormack will have you singing (and maybe even dancing) along!



Thursday, February 14th 1:30pm - 3:00pm by donation

Chinese Lunar New Year (Spring Festival)

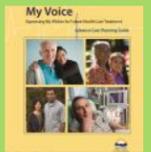
Known in the west as "Chinese New Year" the Chinese Spring Festival is one of the four most important festivals among Chinese people around the world. The Chinese Women's Friendship Association and Silver Threads invite you to gain a cultural understanding of the Spring Festival with song and dance and a sampling of some authentic dishes from the traditional "Family Reunion Dinner".

Everyone Welcome, space is limited so please reserve a seat in advance by calling **250-388-4268**

Saturday February 9 1:00-3:30pm \$5.25 (members), \$7.35 (non-members)



Lunch and Learn Workshops



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. Thanks to a generous sponsorship from Revera Retirement Living, lunch will be provided at no extra charge for all who attend this workshop!

Registration: \$3.70 (members); \$5.80 (non-members)

Tues January 22 12:00-1:30pm FULL
Tues February 26 12:00-1:30pm SPACE AVAILABLE



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 February lunch and learn session will 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)

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. 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

Victoria Centre 2340 Richmond Road 250-388-4268

Saanich Centre 286 Hampton Road 250-382-3151