



Fall 2022

PROGRAM GUIDE

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We provide programs and services for those 55 years and better.

Yoga and Wellness Programs

Chair Yoga Victoria Centre

A restorative and relaxing class for your body and mind.

Dates: Tuesdays, September 13th to October 18th

October 25th to November 29th

December 6th to December 20th

Dates: Thursdays, September 15th to October 20th

October 27th to Dec 1st

December 8th to 22nd

Times: 1:00pm to 2:00pm

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

Leader: Erica Loenen

Gentle Yoga Saanich Centre

Improve strength, mobility, balance and spinal health in this floor-based class

Dates: Mondays, September 12th to October 24th, (no class October 10th)

October 31st to December 5th

Time: 10:00am to 11:00am

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

Leader: Erica Loenen

Mindfulness and Meditation Saanich and Victoria Centre
Improve your wellbeing and reduce your stress.

Dates: Saanich Mondays, September 12th to October 24th, (no class October 10th), October 31st to December 5th

Times: 11:15am to 11:45am

Dates: Victoria: Tuesdays, September 13th to October

18th, October 25th to November 29th

December 6th to December 20th

Times: 2:15pm to 2:45pm

Cost: 6/\$24 member, \$42 non-member

Leader: Erica Loenen



Tai Chi Therapy Beginner Saanich

A fusion of Tai Chi and Biomechanics for health.

Dates: Mondays, September 12th to October 24th, (no class October 10th)

October 31st to December 5th

Times: 11:00am to 12:00pm

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

Leader: Jaz Ibarra

Tai Chi Therapy Advanced Victoria

A fusion of Tai Chi and biomechanics for health.

Dates: Tuesdays, September 13th to October 18th

November 1st to December 6th

Times: 11:00am to 12:00pm

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

Leader: Jaz Ibarra

Walking Groups

Walking Group (Outdoor) 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 (Indoor) Victoria Centre

An indoor program at the Save On Foods Memorial Centre! Please pre-register.

Dates: Every Tuesday

Times: 9:00am to 10:00am

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

Leaders: Deborah & Monika

Fitness

Pre-booked Drop in Fitness Classes

Saanich Centre 250 382-3151	Victoria Centre 250 388-4268
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Class	Monday	Tuesday	Wednesday	Thursday	Friday
Functional Fitness (Seated & Standing)	10:00 to 11:00	1:00 to 2:00	10:00 to 11:00	10:00 to 11:00	10:00 to 11:00
Chair Fitness (Seated)				11:15 to 12:00	

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

Dance

Dance for Every Body Victoria Centre

This class encourages the “dancer within” to share the wealth of stories that live in the body. Focus on freedom and expression available at any age within every body.

Dates: Tuesday, October 11th to November 29th

Times: 9:30am to 10:30am

Cost: 8/\$82 members \$117 non-members

Leader: Monique Salez from Raino Dance Studio

Zumba Gold Saanich Centre

Low-intensity fitness class set to Latin and world rhythms.

Dates: Fridays, September 16th to October 28th

November 4th to December 16th

Times: 2:00pm to 3:00pm

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

Leader: Sam Avis

Line Dance: Beginner Saanich Centre

Learn the basic line dance steps in this fun class

Dates: Mondays,

September 12th to October 24th

October 31st to December 5th

Time: 9:30am to 10:45am

Line Dance: Intermediate Saanich Centre

Ideal for experienced line dancers.

Dates: Wednesdays,

September 14th to October 19th

October 26th to November 30th

Times: 10:00am to 11:30am

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

Leader: Vicky McCulloch

Note: No classes October 10th and November 11th

Saanich Sports and Physical Programs

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

Music Programs

Hampton Concert Orchestra* Saanich Centre
Amateur symphony orchestra with weekly practices and public performances
Dates: Every Monday
Times: 6:30pm to 9:30pm
Conductor: Charles Encell
For more information visit:
www.hamptonconcertorchestra.com

Jubilee Clarinet Choir* Saanich Centre
A self-directed musical group that practices weekly.
Dates: Every Friday
Times: 1:30pm to 3:30pm
Cost: \$2 members, \$5 non-members

Music Bingo Victoria Centre
Bingo with a musical twist. Listen and mark your cards.
Dates: Mondays, October 3rd, November 14th, December 5th
Times: 1:30pm to 3:00pm
Cost: 1/\$2 members, \$5 non-members
Leader: Brian

