

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

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