



# PROGRAM GUIDE

Celebrating 65 years of service to the community

## Dance, Fitness and Wellness Programs

### **Chair Yoga** Victoria Centre

A restorative and relaxing class for your body and mind.

**Dates:** Thursdays, June 2nd to July 7th

**Times:** 10:00am to 11:00am OR 1:00pm to 2:00pm

**Cost:** 6/\$54 members \$78 non-members

**Leader:** Erica Loenen

### **Line Dance: Beginner or Intermediate** Saanich Centre

A good workout, class for all levels

**Dates:** Beginner: Mondays, May 2nd to June 13th

**Time:** 9:30am to 10:45am

**Dates:** Intermediate: Wednesdays, April 20th to May 25th

**Time:** 10:00am to 11:30am

**Cost:** 6/ \$42 members \$60 non-members

**Leader:** Vicky McCulloch

### **Mindfulness and Meditation** Victoria Centre

Improve your wellbeing and reduce your stress.

**Dates:** Tuesdays, May 24th to June 28th

**Time:** 2:00pm to 2:45pm

**Cost:** 5/ \$20 members, \$30 non-members

**Leader:** Erica Loenen

### **Tai Chi Therapy** Victoria and Saanich Centres

A fusion of Tai Chi and biomechanics for health.

#### **Victoria - Advanced**

**Dates:** Tuesdays, April 26th to May 31st

**Times:** 11:00am to 12:00pm

#### **Saanich - Beginner**

**Dates:** Mondays, April 25th to June 6th

**Time:** 11:00am to 12:00pm

**Cost:** 6/ \$54 members, \$78 non-members

**Leader:** Jaz Ibarra

### **Walking Group** Saanich Centre

A leisurely outdoor walk, group departs from Saanich.

**Dates:** Every Wednesday

**Times:** 10:00am to 11:00am

**Cost:** No charge

**Leader:** Raewyn

### **Walking Group** Victoria Centre

An indoor program at the Save On Foods Memorial Centre! Blood Pressure Checks done 1st Tuesday of the month. Please pre-register.

**Dates:** Every Tuesday

**Times:** 9:00am to 10:00am

**Cost:** \$2 members, \$5 non-members

**Leader:** Shelley Brown

**Statutory Holidays** Our Centres will be closed:  
Monday, May 23rd

## Pre-booked Drop in Fitness Schedule

Call to book your spot! Cost: \$4 members \$7 non-members.

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268

Class	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fusion Fitness (Seated &amp; Standing)</b>	10:00 to 11:00	1:00 to 2:00	10:00 to 11:00		10:00 to 11:00
<b>Functional Fitness (Standing)</b>				10:00 to 11:00	
<b>Seated Exercise (Seated)</b>				11:15 to 12:00	

## Education and Discussion Programs

### **Lunch With TED** Victoria Centre

A sandwich lunch with TED Talk presentations, lively discussions, baked goodies, and a chance to connect socially with peers.

**Days:** Thursdays, May 13th & 27th

**Times:** 11:30am to 1:00pm

**Cost:** \$5 members, \$7 non-members

**May 13th: Finding Joy**

**April 27th: Healthy By Nature**

Funding is provided by Island Health and the  
City of Victoria Strategic Planning Grant Program.

### **Memory PLUS** Practice Laughter, Useful Strategies

Memory PLUS is a Silver Threads Service program for those 55+ who would like to enhance their memory skills in an active and social group setting. The PLUS stands for Practice, Laughter, Useful Strategies. We are now offering in person classes. Call 250 388-4268 for more information.

**Dates:** June 1st to July 20th

**Victoria classes:** Wednesday mornings

**Times:** 9:30am to 11:30am

**Saanich classes:** Wednesday afternoons

**Times:** 1:00pm to 3:00pm

**Cost:** 8 classes \$72 members, \$104 non-members

**Leader:** Lisa Coulson

### **Movies** Victoria and Saanich Centres

Saanich, May 17th, **Judy**

Victoria, May 24th, **That Thing You Do**

**Times:** 1:00pm to 3:00pm

**Cost:** \$2 members, \$5 non-members

### 2022-2023 Membership

Annual Membership starts April 1st, 2022 to March 31st, 2023.

Membership is valid at both the Saanich and Victoria Centres.

Cost: \$55 (includes GST)

## Saanich Sports and Physical Programs

Pickleball: \$4 members \$7 non-members. All other programs cost: \$2 members \$5 non-members

Saanich Centre 250 382-3151 Call to book your spot!

