



# Silver Threads Service Victoria Centre

## Program Guide and Schedule Winter 2019

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <b>Strength and Stretch Fitness</b><br>10:00-11:00am  | <b>Golden Rods &amp; Reels Fishing and Social Club</b><br>9:00-11:30am             | <b>Memory PLUS</b><br>9:30-11:30am  | <b>Strength and Stretch Fitness</b><br>11:00am-12:00pm  | <b>Knitting/Crochet Social Group</b><br>9:00am-12:00pm                            |
| <b>Walking Group</b><br>9:30-11:00am<br>will resume in April  | <b>Lunch and Learn Workshop</b><br>Jan 22<br>Feb 19<br>12:00-1:30pm<br>*registered | *registered   |   |   |
| <b>TIME™ Program</b><br>1:00-2:00pm<br>*registered  | <b>Fall-Prevention Fitness</b><br>1:30-2:30pm                                      | <b>MS Society Art Therapy</b><br>10:00am-2:00pm<br><br>To register please contact<br>250-388-6496 | <b>Footcare Nurse</b><br>9:30-11:00am<br>By appointment<br>250-388-4268                           | <b>Mosaics/Crafts</b><br>9:00am-12:00pm   |
|   | <b>Meditation</b><br>1:30-2:30pm   |   | <b>Arts &amp; Alzheimer's</b><br>11:00am-1:00pm<br><br>To register please contact<br>250-920-9573 | <b>Blood Pressure Clinic</b><br>10:00am-12:00pm<br><br>Jan 18<br>Feb 15<br>Mar 15 |
|   | <b>Table Tennis</b><br>1:45-3:45pm   |   | <b>TIME Program</b><br>1:00-2:00pm<br>*registered   | <b>Computer Assistance</b><br>11:00am-12:30pm<br>By appointment<br>250-388-4268   |
|   | <b>Legal Assistance</b><br>3:00-4:00pm<br>By appointment<br>250-382-3151           |   |   |   |
| <b>Silver Threads Service – Victoria Centre</b><br>is located at <b>2340 Richmond Road</b><br><b>250-388-4268</b><br><a href="http://www.silverthreads.ca">www.silverthreads.ca</a> |  |   | <b>Chair Yoga</b><br>2:15-3:15pm<br>*registered   | <b>Chinese Brush Painting</b><br>1:30-3:00pm                                      |
|   |  |   | <b>Mexican Train Dominoes</b><br>12:30-3:00pm   | <b>Clarinet Choir</b><br>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 1<sup>st</sup> 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)**

**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 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.

### 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 Jan 10 - Feb 7 2:15-3:15pm**  
5/\$43.75 (members); \$65.75 (non-members)  
**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 Jan 10 - Feb 11 1:00-2:00pm 10/\$105**  
**Mon and Thurs Feb 21—Mar 25 1:00-2:00pm 10/\$105**

### iPad for Beginners

Learn how to use all the basic functions of your iPad 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 Jan 21 - Feb 11 1:30-3:00pm**  
4/\$52.50(members); \$78.75(non-members)

### 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 Jan 9—Mar 27 9:30-11:30am 12/\$78.75**

### Upcoming Special Events:

#### Chinese Lunar New Year (Spring Festival)

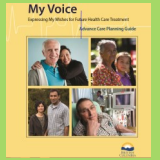
Known in the west as "Chinese New Year" the Chinese Spring Festival is one of the four most important festivals among Chinese people around the world. The Chinese Women's Friendship Association and Silver Threads invite you to gain a cultural understanding of the Spring Festival with song and dance and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



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

**Victoria Centre 2340 Richmond Road 250-388-4268**

**Saanich Centre 286 Hampton Road 250-382-3151**