Music for Everyone Victoria Centre
Enjoy playing percussive instruments while sharing the joy of playing music together. No experience necessary. Everyone has music in them. Not an ounce of experience is necessary.
Dates: Wednesdays, September 14th to Oct 19th, October 26th to November 30th
Times: 10:30am to 12:00noon
Cost: 6/\$54 members, \$78 non-members
Leader: Shiri Music

Silver Threads Singers* Saanich Centre
Mixed, non-auditioned choir performing in community settings.
Dates: Every Tuesday
Times: 9:30am to 11:00am
Cost: \$2 members, \$5 non-members
Leaders: Matthew and Elise

Song Circle* Victoria Centre
Join Patrick to sing and play in a relaxed group.
Dates: Mondays, September 12th, 26th, October 24th, November 7th, 21st, December 12th
Times: 1:30pm to 3:00pm
Cost: \$2 members, \$5 non-members
Leader: Patrick Smith

Beginner Ukulele Victoria Centre
Learn the basics of ukulele in a light and encouraging group setting for beginners. This class is perfect for people wanting to learn this fun and easy instrument!
Dates: Fridays, September 16th to October 28th, November 4th to December 16th
(no class September 30th or November 11th)
Times: 1:00pm to 1:45pm
Cost: 6/\$54 members, \$78 non-members
Leader: Avram McCagherty

Beginner Continuing Ukulele Victoria Centre
For students who already have a grounding in the ukulele - you will review and expand upon beginning ukulele techniques. The introductory chord repertoire will be reinforced and expanded. Participants will learn to strum a variety of songs.
Dates: Fridays, September 16th to October 28th, November 4th to December 16th
(no class September 30th or November 11th)
Times: 2:00pm to 2:45pm
Cost: 6/\$54 members \$78 non-members

Ukulele: Experienced Saanich Centre
For students who have previous experience in ukulele.
Dates: Wednesdays, September 14th to October 19th, October 26th to November 30th
Times: 10:30am to 11:30am
Cost: 6/\$54 members, \$78 non-members
Leader: Molly Raher Newman

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” Plato

Movies

Join us at the centres for a movie with friends. Tuesdays 1:00pm to 3:00pm \$2 members, \$5 non-members

Saanich Centre

September 20th: **Fisherman's Friends**
October 18th: **Knives Out**
November 15th: **Just Mercy**
December 20th: **The Man Who Invented Christmas**

Victoria Centre

September 27th **The King's Speech**
October 25th **Forrest Gump**
November 29th **Chicago**
December 20th **Shakespeare in Love**

Education, Discussion and Languages

Conversation Circle Saanich Centre

Peer to Peer conversation group based on a monthly topic.

Date: Tuesdays, September 13th, October 11th, November 8th, December 13th

Time: 1:00pm to 2:00pm

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

Peer Facilitator: Kim Sparks

Living Life to the Full Victoria Centre

Offered in partnership with the Canadian Mental Health Association, you will be taught strategies to deal with feelings when you feel fed up, worried or hopeless. Using Cognitive Behavioural Principles, participants will learn how to reverse negative habits and develop new processes to rebuild happiness — important skills to practice and build in these uncertain times.

Dates: Mondays, October 17th to December 5th

Times: 1:30pm to 3:00pm

Cost: 8/\$30

Leader: Canadian Mental Health Association

Lunch and Travel Victoria Centre

A lunch followed by a virtual journey to a distant land.

Dates: Thursdays, September 15th, October 6th, 20th, November 3rd, 17th, December 1st, 15th

Times: 11:30am to 1:00pm

Cost: 1/\$7 members, \$10 non-members

Leader: Peggy

Lunch and TED (Talks) Victoria Centre

Enjoy a sandwich lunch, watch a TED Talk or two followed by a lively discussion.

Dates: Thursdays, September 22nd, October 13th, 27th, November 10th, 24th, December 8th

Times: 11:30am to 1:00pm

Cost: 1/\$7 members, \$10 non-members

Leader: Peggy

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

Chinese Women's Friendship Association

Victoria Centre

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 interests and presently include English, singing, dancing, information sharing, festival celebrations, and monthly outings. Membership to the group is limited to 15 people, and Silver Threads membership is required. If you are interested in joining contact Ms. Chuang at 250-598-5265.



Conversational French Workshop Saanich Centre
Further develop your French communication skills in a relaxed atmosphere.

Dates: Thursdays, September 15th to October 20th
October 27th to December 1st

Times: 10:00am to 12:00pm

Cost: 6/\$150 members, \$180 non-members

Facilitator: Alliance Française Instructor

Spanish Conversation Café Victoria Centre

Are you already a Spanish speaker and would like to converse with others in Spanish? Join this weekly program to speak and listen. No lessons are available.

