

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Drop in Craft Studio 10:00am to 1:00pm	Drop in Craft Studio 10:00am to 1:00pm	Drop in Craft Studio 10:00am to 1:00pm	Drop in Craft Studio 10:00am to 1:00pm	Drop in Craft Studio 10:00am to 1:00pm	
Strength and Stretch Fitness 10:00am to 11:00am	Golden Rods & Reels Fishing & Social Club 9:00am to 11:30am	Memory PLUS 9:00am to 11:00am *registered	Strength and Stretch Fitness 11:00am to 12:00pm	Knitting/Crochet Social Group 9:00am to 12:00pm	Chinese Women's Friendship Group 10:00am to 3:00pm Saturdays To register please contact Li at: 250 598-5265
Walking Group 10:00am to 11:00am			Food Share Program 9:00am to 2:00pm Based on availability		
TIME™ Program 1:00pm to 2:00pm *registered		MS Society Art Therapy 10:00am to 2:00pm For information contact 250 388-6496	Footcare Nurse 9:30am to 11:00am By appointment 250-388-4268	Mosaics/Crafts 9:00am to 12:00pm	Chinese Seniors Association 8:30am to 4:00pm Sundays To register please contact Terry at: 250 891-1787
Ping Pong for Parkinson's 2:15pm to 3:30pm	Food Share Program 3:00pm to 3:45pm Based on availability			Blood Pressure Clinic 10:00am to 12:00pm February 14th	
	Table Tennis 2:00pm to 3:45pm				
	Legal Assistance 3:00 to 4:00pm By appointment 250 382-3151			Food Share Program 8:30am to 3:45pm Based on availability	
		Senior Mentoring By appointment only 250 382-3151	TIME™ Program 1:00pm to 2:00pm *registered	Chinese Brush Painting 1:30pm to 3:00pm	
			Chair Yoga 2:15pm to 3:15pm *registered	Clarinet Choir 1:30pm 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)

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

Work along with others on your latest craft 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 and Schedule February 2020

LEISURE: GAMES DROP-IN

Board Game Social

Have fun playing board games like Monopoly, Yahtzee & Scrabble! A great way to socialize.

\$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. Phone 250 388-4268 to add your name to our participant list.

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 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.

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

Nautical Love Knots

Join Laura Robin of the Maritime Museum to create a Nautical Love Knot for Valentines Day. Funded through the Victoria Foundation.

Monday, February 3rd 1:00pm to 3:00pm

Cost: No charge

Valentines Day Tea

Let's celebrate kindness, compassion and love! Local singer Bob Meikle will sing favorites from the past & present to warm your heart.

Friday, February 14th 1:00pm to 3:00pm

Cost: \$5.25 (members); \$7.35 (non-members)

TIME™ (Together in Movement and Exercise)

Tailored to people who are able to walk 10 metres 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.

Mon & Thurs February 20th to March 30th 1:00pm to 2:00pm

12 sessions \$126

Chair Yoga

Finally a yoga class where you don't have to get down on the floor! This class focuses on breathing & stretches for back care.

Thursdays January 16th to February 20th 2:15pm to 3:15pm

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

Drop-in Rates: \$9.45 (members); \$13.65 (non-members)

Thursdays March 5th to March 26th 2:15pm to 3:15pm

4 sessions \$35.00 (members); \$52.50 (non-members)

Drop-in Rates: \$9.45 (members); \$13.65 (non-members)

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

Silver Threads Service Victoria Centre

2340 Richmond Road 250-388-4268

Hours of Operation:

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

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