Program	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Table Tennis</b>		9:30am to 11:30am			9:30am to 11:30am
<b>Carpet Bowling</b>			9:30am to 11:30am		9:30am to 11:30am
<b>Pickleball</b>			1:00pm to 3:00pm Coached		1:00pm to 3:00pm
<b>Floor Shuffleboard</b>	1:00pm to 2:30pm			1:00pm to 2:30pm	

## Support Programs

### **Food Share**

Drop in to either the Saanich or Victoria Centres to pick-up bread, produce and packaged food and staples. Thanks to support from The Food Share Network and COBS Breads.

**Dates:** Thursdays

**Time:** 11:00am to 1:00pm

### **\*\*Senior Mentoring** Victoria Centre

Skilled volunteers will assist with on line applications and applications.

### **Telephone Reassurance Program** Saanich Centre

Week day daily check in call for those living alone.

### **\*\*Legal Advice** Victoria Centre

15 minute appointment with a lawyer to give direction on legal issues (Wills not included)

Funding Provided by the Province of BC Community Gaming Grants for Support, Information and Referral services.

## Creative Arts Programs

### **Art for Anyone** Victoria Centre

Everyone can create art! Come try a variety of mediums.

**Dates:** Every Wednesday

**Times:** 1:30pm to 3:00pm

**Cost:** \$2 members, \$5 non-members

**Leader:** Lucille Proulx

### **Book Club** Victoria Centre

Upcoming title for May is "The Alchemist", by Paulo Coelho

**Dates:** Wednesday, May 25th

**Times:** 10:30am to 11:30am

**Cost:** \$2 members, \$5 non-members

**Leader:** Adele

### **Chinese Brush Painting** Victoria Centre

A self-directed group of experienced artists that meet weekly.

**Dates:** Every Friday

**Times:** 12:30pm to 2:00pm

**Cost:** \$2 members, \$5 non-members

### **\*\*Jubilee Clarinet Choir** Saanich Centre

A self-directed musical group that practice weekly.

**Dates:** Every Friday

**Times:** 1:30pm to 3:30pm

**Cost:** \$2 members, \$5 non-members

### **Learn to Knit** Victoria Centre

For absolute beginners, or those who need to practice.

**Dates:** Mondays, April 25th to May 30th

**Times:** 1:00pm to 2:30pm

**Cost:** 5/\$20 members, \$30 non-members

**Leader:** Julianna

### **Memoir Writing** Victoria Centre

A guided program to revisit and record your memories.

**Dates:** Mondays, April 25th to June 20th

OR Thursdays, April 7th to May 26th

**Times:** 1:30pm to 3:30pm

**Cost:** 8/\$50 members, \$72 non-members

**Leader:** Jennifer Ferris

### **Painting Drop-in** Saanich Centre

A self directed painting group.

**Dates:** Tuesdays, May 3rd to 31st

**Times:** 10:00am to 12:00pm

**Cost:** \$2 members, \$5 non-members

### **Random Crafts of Kindness** Victoria Centre

A social group that knits, crafts and does projects.

**Dates:** Every Friday

**Times:** 9:30am to 11:30am

**Cost:** \$2 members, \$5 non-members

### **\*\*Silver Threads Singers** Saanich Centre

A joyful men's and women's choir.

**Dates:** Every Tuesday,

Last session is May 17th, resuming in September.

**Times:** 9:30am to 11:00am

**Cost:** \$2 members, \$5 non-members

**Leaders:** Matthew Ford and Elise Kennedy

### **\*\*Song Circle** Victoria Centre

Join Patrick and sing and play in a relaxed group.

**Dates:** Mondays, May 9th, June 6th, June 20th

**Times:** 1:30pm to 3:00pm

**Cost:** \$2 members, \$5 non-members

**Leader:** Patrick Smith

### **Storytelling** Victoria Centre

Sharing stories can help us feel connected.

**Dates:** Tuesday, May 10th

**Times:** 1:00pm to 2:30pm

**Cost:** \$2 members, \$5 non-members

**Leader:** Jennifer Ferris

### **Watercolour Workshop** Saanich Centre

Develop a learning and enjoyment of watercolours.

**Dates:** Tuesdays, June 7th to 28th

**Times:** 10:00am to 12:00pm

**Cost:** 4/\$80 members, \$96 non-members

**Leader:** Janos Varga

### **Weaving** Saanich Centre

A self-directed creative class for fiber arts.

**Dates:** Every Tuesday

**Times:** 1:00pm to 3:00pm

**Cost:** \$2 members, \$5 non-members

### **Woodcarving** Saanich Centre

Bring your own project and work with friends in the shop.

