



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, June 20th to July 25th

Time: 9:30am to 10:45am

Dates: Intermediate: Wednesdays, June 1st to July 6th

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, June 7th to July 12th

Times: 11:00am to 12:00pm

Saanich - Beginner

Dates: Mondays, June 13th to July 18th

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:
Canada Day Friday, July 1st

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
Fusion Fitness (Seated & Standing)	10:00 to 11:00	1:00 to 2:00	10:00 to 11:00		10:00 to 11:00
Functional Fitness (Standing)				10:00 to 11:00	
Seated Exercise (Seated)				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.

Dates: Thursdays, June 9th and 23rd

Times: 11:30am to 1:00pm

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

June 9th: The Animal Kingdom

June 23rd: Life Essentials

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

Movies Victoria and Saanich Centres

Saanich, June 21st, **Richard Jewell**

Victoria, June 28th, **Keeping Mum**

Times: 1:00pm to 3:00pm

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

COVID Protocols

Proof of double vaccination and masks are 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 and those marked with ** require both Proof of vaccination and masks.**

Thank you for your continued support and understanding.

Saanich Sports and Physical Programs

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

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

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

Telephone Reassurance Program

Week day daily check in call for those living alone.

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

Senior Mentoring**

Skilled volunteers will assist with on line applications and applications.

Legal Advice**

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

Call 250 388-4268 for more information.

Creative Arts Programs

Art for Anyone Victoria Centre

Come try a variety of mediums. June's topics are:

June 1st: String Pull Painted Flowers

June 8th: Painted Sunflowers for Ukraine

June 15th: Painted Mason Jars

June 22nd: Hand Weaving With Wool

June 29th: Beaded Critters

Dates: Every Wednesday

Times: 1:30pm to 3:00pm

Cost: \$4 members, \$7 non-members

Leader: Various leaders

Book Club Victoria Centre

Upcoming title for June is "A Thousand Splendid Suns"

Written by author Khalid Hosseini

Dates: Wednesday, June 29th

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

Painting Drop-in Saanich Centre

A self directed painting group.

Dates: Tuesdays, July 5th to 26th

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

Song Circle* Victoria Centre

Join Patrick to sing and play in a relaxed group.

Dates: Mondays, June 6th and 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, June 14th

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

Summer 2022 Program Guide

Our Summer 2022 Program Guide will be available June 20th for pickup and on our website.

Fall 2022 Program Guide

Our Fall 2022 Program Guide will be available August 15th for pickup and on our website.

Look for returning favourites such as:

- Memoir Writing
- Ukulele Lessons
- Silver Threads Singers
 - Memory PLUS
 - And others

Or look for new offerings including: Yoga, Conversation Circle, and more! To be put on an interest list for specific programs call our centres:

Victoria Centre - 250 388 4268

Saanich Centre - 250 382 3151

Zoom, Online, Computer Programs

Digital Security Workshop Victoria Centre
Discuss an informative video lecture on online safety.

Dates: Tuesday, June 27th

Times: 9:30am to 11:00am

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

Brain Games By Zoom

Workout your brain and connect online!

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

Times: 2:30pm to 3:30pm

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

Leader: Kim Davidson

Travel Series By Zoom

Pack your bags and travel to China on our next trip.

Dates: Friday, June 24th

Times: 1:30pm to 3:00pm

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

Presenter: Cliff and Diana

WIFI Café & One on One Support** Victoria Centre

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

Dates: Tuesdays, June 7th and 21st

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

Find out what your iPad or Tablet can do for you. Learn about cool apps, streaming options and more.

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/

\$25 VCC Membership is required.

VCC One on One Support** Saanich Centre

Dates: Every Friday

Times: 9:30am to 12:30pm

Ask the Experts: Zoom** Saanich Centre

Bring your questions and get answers from the VCC experts

Dates: Every 4th Tuesday

Times: 9:30am to 11:30am

VCC Apple Group Zoom** By Zoom

Dates: Every 3rd Thursday

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

stay active • stay healthy • stay connected

