

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Kitchen Open</b> 9:00am to 2:00pm	Kitchen Open 9:00am to 2:00pm	Kitchen Open 9:00am to 2:00pm	Kitchen Open 9:00am to 2:00pm	Kitchen Open 9:00am to 2:00pm	Coffee service 9:00am to 11:45am
<b>Table Tennis</b> 9:00am to 11:00am	<b>Table Tennis</b> 9:00am to 11:00am	<b>Snooker /Pool</b> 9:00am to 11:00am	<b>Woodcarving</b> 9:00am to 11:00am	<b>Snooker/Pool</b> 9:00am to 11:00am	<b>Saanich Songmen</b> 9:00am to 11:00am
<b>Woodcarving</b> 9:00am to 11:00am	<b>Painting Drop-in</b> 9:00am to 11:00am	<b>Food Share Program</b> 9:00am to 3:30pm Based on availability	<b>Food Share Program</b> 9:00am to 3:30pm Based on availability	<b>Food Share Program</b> 9:00am to 3:30pm Based on availability	<b>Victoria Computer Club Tutorial and Social</b> 9:30am to 11:30am
<b>Carpet Bowling</b> 9:00am to 11:00am	<b>Victoria Computer Club Tutorial and Social</b> 10:00am to 1:00pm	<b>Ukelele Classes</b> 9:00am to 11:15pm Various Levels Registered	<b>Carpet Bowling</b> 9:00am to 11:00am	<b>Floor Shuffleboard</b> 10:00am to 11:30am	<b>Pickleball</b> 9:30am to 11:30am
<b>Hampton Singers</b> 9:30am to 11:30am		<b>Floor Shuffleboard</b> 10:00am to 11:30am	<b>Chess</b> 9:00am to 11:00am		
<b>Victoria Computer Club (VCC) Computer Basics</b> 10:00am to 12:00pm	<b>Seated Exercises</b> 10:00am to 10:50am	<b>Walking Group</b> 10:00 to 11:00am	<b>Cribbage</b> 9:00am to 11:00am	<b>Lian Gong Shi Ba Fa</b> 10:00am to 11:00am	
			Victoria Computer Club Special Interest Groups and presentations 10:00am to 12:00pm		
<b>Blood Pressure Clinic</b> (2 <sup>nd</sup> Monday of month) 10:00am to 12:00pm	<b>Fun &amp; Fitness</b> 11:00am to 12:00pm		<b>Seated Exercises</b> 10:00 to 10:50am		
<b>Lunch</b> 11:00am to 1:30pm			<b>Fun &amp; Fitness</b> 11:00am to 12:00pm		
<b>Duplicate Bridge</b> 12:00pm to 3:30pm	<b>Line Dance Classes</b> 12:30pm to 3:15pm Absolute Beginners and Low intermediate Registered	<b>Pickleball</b> 12:00pm to 2:00pm	<b>Pickleball</b> 12:00pm to 2:00pm	<b>Victoria Computer Club Tutorial and Social</b> 11:30 am to 1:30pm	
<b>Social Bridge</b> 12:00pm to 2:30pm	<b>Weaving</b> 1:00pm to 3:00pm	<b>Afternoon at the Movies</b> 1:30am to 3:30pm Call to confirm dates	<b>Scrabble</b> 12:30pm to 3:30pm	<b>Zumba Gold</b> 1:00pm to 2:00pm Registered	
<b>Enjoying My Community</b> 1:00pm to 2:00pm	<b>Food Share Program</b> 1:00pm to 3:30pm Based on availability	<b>Where in the World Travel Series</b> Monthly call for date 1:00pm to 2:00pm	<b>Memory Plus</b> 1:00pm to 3:00pm Registered	<b>Table Tennis</b> 1:30pm to 3.30pm	
<b>Hampton Concert Orchestra</b> 7:00pm to 9:00pm	<b>Rainbow Threads</b> 1:30pm to 3:30pm First and Third Tuesday Of the Month	<b>Guess Who's Coming to Dinner</b> 5:00pm to 7:00pm Reservation required Call to confirm dates		<b>Gentle Somatic Yoga</b> 2:15pm to 3:15pm Registered	

### PHYSICAL FITNESS DROP-IN

#### Carpet Bowling

A great social sport for all abilities. \$2 (member); \$5 (non-member).

#### Floor Shuffleboard

A fun game with laughter built in. \$2 (member); \$5 (non-member).

#### Fun & Fitness

An instructor-led, all-over body work out. \$4 (member); \$6(non-member).

#### Lian Gong Shi Ba Fa

Easy Tai Chi-styled movements set to music. \$2 (member); \$5 (non-member). September to June.

#### Pickleball

Racquet sport for beginners. Wednesday facilitated. Thursday & Saturday

Un-facilitated. \$4 (member); \$6(non-member).

