



# Silver Threads Service Victoria Centre

## Program Guide and Schedule April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Strength and Stretch Fitness</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 Fitness</b> 11:00am-12:00pm	<b>Knitting/Crochet Social Group</b> 9:00am-12:00pm
<b>Walking Group</b> 9:30-11:00am <b>Postponed until further notice</b>	<b>Income Tax Clinic</b> 9:00-11:40am *by appointment	*registered	<b>Income Tax Clinic</b> 9:00-11:40am *by appointment	
<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>Mosaics/Crafts</b> 9:00am-12:00pm
<b>Ping Pong for Parkinson's</b> 2:15-3:30pm  <b>NEW!</b>	<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>April 12</b> <b>May 17</b> <b>June 14</b> <b>July 12</b> <b>August 16</b>
	<b>Table Tennis</b> 1:45-3:45pm			
	<b>Legal Assistance</b> 3:00-4:00pm By appointment 250-382-3151	<b>Income Tax Clinic</b> 12:30-3:10pm *by appointment	<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

#### Strength and Stretch Fitness:

A variety of strength training exercises 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)**

#### 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!

#### 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 April 4 - May 9 2:15-3:15pm**  
**6/\$52.50 (members); \$78.75 (non-members)**  
**Thu May 16—Jun 13 2:15-3:15pm**  
**5/\$44.10 (members); \$65.60 (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 April 1 - May 13 1:00-2:00pm 12/\$126**  
**Mon and Thurs May 23 - Jun 24 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 17-July 3 9:30-11:30am 12/\$78.75**

### 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). You will learn about the current status and availability of MAID on southern Vancouver Island, who qualifies, how to go about applying, arrangements and other considerations.

**Tue June 4 1:30-3:00pm**  
**\$5.25 (members); \$7.35 (non-members)**



### Outreach and Support Services:

**Income Tax Clinic:** Our trained volunteers will complete 2018 Income Tax Returns for Seniors 55+ with annual income less than \$35,000. Call to book an appointment. 250-388-4268.

**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.

**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)**

### Spring Craft Workshops

#### **Intarsia in Tunisian Crochet**

Dela Wilkins, the Railway Knitter will teach you how to incorporate different colours into your Tunisian Crochet work to create patterns or shapes. Bring 3-4 colours of yarn and a Tunisian Crochet hook, or purchase a hook from the instructor for \$5.



**Fri April 12 10:00am-12:00pm**  
**\$7.35 (members); \$10.50 (non-members)**



#### **Hanging Baskets**

Make your own beautiful hanging flower basket modelled after the iconic City of Victoria baskets. Register with your mom for a Mother's Day treat! All materials supplied, no experience necessary.

**Fri May 10 10:00am-12:00pm**

**\$36.75(members); \$47.25 (non-members)**

#### **Fairy Gardens**

Anything goes in these whimsical and tiny little gardens that are perfect for a balcony, patio or even indoors. Bring your creativity and leave with a unique creation for yourself or to give as a gift.

All materials supplied, no experience necessary.

**Fri April 26 10:00am-12:00pm**  
**\$7.35 (members); \$10.50 (non-members)**



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)

Annual Membership \$55.00 ( April 1st to 31 March)

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

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