

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 1:00pm	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 to 11:00am	Victoria Computer Club Tutorial and Social 10:00am to 1:00pm	Ukelele Classes 9:00am to 12:30pm Various Levels Registered	Carpet Bowling 9:00am to 11:00am	Floor Shuffleboard 10:00am to 11:30am	Pickleball 9:30am to 11:30am
Hampton Singers 9:30am to 11:30am	Seated Exercises 10:00am to 10:50am	Floor Shuffleboard 10:00am to 11:30am	Chess 9:00am to 11:00am		
Victoria Computer Club (VCC) Computer Basics 10:00am to 12:00pm	Fun & Fitness 11:00am to 12:00pm	Walking Group 10:00am to 11:00am	Cribbage 9:00am to 11:00am	Lian Gong Shi Ba Fa 10:00am to 11:00am	
			Victoria Computer Club Special Interest and monthly presentations 10:00am to 12:00pm		
			Seated Exercises 10:00 to 10:50am		
			Fun & Fitness 11:00am to 12:00pm		
Blood Pressure Clinic (2 nd Monday of month) 10:00am to 12:00pm	Food Share Program 1:00pm to 3:30pm Based on availability				
Lunch 11:00am to 1:30pm	Lunch 11:00am to 1:30pm	Lunch 11:00am to 1:30pm	Lunch 11am to 1:30pm	Lunch 11:00am to 12:30pm	
Duplicate Bridge 12:00pm to 3:30pm	Line Dance Classes 12:30pm to 1:45pm Beginners 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		Where in the World Travel Series Monthly call for date 1:00pm to 2:00pm	Outreach Bus Trips Monthly outings Call centre for details and registration	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	Memory Plus 1:00pm to 3:00pm 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.



Silver Threads Service Saanich Centre

Program Guide and Schedule Winter 2020

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 9:00am –2:00pm. Fridays 9:00am to 1:00pm Prices listed in dining area.

Coffee Service

Hot beverages and baked goods. Saturday service at reception.

Lunch

Soups and sandwiches. 11:00am-1:30pm*. Friday lunch until 12:30pm.

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

Food Share Network

Fresh fruit and vegetables from the Food Share Network when available. Food is generally available Tuesday afternoons and while supplies last Wednesday to Friday. Selection varies weekly. No charge.

Income Tax Program

Seasonal (March and April) income tax submission service for low-income seniors. Call to confirm eligibility . 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.

Legal Info Session

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.

Telephone Reassurance

Daily check-in phone call for reassurance. Monday to Friday 8:30am-9:00am. No cost.

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 Next session: February 21st to March 27th. Call to register.

Line Dancing

Beginner level class will be offered.

6 week sessions \$44.10 (members); \$56.70 (non-members).

Tuesday afternoons. Next session starts February 25th to March 31st.

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.

Open Registration for Spring Session (April- June) starts March 9th.

Call 250-382-3151 for intake and registration 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.

Continuing 9:00am-10:00am

Experienced 10:15am– 11:15am

Absolute Beginners 11:30am –12:30pm

Next sessions: March 4th to April 8th. Call to register.

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.