



FOR IMMEDIATE RELEASE
March 1st, 2022

MEDIA RELEASE

Silver Treads Indoor Walking Group

Victoria, BC. Silver Threads Service is pleased to announce a partnership with RG Properties Ltd to host Silver Treads - a weekly, indoor walking program for older adults at the Save On Foods Memorial Centre. The year round program will allow participants to walk around the concourse on Tuesdays from 9:00 to 10:00am beginning March 1st, 2022.

For adults 55 years and better, all level of abilities, the group will keep you out of the heat in summer and warm and dry in the winter. There are no worries about the cracks in the sidewalks or where the nearest washroom is. It is perfect for those who use a mobility device or walking poles. There are friendly leaders on hand to provide support, so you are never alone. Blood pressure testing will be available monthly. Cost is \$2 for Silver Threads members and \$5 for non-members. Call 250 388-4268 for more information and to book a space.

The Silver Threads Victoria Centre recently relocated to 1911 Quadra Street, one block from the Save On Foods Memorial Centre. Paid parking for Silver Treads is available off Caledonia Street behind the Victoria Police Station or any nearby street parking. Entrance to the SOFMC is through Gate 3.

The Save-On-Foods Memorial Centre is an indoor arena located in Victoria, British Columbia, Canada, and is the largest arena in British Columbia outside of Vancouver. It is primarily used for ice hockey, previously the home arena of the Victoria Salmon Kings of the ECHL, and currently the home of the Victoria Royals of the Western Hockey League.

Silver Threads Service has been serving the community for 65 years and operates two activity centres in Victoria and Saanich. Our Mission - Silver Threads Service is a charitable, not-for-profit society that enhance social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

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stay active • stay healthy • stay connected

www.silverthreads.ca

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