#### Seated Exercise

An instructor-led all-over body work out from a seated position. \$4 (member);

\$6 (non-member).

#### Table Tennis

A great physical and tactical workout. \$2 (member); \$5 (non-member).

#### Walking Group

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

### CREATIVE ARTS DROP-IN

#### Painting Drop in

Bring your own project to work along with others on your latest project. \$2 (members); \$5 (non-member) .

#### Weaving

Work on your own project and learn from others. \$2 (member); \$5 (non-member).

**Woodcarving** Bring your own project and learn from other woodcarvers. \$2 (member); \$5 (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.

#### Rainbow Threads

A meeting group of Queer seniors and allies. \$2 (member); \$5 (non-member).

**Victoria Computer Club (VCC)** \*VCC annual membership required Instructional and special interest groups (SIG) Mondays & Thursdays. \$2 (member); \$5 (non-member)

Tutorial and Social Club\*—Monthly Presentation—schedule . No charge.

#### Where in the World Travel Series

Roam the world through travel presentations. Registration required.



# Silver Threads Service Saanich Centre

## Program Guide and Schedule Fall 2019

### LEISURE: Games DROP-IN

#### Chess

Enjoy a game of strategy and challenge. \$ 2 (member); \$5 (non-member).

#### Cribbage

Fun card game for 2 to 4 players. \$2 (member); \$5 (non-member).

#### Duplicate Bridge

Enjoy this tactical card game, partner required.

\$2.50 (member); \$5.50 (non-member) includes club fee.

#### Scrabble

A word-based board game. \$2 (member); \$5 (non-member)

#### Snooker/Pool

Enjoy a variety of pool games on our snooker table.

\$2 (member); \$5 (non-member).

#### Social Bridge

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

\$2 (member); \$5 (non-member). September to July.

### 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) September—April.

#### Hampton Singers

Women's choir with public performances. No STS drop-in fee. STS Membership required. Monday mornings. September to May .

#### Saanich Songmen

Men's choir with public performances. No STS drop-in fee. STS Membership required. Saturdays mornings . September to May .

### WELLNESS DROP-IN

#### Blood Pressure Clinic

Blood pressure screening, monitoring and heart health education. Monthly. No charge.

## Silver Threads Service Saanich Centre

286 Hampton Road 250-382-3151

Hours of Operation:

8:30am to 4:00pm Monday to Friday

9:00am to Noon Saturdays

Our 2019-20 Annual Membership

costs \$55 (GST included) .

Our Membership Year runs April 1st to March 31st.

A pro-rated membership rate is available during our fiscal year. Confirm details and 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.

#### Guess Who's Coming to Dinner

An evening of dinner and entertainment.

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

#### Legal Assistance

20 minute advice sessions with a qualified lawyer. 1st and 3rd Tuesday. 3:00-4:00pm. By appointment. No charge.

### OUTREACH AND SUPPORT : By Appointment or Intake

#### Senior Mentoring

Assistance filling our forms and accessing services. Monday to Friday by appointment. No charge.

#### Senior Bus Trips

Join Becah on this monthly bus out trips leaving from our Centres. Call the Centre to confirm outing details. Pre- registration required. 250-382-3151.

#### Telephone Reassurance

Daily check-in phone call for reassurance. Monday to Friday 8:30am-9:30am. No cost.

#### Food Share Network

Fresh fruit and vegetables from the Food Share Network when available. Food is delivered late in the day on Tuesdays and is generally available all day Wednesday.

Selection varies from week to week. No charge

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

#### Line Dancing

Absolute Beginner and Low Intermediate levels will be offered. 6 week sessions \$44.10 (members); \$56.70 (non-members).

Tuesday afternoons

**Next session September 10–October 15th Call for registration.**

#### Memory PLUS

Learn strategies to maintain and enhance mental fitness. Varied days and locations including both Silver Threads Centres.

Individual and family rates (two people) registration rates available.

**Call 250-382-3151 for current availability, session dates and other program details.**

#### Ukulele, Various Levels

Learn to play the ukulele or improve your skills in these fun sessions. 6 sessions \$56.70 (members); \$81.90 (non-members). Wednesday mornings.

Beginners 9:00am Experienced 10:15am

**Next session September 4th—October 9th. Call to register.**

#### Gentle Somatic Yoga

This restorative yoga is performed slowly and mostly floor-based.

Focus is on brain and muscle awareness and pain reduction. 6 sessions \$65.70 (members); \$81.90 (non-members). Friday afternoons

**Next session September 13th –October 18th. Call to register**

#### Zumba Gold

A low intensity exercise using the rhythm of Latin dance. 6 sessions \$56.70 (members); \$81.90 (non-members). Friday afternoons.

**Next session September 13th - October 18th. Call Centre to register.**