**Dates:** Mondays and Thursdays

**Times:** 9:30am to 11:30am

**Cost:** \$2 members, \$5 non-members

### **Ukulele** Victoria Centre

Beginner & Beginner Continuing

**Dates:** April 29th to June 3rd

**Times:** 1:00pm to 1:45pm or 2:00pm to 3:00pm

**Cost:** 6/\$54 members, \$78 non-members

**Leader:** Avram McCagherty

### **COVID Protocols**

Proof of Vaccine is required for programs where physical distancing can't be maintained or the activity has a higher risk for spread of COVID. **Programs marked with asterisks \*\* require proof of vaccination.** Thank you for your continued support and understanding.

## Zoom, Online, Computer Programs

### **Digital Library Resources** Victoria Centre

See what digital resources the library has for you.

**Dates:** Tuesday, May 24th

**Times:** 9:30am to 11:0am

**Cost:** \$2 members, \$5 non-members

**Leader:** GVPL Librarian

### **Brain Games** By Zoom

Workout your brain and connect online!

**Dates:** Thursdays, May 26th to July 7th (No Class June 16)

**Times:** 2:00pm to 3:00pm

**Cost:** 6/\$24 members, \$36 non-members

**Leader:** Kim Davidson

### **Travel Series** By Zoom

Pack your bags and travel to Japan on our next adventure.

**Dates:** Friday, May 27th

**Times:** 1:30pm to 3:00pm

**Cost:** \$2 members, \$5 non-members

**Presenter:** Cody Poulton

### **\*\*WIFI Café & One on One Support** Victoria Centre

Join us for coffee, WIFI and tech help in a social setting.

**Dates:** Tuesdays, May 3rd and 17th

**Times:** 9:30am to 11:00am

**Cost:** \$5 members, \$7 non-members

### **\*\*One on One Computer Tutoring** Victoria Centre

**Dates:** Every Friday By Appointment Only

**Times:** 1:30 or 2:30pm

**Cost:** \$5 members, \$7 non-members

### **\*\*Taste of Technology** Victoria Centre

A class for you to begin to learn how to use a tablet and be safe online. We can provide the device.

**Dates:** Mondays, June 6th to 27th

**Times:** 1:00pm to 3:00pm

**Cost:** 4/\$36 members \$52 non-members

**Leader:** Dave Basset

### **Victoria Computer Club** Saanich Centre

The VCC provides support and social connections for those interested in technology. For further information

visit [www.victoriacomputerclub.org/](http://www.victoriacomputerclub.org/)

\$25 VCC Membership is required.

### **\*\*VCC One on One Support** Saanich Centre

**Dates:** Every Friday

**Times:** 9:30am to 12:30pm

### **\*\*VCC Computer Information Group** Saanich Centre

Various technology topics, check our website for topics and dates at: [www.victoriacomputerclub.org/](http://www.victoriacomputerclub.org/)

### **\*\*VCC Apple Group Zoom** By Zoom

**Dates:** Every 3rd Wednesday

**Times:** 7:00pm to 9:00pm

### **\*\*VCC Photo Group** Saanich Centre

Attend in person or by Zoom

**Dates:** Every 2nd Tuesday

**Times:** 10:00am to 12:00pm

Funding for Online Programs is provided by  
United Way Greater Victoria.

## Cards and Games

**Cost:** \$2 members, \$5 non-members. Call to book your spot!

### **Bridge - Duplicate** Saanich Centre

Bring a partner and enjoy a game of duplicate bridge.

**Dates:** Every Monday

**Times:** 12:30pm to 3:30pm

### **Bridge - Social** Saanich Centre

Casual Bridge for those who enjoy the game.

**Dates:** Every Monday

**Times:** 11:45 to 2:30pm

### **Cribbage** Saanich Centre

Card game for 2 to 4 players.

**Dates:** Every Thursday

**Times:** 1:00pm to 3:00pm

### **Euchre** Victoria Centre

Learn to play, instruction provided.

**Dates:** Every Tuesday

**Times:** 1:00pm to 2:30pm

**Leader:** Brian

### **Snooker** Saanich Centre

Enjoy a variety of games on our full-sized table.

**Dates:** Every Tuesday

**Times:** 12:30pm to 3:30pm

**Dates:** Every Wednesday

**Times:** 9:30pm to 12:30pm

### **Scrabble** Saanich Centre

Word game using lettered tiles.

**Dates:** Every Thursday

**Times:** 1:00pm to 3:00pm

## Silver Threads Service Locations

### Saanich Centre

286 Hampton Road, Victoria, BC V8Z 1H1

Phone: 250 382-3151

### Victoria Centre

1911 Quadra Street, Victoria, BC V8T 4C1

Phone: 250 388-4268

For general inquiries please email:

[inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)

*stay active • stay healthy • stay connected*

