

# SILVER THREADS OPEN HOUSE WEEK



Stop by our Centres for a tour, a lemonade, and see what we have in store this fall. Take out or renew your membership and we can also laminate your COVID Vaccination card! A sample of some of this fall's activities will be available to check out. We hope to see you then!

**The following activities are available to try at no cost, but must be pre-booked.  
Call the Centres to reserve your spot.**

	Tuesday Sept. 7	Wednesday Sept. 8	Thursday Sept. 9	Friday Sept. 10
<b>Saanich Centre</b> 250 382 3151 286 Hampton Rd, V8Z 1H1	9:30am - 11:30am <b>Table Tennis</b> <i>We are offering both singles and doubles games.</i>  1:30am - 2:30pm <b>Tai Chi Therapy</b> <i>A standing class with a focus on breathing and gentle movements.</i>	9:30am - 11:30am <b>Snooker</b> <i>Try out this fun billiards game similar to pool</i>  1:00pm - 3:00pm <b>Pickleball</b> <i>Pickleball sessions with a volunteer coach. Give it a try in doubles matches</i>	9:30am - 11:00am <b>Woodcarving</b> <i>Visit our workshop to carve and create your own wooden projects</i>  1:00pm - 3:00pm <b>Shuffleboard</b> <i>Test your precision by sliding your weights into the target zones on the court</i>  11:00am - 1:00pm <b>Foodshare</b> <i>Produce, bread, and dry goods available</i>	10:00am - 11:30am <b>Table Tennis</b> <i>Take part in some fun challenge activities to win prizes as well as playing singles and doubles games</i>  9:30am - 11:00am <b>Carpet Bowling</b> <i>An indoor game similar to lawn bowling, see how close you can bowl to the jack</i>  1:00pm - 3:00pm <b>Pickleball</b> <i>Enjoy open play doubles pickleball</i>
<b>Victoria Centre</b> 250 388 4268 1911 Quadra St, V8T 4C1	10:00am - 11:00am <b>Tai Chi Therapy</b> <i>A standing class with a focus on breathing and gentle movements.</i>	10:00am - 11:00am <b>Functional Fitness</b> <i>A class with both seated and standing options, work on your range of motion, balance, cardio, strength, and flexibility.</i>	10:30am - 12:00pm <b>Chinese Women's Friendship Group</b> <i>A program for Chinese women to meet, make friends, and learn some skills helpful for living in Canada (Cantonese and Mandarin spoken)</i>  1:30pm - 3:00pm <b>Blood Pressure Clinic</b> <i>Drop by to have your blood pressure taken</i>  1:30pm - 3:00pm <b>Foodshare</b> <i>Produce, bread, and dry goods available</i>	1:30pm - 3:00pm <b>Art for Anyone</b> <i>Come in for some guided art exploration, try out different mediums and see what fun you can have and what you can create</i>  1:30 - 3:00 <b>Online Programs Demonstration</b> <i>Drop in for support to learn zoom and find out about our computer programs. A sample of what our online classes are all about.</i>

*stay active • stay healthy • stay connected*