



Silver Threads Service **Kiwanis Village** Program Guide and Schedule Spring 2020

Wednesday	Thursday	Friday	Saturday
Branching Out Bus Trips March 11, April 15, May 13, June 10. Pick-up/Drop-off at Viv Centre	Crafts and Connections March 19, April 16, May 21, June 18 1:30pm to 3:00pm Gibson Room <i>(note: new start time)</i>	Chair Fitness with Janice Weekly drop-in 1:00pm to 2:00pm Gibson Room Food Share 2:00pm Gibson Rm	Foot Care Nurse Saturday March 21, April 18, May 23, June 20 Viv Centre (10:00 am to 3:00pm) By appointment. Call 250-388-4268
	Part of the Senior Community Outreach Program in Partnership with Silver Threads Service and James Bay New Horizons		

**Silver Threads Staff - Amaiah - will be on-site for 2020 Memberships and Program Information from 2:00pm-2:30pm in the Gibson Room:
March 13, March 20, Apr. 3, Apr. 17,
May 8, May 22, June 5 & June 19th**

Silver Threads Annual Membership—\$55 April 1st– March 30th, 2020

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, or attend the Food Share on one of the dates and times above when Amaiah is on site.

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.

Branching Out Bus Trips

A different fun and social local outing around the community, usually each second 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 and Social Worker. *Please register* with Victoria Silver Threads at **250-388-4268** by the 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 Non-members \$5. *Drop-in. *A "Get Active Form" is needed before participating, so please arrive at least 5

Food Share Network

Silver Threads participates in the Food Share Network. Bring your shopping bag for fresh produce, dairy, dry goods and more! We often also have toiletries available from *Soap for Hope*.