



# November Program Schedule Saanich Centre

250 - 382 - 3151

All programs require full COVID-19 vaccination status

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 11:00am	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 (November 2 & 9) 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 (November 9 & 23) 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	Jubilee Clarinet Choir 1:30pm to 3:30pm
Duplicate Bridge 12:30pm to 3:30pm	Tai Chi Therapy 1:30pm to 2:30pm	Memory PLUS 1:00pm to 3:00pm		
		Watercolour Workshop 10:00am to 12:00pm		

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



# November Program Schedule Saanich Centre

250 - 382 - 3151

All programs require full  
COVID-19 vaccination status  
M = Member rate, NM = Non-Member rate

## Registered Programs

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

Nov 1st to Dec 6th

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

Nov 3 to Dec 8 (Class is full)

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

Oct 20 to Dec 8 (In Progress)

**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

**Watercolour Workshop** - \$84 M, \$100.80 NM

Nov 9 - 30 (Class is full)

## 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 seniors living alone who would like the comfort of having a volunteer check in via phone weekday mornings 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

November 9 - Technology: Benefits and Frustrations

November 23 - 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 - November 2 ("Backups the Easy Way"); November 9 (Photo Group)

One to One Learning - Weekly

**Walking Group** - No Cost

**Weaving** - \$2M, \$5NM

**Woodcarving** - \$2M, \$5NM

## Zoom Programs

**Actively Connecting Together Safely** - No Cost

Session in progress (Waitlist being taken)

**Brain Games Online** - \$24 M, \$36 NM

Oct 28 to Dec 2

**Zoom Travel Series** - \$2 M, \$5 NM

October 29 - "Mexico's Day of The Dead"

Register for Zoom Programs at 250 388 4268

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