



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, July 14 to August 25 (No class August 4)

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, July 13th to August 17th

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, July 5th-26th, or August 8th-22nd

Time: 2:00pm to 2:45pm

Cost: 4/ \$16 members, \$28 non-members

Leader: Erica Loenen

Tai Chi Therapy Advanced Victoria

A fusion of Tai Chi and biomechanics for health.

Dates: Tuesdays, July 19th to August 23rd

Times: 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 each week 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: Deborah & Monika

Statutory Holidays and Centre Closures

Our Centres will be closed: Canada Day - Friday July 1st, BC Day - Monday August 1st, and Labour Day - Monday September 5th. Our Centres will also be closed The week of Monday August 29th to Friday September 2nd.

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
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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 and Listen Victoria Centre

A sandwich lunch with guest presenters followed by lively group discussion.

Times: 11:30am to 1:00pm on Thursdays,

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

July 14th - "Center of The Universe" A virtual tour of the Plaskett telescope on Observatory Hill. Learn about the history of the telescope and astronomy.

July 28th - Anne Glover Storyteller & Performer

Anne tells multicultural tales with string figures from around the globe. Try your hand at some basic string figures

August 11th - "Music is Amazing" Enjoy playing easy percussive instruments while sharing the joy of playing and having fun with music. No music experience necessary.

August 25th - "Victorian Women" A presentation on Victorian Women (in Victoria) by the Old Cemeteries Society.

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.

Fall Dates: September 14th to October 19th,
or October 26th to November 30th

Victoria classes: Wednesday mornings

Times: 9:30am to 11:30am

Saanich classes: Wednesday afternoons

Times: 1:00pm to 3:00pm

Cost: 6 classes \$54 members, \$78 non-members

Leader: Lisa Coulson

Summer Outings Offsite Various Locations

Register through our Victoria Centre for a fun afternoon outing with lunch and an activity.

Days & Times: July 21st 12:30pm to 4:00pm,
August 18th 11:30am to 3:00pm

Cost: \$18 members, \$25 non members. Includes IMAX or walking tour ticket, meals not included.

July 21st - "Legislature Lunch and IMAX"

We'll start with lunch at the Legislative Dining Room and then head over to the RBCM for the Imax show Ireland. Imax ticket is included, lunch is extra. Bring photo ID & proof of vaccination for admission to Legislature Dining Room. Must be able to walk from the Legislature to the Royal BC Museum.

Aug 18th - "Steamship Grill and Walking Tour"

Let's meet for lunch at the Steamship Grill and then enjoy an informal walk with the Maritime Museum of BC, where we'll share maritime stories, look for memories of the past, and consider what Victoria's history means for us today. Walking tour is included, lunch is extra. Must be comfortable walking a slow pace for 1 to 1.5 hours.

Movies Victoria and Saanich Centres

Join us at the centres for a monthly movie with friends.

Times: 1:00pm to 3:00pm

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

Saanich, July 19th - **Beautiful Day in the Neighborhood**

August 16th - **Leave No Trace**

Victoria, July 26th - **Hidden Figures**

August 23rd - **Christopher Robin**

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	

Summer Art Workshops

Here's a great way to spend a summer afternoon exploring your creativity. Join us each Wednesday afternoon at the Victoria Centre for an art workshop from 1:30pm to 3:00pm. Each week will feature a different medium, themed project and facilitator.

July 6th: Rock Painting - Seaside Theme

Paint your favourite summer theme on a keepsake rock. Use mandala dots or other painting techniques.
Lead by Adele
\$4 members, \$7 non-members

July 13th: Sea Glass Jewelry

Create your own sea glass necklace, bracelet, earrings, or other one-of-a-kind jewelry. Using locally sourced material, our workshop leader will guide you through the wire-wrapping process, connecting each piece to stories and histories of local areas around Vancouver Island.
Lead by the Maritime Museum of BC
\$4 members, \$7 non-members

July 20th: Paint and Collage

Get in touch with your creative nature by using different tools with paint and collage.
Lead by Pat and Christine
\$4 members, \$7 non-members

July 27th: Plant Printed Scarves

Learn how to use plants to dye materials and make unique prints on a scarf. Walk out of this workshop with a beautiful new addition to your wardrobe!

