



October Program Schedule Saanich Centre

250 - 382 - 3151

*To protect our Instructors and participants from possible exposure to COVID, activities that have a risk factor not managed by safety protocols will require full vaccination.

Monday	Tuesday	Wednesday	Thursday	Friday
Line Dance Beginner 9:30am to 10:45am	*Silver Threads Singers 9:30am to 11:00am	Carpet Bowling 9:30am to 11:30am	Woodcarving 9:30am to 11:00am	Carpet Bowling 9:30am to 11:00am
Woodcarving 9:30am to 11:00am	Table Tennis 9:30am to 11:30am	Snooker 9:30am to 12:30pm	Functional Fitness 10:00am to 11:00am	Table Tennis 9:30am to 11:30am
Floor Shuffleboard 10:00m to 11:30am	*Victoria Computer Club Group Learning (October 5 & 12) 9:30am to 11:30am	Walking Group 10:00am to 11:00am	Seated Exercise 11:15am to 12:00pm	*Victoria Computer Club One to One 9:30am to 12:30pm
		*Ukulele Experienced 10:45am to 11:45am	Foodshare 11:00am to 1:00pm	
Fusion Fitness 1:00pm to 2:00pm	Learning For Life (October 12 & 26) 1:00pm to 2:30pm	Line Dance Intermediate 10:00am to 11:30am	Floor Shuffleboard 1:00pm to 2:30pm	Pickleball 1:00pm to 3:00pm
*Social Bridge 12:00pm to 2:30pm	Weaving 1:00pm to 3:00pm	Pickleball (Coached) 1:00pm to 3:00pm	*Table Games 1:00pm to 3:30pm	Zumba Gold 1:15pm to 2:15pm
* Duplicate Bridge 12:30pm to 3:30pm	Tai Chi Therapy 1:30pm to 2:30pm	Memory PLUS 1:00pm to 3:00pm		*Jubilee Clarinet Choir 1:30pm to 3:30pm

See back of page for program rates, topics, and registered program dates.

Weekly/Bi-weekly Program

Registered classes

Monthly Program

All programs require pre-booking or pre-registration. Please call 250 382 3151 for more information or to book.
We are located at 286 Hampton Rd. Victoria BC V8Z 1H1



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All program participants will be required to have one shot of the Covid-19 vaccine and as of October 24th will be required to be fully vaccinated.

The Jubilee Clarinet Choir, Silver Threads Singers, Ukulele, Bridge, Table Games, and Victoria Computer Club programs will require full vaccination before joining

M = Member rate, NM = Non-Member rate paid for programs.

Registered Programs

Line Dance Beginner - \$44.10M, \$63NM

Nov 1st to Dec 6th

Line Dance Intermediate - \$44.10M, \$63NM

Nov 3 to Dec 8

Memory PLUS - \$75.60 M, \$109.20 NM

Oct 20 to Dec 8

Tai Chi Therapy - \$56.70 M, \$81.90 NM

Nov 2 to Dec 7

Ukulele Experienced - \$56.70 M, \$81.90 NM

Nov 10 to Dec 15

Zumba Gold - \$46.70 M, \$81.90 NM

Oct 8 to Nov 19 (No class Nov 12)

Additional Services and Programs

Silver Spoons Café

Our commercial kitchen is open daily from 9:00am to 1:00pm, providing hot beverages, select baked goods as well as soup and sandwiches.

Treasure Trove Thrift Store

Open daily between 11:15am and 1:00pm.

Library

Our library is open daily from 9:00am to 3:30pm (excluding times where programs are booked in the space). You're welcome to borrow books and puzzles and to return them when you're done.

Telephone Reassurance Program

A program for isolated seniors who would like the comfort of having a volunteer check in via phone every morning to ensure they are okay.

Weekly + Bi-Weekly Programs

Bridge, Social and Duplicate - \$2M, \$5NM

Carpet Bowling - \$2M, \$5NM

Floor Shuffleboard - \$2M, \$5NM

Foodshare - No Cost

Produce, bread, and canned goods available

Functional Fitness - \$4M, \$7NM

Fusion Fitness - \$4M, \$7NM

Jubilee Clarinet Choir - \$2M, \$5NM

Learning for Life - \$2M, \$5NM

October 12 - Navigating the healthcare system

October 26 - Current Events Discussion Group

Pickleball - \$4M, \$7NM

Seated Exercise - \$4M, \$7NM

Silver Threads Singers - \$2M, \$5NM

Snooker - \$2M, \$5NM

Table Games (Scrabble, Cribbage) - \$2M, \$5NM

Table Tennis - \$2M, \$5NM

Victoria Computer Club - \$2M, \$5NM

Group Learning - October 5 & 12

One to One Learning - Weekly

Walking Group - No Cost

Weaving - \$2M, \$5NM

Woodcarving - \$2M, \$5NM

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