Silver Threads Service **Saanich Centre**

Program Guide and Schedule Fall 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	**Kitchen Open** 9:00am to 2:00pm	**Coffee service** 9:00am to 11:45am
Table Tennis 9:00am to 11:00am	**Table Tennis** 9:00am to 11:00am	**Snooker /Pool** 9:00am to 11:00am	**Woodcarving** 9:00am to 11:00am		**Saanich Songmen** 9:00am to 11:00am
Woodcarving 9:00am to 11:00am	**Painting Drop-in** 9:00am to 11:00am	**Food Share Program** 9:30am to 3:30pm Based on availability	**Food Share Program** 9:30am to 3:30pm Based on availability	**Food Share Program** 9:30am to 3:30pm Based on availability	**Victoria Computer Club** **Tutorial and Social** 9:30am to 11:30am
Carpet Bowling 9:00am to11:00am	**Victoria Computer Club** **Tutorial and Social** 10:00am to1:00pm	**Ukelele Classes** 9:00am to 11:15pm Various Levels Registered	**Carpet Bowling** 9:00am to 11:00am	**Floor Shuffleboard** 10:00am to11:*30am*	**Pickleball** 9:30am to 11:30am
Hampton Singers 9:30am to11:30am	**Seated Exercises** 10:00am to10:50am	**Floor Shuffleboard** 10:00am to11:30am	**Chess** 9:00am to11:00am		
Victoria Computer Club (VCC) **Computer Basics** 10:00am to12:00pm	**Fun & Fitness** 11:00am to 12:00pm	**Walking Group** 10:00am to11:00am	**Cribbage** 9:00am to11:00am **Victoria Computer Club** Special Interest and monthly presentations 10:00am to 12:00pm	**Lian Gong** **Shi Ba Fa** 10:00am to 11:00am	
Blood Pressure Clinic (2nd Monday of month) 10:00am to12:00pm	**Food Share Program** 1:00pm to 3:30pm Based on availability		**Seated Exercises** 10:00 to 10:50am **Fun & Fitness** 11:00am to12:00pm		
Lunch 11:00am to1:30pm	**Lunch** 11:00am to 1:30pm	**Lunch** 11:00am to 1:30pm	**Lunch** 11am to 1:30pm	**Lunch** 11:00am to 1:30pm	
Duplicate Bridge 12:00pm to 3:30pm	**Line Dance Classes** 12:30pm to 3:15pm Absolute Beginners and Registered	**Pickleball** 12:00pm to 2:00pm	**Pickleball** 12:00pm to 2:00pm	**Victoria Computer Club** Tutorial and Social 11:30 am to 1:30pm	
Social Bridge 12:00pm to 2:30pm	**Weaving** 1:00pm to 3:00pm	**Afternoon at the Movies** 1:30am to 3:30pm Call to confirm dates	**Scrabble** 12:30pm to 3:30pm	**Table Tennis** 1:30pm to 3.30pm	
Enjoying My Community 1:00pm to 2:00pm	**Outreach Bus Trips** Monthly outings Call centre for details and registration	**Where in the World Travel Series** Monthly call for date 1:00pm to 2:00pm	**Memory Plus** 1:00pm to 3:00pm Registered	**Gentle Somatic Yoga** 2:00pm to 3:00pm Registered	
Hampton Concert Orchestra 7:00pm to 9:00pm		**Guess Who's Coming to Dinner** 5:00pm to 7:00pm Reservation required Call to confirm dates	**Living Life to the Full** 1:00pm to 2:30pm 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 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. Call for details.

Victoria Computer Club (VCC) *VCC membership required**.**
Mondays & Thursdays sessions $2 (member); $5 (non-member)
Monthly Presentation, Tutorial and Social Club . No charge.

Where in the World Travel Series
Roam the world through travel presentations. Registration required. No charge.

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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 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

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).

OUTREACH AND SUPPORT : By Appointment or Intake

Legal Assistance
20 minute advice sessions with a qualified lawyer. By appointment. Call for availability. No charge.

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

Outreach 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-9:00am. 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 to Friday.
Selection varies from week to week. No charge

REGISTERED PROGRAMS: Course Fee Payments Required in Advance Call 250-382-3151 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 $56.70 (members); $81.90 (non-members). Friday afternoons
Call Centre for January class dates.

Line Dancing
Absolute Beginner and Low Intermediate levels will be offered.
6 week sessions $44.10 (members); $56.70 (non-members).
Tuesday afternoons. Call Centre for January class dates.

Living Life to the Full
Learn how to reduce negative habits. Offered in partnership with the Canadian Mental Healthy Association 8 week session $30.
Call centre for details and information about next series.

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 registration info and intake.

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
Call centre for January class dates.

Zumba Gold
A low intensity exercise using the rhythm of Latin dance. 6 sessions $56.70 (members); $81.90 (non-members). Call for next dates.