This week only 1:00pm to 3:00pm

Lead by Joan
\$20 members, \$25 non-members
(includes cost of scarf)

August 3rd: Multi Media

Explore your creative side through the use of multimedia. Experiment with new mediums and creating unlikely combinations.
Lead by Pat and Christine
\$4 members, \$7 non-members

August 10th: Sea Lanterns

Our workshop leader will guide you through the process of transforming a simple mason jar into your own nautical-themed "sea lantern". We'll also share stories of some of British Columbia's lighthouses that dot our coastal shoreline.
Lead by the Maritime Museum of BC
\$4 members, \$7 non-members

August 17th: Multi Media

Explore your creative side through the use of multimedia. Experiment with new mediums and creating unlikely combinations. Continue building off your past projects or start something new.
Lead by Pat and Christine
\$4 members, \$7 non-members

August 24th: Multi Media

Explore your creative side through the use of multimedia. Experiment with new mediums and creating unlikely combinations. Continue building off your past projects or start something new.
Lead by Pat and Christine
\$4 members, \$7 non-members

Weekly Cards and Games

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

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268

Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 10:00am to 11:30am		Snooker* 9:30am to 12:30pm		Cribbage 1:00pm to 3:00pm
Social Bridge 11:45am to 2:30pm			Cribbage 1:00pm to 3:00pm	Scrabble 1:00pm to 3:00pm
Duplicate Bridge 12:30pm to 3:30pm	Euchre 1:00pm to 2:30pm		Scrabble 1:00pm to 3:00pm	Mixed Games 1:00pm to 3:00pm

*The snooker table at the Saanich Centre is available to be booked for additional practice time by calling 250 382 3151

Creative Arts Programs

Book Club Victoria Centre

Our July read is "Fifty Words For Rain"

Written by author Asha Lemmie

Our August read is "Eleanor Oliphant is Completely Fine"

Written by Gail Honeyman

Dates: Wednesday, July 27th & August 24th

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

Music Appreciation Saanich Centre

Explore different music themes through discussion, trivia, listening and singing.

Dates: Wednesdays July 6th to 27th

July 6 - **Canadian Music**

July 13 - **Music of The 50s**

July 20 - **Broadway Musicals**

July 27 - **Musical Trip Around The World**

Times: 10:00am to 11:00am

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

Leader: Lisa Coulson

Music Bingo Victoria Centre

Bingo with a musical twist. Listen and mark your cards.

Dates: July 25th & August 22nd

Times: 1:30pm to 3:00pm

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

Leader: Brian

Painting Drop-in Saanich Centre

A self directed painting group.

Dates: Tuesdays

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, July 11th & 25th, August 8th

Times: 1:30pm to 3:00pm

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

Leader: Patrick Smith

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

Try It Free Week!

September 6th to 9th, 2022

The Saanich and Victoria Centres will be offering a variety of classes for you to try. Carpet Bowling, Fitness, Tai Chi, Yoga, and Memory PLUS are just a few.

A full schedule will be available in the Fall Program Guide

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

WIFI Café & One on One Support** Victoria Centre

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

Dates: Tuesdays, July 6th & 20th, August 3rd & 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 2:15pm

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

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

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

Chinese Women's Friendship Association

This non-profit organization is a group that assists Chinese women with integrating into mainstream Canadian society. The programs and activities are based on member's needs and interests. Presently, activities include English, singing, dancing, information sharing, referral services, Chinese festival celebrations, and monthly outings. Membership to the group is limited to 15 people, and participants are expected to take up Silver Threads membership. If you are interested in joining or finding out more about the group, contact Ms. Chuang at 250-598-5265.

Check Out Our Digital Programs This Fall

Including our Zoom Travel Series, Brain Games Online, Introductory classes for your new devices, and more.

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.

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.

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