Dates: Wednesdays, starting September 14th

Times: 2:00pm to 3:00pm

Cost: 1/\$2 members \$5 non-members

Leader: Gladys

Trivia Quiz Victoria Centre

Challenge your brain and have fun with these multiple-choice quizzes.

Dates: Mondays, September 19th, October 17th, November 28th

Times: 1:30pm to 3:00pm

Cost: 1/\$2 members, \$5 non-members

Leader: Brian

Memory PLUS Practice Laughter, Useful Strategies

Saanich Centre

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 250 382-3151 for more information.

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

Times: 1:00pm to 3:00pm

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

Leader: Lisa van Bommel

Literature, Writing and Storytelling

Book Club Victoria Centre

Our Fall reading list is:

September 28th Midnight Library by Matt Haig

October 26th Water for Elephants by Sara Gruen

November 30th The Book Thief by Markus Zusak

Dates: Wednesdays

Times: 10:30am to 11:30am

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

Leader: Adele

Introduction to Storytelling Victoria Centre

Telling and listening to stories can help us feel a greater sense of connection with each other, as well as nourish feelings of wonder about the world and human resilience. During this workshop you will have the opportunity to learn how to craft your own stories to share or you may come to simply listen and dip your toe in the wonderful world of storytelling.

Dates: Thursdays, September 15th and September 22nd

Times: 9:00am to 11:00am

Cost: 2/\$8 members, \$14 non-members

Leader: Jennifer Ferris



Seated Play Reading Victoria Centre

Rekindle the joy of creative expression with this blend of drama, improvisation, poems and play readings. If you can read English scripts you qualify. No auditions required. Come as you are and you might just find the actor hiding inside of you.

Dates: Mondays, September 19th to December 12th (no class October 10th)

Times: 10:00am to 11:30am

Cost: 12/\$48 members \$68 non-members

Leader: Zuzana and Lucille

Memoir Writing – Part 1 Victoria Centre

"Each of us is a story that is waiting to be written." If you have ever thought that you would like to revisit memories and to collect the experiences of your life this workshop is a great place to start. In a supportive environment, you will commence a guided journey through the world of memory to rediscover the history of self, of family and of our pursuits and adventures. Materials are provided. Bring yourself, your memories, a favourite pen, notebook or tablet.

Dates: Thursday, September 15th to November 3rd

Times: 1:30pm to 3:30pm

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

Leader: Jennifer Ferris

Memoir Writing – Part 2 Victoria Centre

Building on what you learned in Part 1, you will continue a guided journey through the world of memory to rediscover the history of self, of family and of our pursuits and adventures. Materials are provided. Bring yourself, your memories, a favourite pen, notebook and/or tablet.

Dates: Thursday, September 29th to November 3rd

Times: 9:00am to 11:00am

Cost: 6/\$40 members, \$56 non-members

Leader: Jennifer Ferris

Story Telling Victoria Centre

Telling and listening to stories can help us feel a greater sense of connection with each other.

Dates: Tuesdays, September 13th, October 11th, November 8th, December 13th

Times: 1:00pm to 2:30pm

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

Leader: Jennifer Ferris

Support Services

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

Telephone Reassurance Program

Weekday daily check-in call for those living alone.

Senior Mentoring**

Skilled volunteers will assist with completing government forms and on line or paper applications.

Legal Advice

15-minute appointments with a lawyer to give direction on legal issues, appointments will be done by Zoom at our Victoria Centre and we will make the arrangements. (Wills not included)

Call 250 388-4268 for more information.

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

Online, Computer and Zoom Programs

WIFI Café & One on One Support** Victoria Centre

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

Dates: Tuesdays, September 20th, October 4th, 18th, November 1st, 15th, December 6th, 20th

Times: 9:30am to 11:30am

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

One on One Computer Tutoring** Victoria Centre

Dates: Fridays by Appointment Only

Times: 1:30 or 2:15pm

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

Learn to Zoom Victoria Centre

Join us for a small in-person group lesson on how to use Zoom including setting up your own Zoom meeting.

Dates: Tuesday, September 27th

Times: 11:30am to 12:30 pm

Cost: 1/\$10 members, \$14 non-members

Podcasts – What are they and how do I listen to them? Victoria Centre

Learn about all the different podcasts (digital audio programs) you can listen to on your computer/iPad or cell phone.

