



# Silver Threads Service Victoria Centre Program Guide Fall Schedule 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Drop in Craft Studio</b> 10:00am to 1:00pm	<b>Drop in Craft Studio</b> 10:00am to 1:00pm	<b>Drop in Craft Studio</b> 10:00am to 1:00pm	<b>Drop in Craft Studio</b> 10:00am to 1:00pm	<b>Drop in Craft Studio</b> 10:00am to 1:00pm	
<b>Strength and Stretch Fitness</b> 10:00 to 11:00am	<b>Golden Rods &amp; Reels Fishing &amp; Social Club</b> 9:00 to 11:30am	<b>Memory PLUS</b> 9:00 to 11:00am  *registered	<b>Strength and Stretch Fitness</b> 11:00am to 12:00pm	<b>Knitting/Crochet Social Group</b> 9:00am to 12:00pm	<b>Chinese Women's Friendship Group</b> 10:00am to 3:00pm Saturdays  To register please contact Li at: 250 598-5265
<b>Walking Group</b> 9:30 to 11:00am  Sign up required			<b>Food Share Program</b> 9:00 to 2:00pm Based on availability		
<b>TIME™ Program</b> 1:00 to 2:00pm  *registered	<b>Fall-Prevention Fitness</b> 1:30 to 2:30pm	<b>MS Society Art Therapy</b> 10:00am to 2:00pm  To register please contact 250 388-6496  (Starting September 25th the time will change to 11:00am to 2:00pm)	<b>Footcare Nurse</b> 9:30 to 11:00am By appointment 250-388-4268	<b>Mosaics/Crafts</b> 9:00am to 12:00pm	<b>Chinese Seniors Association</b> 8:30am to 4:00pm Sundays  To register please contact Terry at: 250-891-1787
<b>Ping Pong for Parkinson's</b> 2:15 to 3:30pm	<b>MS Society Mindfulness Meditation</b> Returns Oct 15 To register contact: 250 388-6496		<b>Arts &amp; Alzheimer's</b> 11:00am to 1:00pm  To register please contact 250-920-9573	<b>Blood Pressure Clinic</b> 10:00am to 12:00pm  September 13th October 11th	
	<b>Table Tennis</b> 2:00 to 3:45pm				
	<b>Legal Assistance</b> 3:00 to 4:00pm By appointment 250-382-3151				
		<b>Food Share Program</b> 3:00 to 3:45pm Based on availability	<b>TIME™ Program</b> 1:00 to 2:00pm  *registered	<b>Computer Assistance</b> 11:00am to 1:00pm By appointment only 250 388-4268	
		<b>Senior Mentoring</b> By appointment only 250 388-4268	<b>Chair Yoga</b> 2:15 to 3:15pm *registered	<b>Chinese Brush Painting</b> 1:30 to 3:00pm	
			<b>Mexican Train Dominoes</b> 12:30 to 3:00pm	<b>Clarinet Choir</b> 1:30 to 3:00pm	

## PHYSICAL FITNESS DROP-IN

### 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.

**\$4 (member); \$6 (non-member)**

### Ping Pong for Parkinson's

Ping Pong builds neuroplasticity and is a great way for people with Parkinson's to stay active!

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

### Fall-Prevention Fitness

Join us for an hour of exercises designed to improve balance, mobility, strength and flexibility. **\$4 (member); \$6 (non-member)**

### Table Tennis

Drop-in and challenge one of our regular table tennis enthusiasts to a match. A great physical and tactical workout.

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

## CREATIVE ARTS DROP-IN

### Drop –in Craft Studio

Bring your own project to work along with others on your latest project.

**\$2 (member); \$5 (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.

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

**Mosaics/Crafts:** Our well-stocked craft room has all the supplies you need to make beautiful tile and ceramic mosaics.

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

**Chinese Brush Painting:** Explore this ancient art form in a self-directed group that learns from one another. Please bring supplies.

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

### Kiwanis Village Outreach Programs

The Victoria Centre provides programs to the residents of Kiwanis Village in the Cedar Hill neighbourhood. For more information please call the Victoria Centre at 250 388-4268.



# Silver Threads Service **Victoria Centre**

## Program Guide Fall Schedule 2019

### LEISURE: GAMES DROP-IN

#### Mexican Train Dominoes

A fun and social game and a great way to meet new people!  
**\$2 (member); \$5 (non-member)**

### LEISURE: MUSIC & DANCE SEASONAL and DROP-IN

#### Clarinet Choir

Come and join other clarinetists for some enjoyable practice time. **\$2 (member); \$5 (non-member)**

### SPORTS & CLUBS

#### Walking Group

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

#### Golden Rods and Reels

This social and educational group meets at the centre weekly to discuss all things fishing! New members welcome!

### PARTNERSHIP PROGRAMS

#### MS Society Mindfulness Meditation

Classes held Oct 15th, 29th, Nov 12th, 26th. Call the MS Society for more information at 250-388-6496.

#### MS Society Art Therapy

Call the MS Society for more information at 250-388-6496.

#### Arts & Alzheimer's

For older adults with dementia and their caregivers. Call the We Rage We Weep Alzheimer's Foundation at 250 920-9573.

#### Chinese Women's Friendship

A social group for women only. For more information and registration call Li at: 250 598-5265.

#### Chinese Seniors Association

An active co-ed group. For more information and registration call Terry at: 250-891-1787.

### Silver Threads Service Victoria Centre

2340 Richmond Road 250-388-4268

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 Saanich Centre is located at  
286 Hampton Road 250-382-3151.

For more information about our organization visit

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

### WELLNESS DROP-IN

#### Blood Pressure Clinic

Registered Nurse Wendy will measure your Blood Pressure and answer questions about heart health. No charge.

### REGISTERED PROGRAMS

#### Course Fee Payments Required in Advance

#### 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.

Thursdays September 12th to Oct 17th 2:15 to 3:15 pm

6 sessions \$52.50 (members); \$78.75 (non-members)

Thursdays October 31st to December 5th 2:15 to 3:15 pm

6 sessions \$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 & Thurs September 16th to October 21 1:00-2:00pm

10 sessions \$105.

Mon & Thurs October 28th to December 2nd 1:00 to 2:00pm

10 sessions \$105

#### Memory PLUS (Practice, Laughter and Useful Strategies)

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

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

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

Wednesdays September 25th—November 27th 9:00-11:00am

10 sessions \$78.75

### OUTREACH AND SUPPORT SERVICES

**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/ 30mins 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

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