



Silver Threads Service **Kiwanis Village**

Program Guide Fall Schedule 2019

Monday	Wednesday	Thursday	Friday
Later Life Learning Sept 30, Oct 28 & Nov 25 10:30am-11:30am Viv Centre	Branching Out Bus Trips Sept 25, Oct 30, Nov 27 & Dec 4 Viv Centre	Crafts and Connections Sept 19, Oct 17 & Nov 21 1:00pm to 2:30pm Gibson Room	Chair Fitness with Janice Weekly drop-in 1:00pm to 2:00pm Gibson Room Food Share 2:00pm Gibson Rm.
Part of the Senior Community Outreach Program in partnership with Silver Threads Service and James Bay New Horizons			

Foot Care Nurse

Viv Centre - By appointment 250 388-4268

You can still renew your membership

Our annual membership is valid from April 1st to March 31st and costs \$55 for the year; \$45 in September.

LIFE Program—Did you know?

Low-income Seniors who make less than \$23,032/year are eligible for a FREE Silver Threads Membership through the City of Victoria LIFE Program.

For More information call Christine or Amaiah at 250-388-4268.

Silver Threads Staff - Amaiah will be on-site for Memberships and Program Information: Sept 6th & 27th; Oct 18th; Nov 8th & 29th & Dec 13th

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.

Later Life Learning (New!)

With Wendy Campbell, RN. Please join us for education and discussion on various topics of interest to seniors. Informative, fun, and welcoming. Drop-in. *No registration required.*

Branching Out Bus Trips

A different fun and social local outing around the community each last Wednesday of the month. *Please register* with Victoria Silver Threads at **250-388-4268** by Monday prior. Cost: \$2.

Crafts and Connections

Get your creative juices flowing to make something beautiful and meaningful. Sessions are led by Sophie Nielsen, Senior Outreach Worker, floral artist and RSW. All supplies provided. *Please register* with Victoria Silver Threads at **250-388-4268** by Monday prior.

Foot Care

Our Foot Care nurse Bev will provide a foot assessment, removal of corns and calluses, nail trimming, removal of ingrown nails and a foot rub. Fingernail trim included, time permitting. Call **250-388-4268** to schedule. \$40 Cash/Chq.

Chair Fitness with Janice

Join our friendly and talented instructor for this chair-based class that can be adapted to most fitness levels. Free for Silver Threads Members who live at Kiwanis (Regular or LIFE); *Drop-in. Non-members \$5 - starting Sept 6th. *A "Get Active Form" is needed before participating, so please arrive at least 5 minutes early to fill it out for Janice.

Food Share Network

Silver Threads participates in the Food Share Network. Bring your shopping bag. We often also have toiletries available from *Soap for Hope*.