Dates: Tuesday, October 25th

Times: 11:30am to 12:30 pm

Cost: 1/\$10 members, \$14 non-members

Leaders: Shelley

Let Google, Alexa or Siri be your assistant Victoria Centre

Learn about all the different search engines and voice command programs on your tablet, iPad or cell phone.

Dates: Tuesday, November 22nd

Times: 11:30am to 12:30pm

Cost: 1/\$10 members, \$14 non-members

Leaders: Shelley & Lucille

iPad Tutorial, Step by Step Victoria Centre

Learn how to use your iPad or get the most out of your iPad with this step-by-step program developed by Gluu (a nonprofit helping older adults learn to use technology). iPads are available on loan.

Dates: Wednesday, September 14th to October 19th

Times: 9:30am to 11:30am

Cost: 6/\$36 members, \$52 non-members

Leader: Fiona

Android Tablet Tutorial, Step by Step Victoria Centre

Learn how to use your android tablet or get the most out of your tablet with this step-by-step program developed by Gluu (a nonprofit helping older adults learn to use technology). Tablets are available on loan.

Dates: Wednesday, October 26th to November 30th

Times: 9:30am to 11:30am

Cost: 6/\$36 members, \$52 non-members

Leader: Fiona

Zoom Calls Victoria Centre

Do you have out of town friends or family who regularly Zoom that you would like to connect with but you don't use Zoom? Let us make the arrangements and handle the technology, all you have to do is come to the Centre and enjoy a "face to face" chat in our private Zoom Room.

Cost: 1 hour call/\$5 members, \$10 non-members

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

Victoria Computer Club

The Victoria Computer Club (VCC) meets at the Saanich Centre and provides support and social connections for those interested in technology. For further information visit www.victoriacomputerclub.org/

Annual Club \$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** By Zoom

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: 9:30am to 11:30am

VCC Photo Group** Saanich Centre

Attend in person or by Zoom

Dates: Every 2nd Tuesday

Times: 10:00am to 12:00pm

Creative Arts Programs

Art for Anyone Victoria Centre
 Anyone can create art – let's discover the artist within.
Dates: Every Wednesday
Times: 1:30pm to 3:00pm
Cost: \$4 members \$7 non-members
Leader: Lucille

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

Learn to Knit Victoria Centre
 This course is for absolute beginners or those still working on basic skills. In a small group setting you will learn to cast on and cast off, knit, and purl, combine stitches into patterns, and correct mistakes. Supplies included.
Dates: Mondays, October 24th to November 28th
Times: 1:00pm to 2:30pm
Cost: 6/\$24 members, \$36 non-members
Leader: Julianna

Painting Drop-in Saanich Centre
 A self-directed painting group.
Dates: Tuesdays (non-Watercolour Workshop dates)
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

Watercolour Workshop Saanich Centre
 Learn watercolour techniques.
Dates: Tuesdays, September 13th to October 4th, November 8th to November 29th
 Wednesdays, September 14th to October 5th, November 9th to November 30th
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
Leaders: Brenda and Joan

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

Cards and Games

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

Saanich Centre 250 382-3151	Victoria Centre 250 388-4268
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Monday	Tuesday	Wednesday	Thursday
Mahjong 10:00am to 11:30am		Snooker* 9:30am to 12:30pm	
Social Bridge 11:45am to 2:30pm		Social Bridge 12:30pm to 3:30pm	Cribbage 1:00pm to 3:00pm
Duplicate Bridge 12:30pm to 3:30pm	Euchre 1:00pm to 2:30pm	Cribbage, Scrabble & Mixed Games 1:00pm to 3:00pm	Scrabble 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

Registration and Centre Information

How to Register

Registration can be made in person or by phone. Cash, cheques, debit and credit cards are accepted. All classes require payment in advance to ensure your spot. All Drop-in Programs must be reserved in advance.

Registered Program Refunds

Requests for refunds for registered programs must be made prior to the second class, unless for health reasons. Refunds may be issued by cheque or credit depending on payment type.

Membership

Annual Membership is \$55, April to March. Membership gives access to both centres and reduced program fees. (Membership is pro-rated later in the year.)

Leisure Involvement for Everyone (LIFE) Program

The LIFE Program is a municipal initiative to support those with lower income access recreation programs and services. Contact our Centres for more information on eligibility and how to apply.

Statutory Holidays and Centre Closures

Our Centres will be closed: Labour Day, Monday September 5th, National Day for Truth and Reconciliation, Friday, September 30th, Thanksgiving, Monday, October 10th, Remembrance Day, Friday, November 11th. We will be closed at 1:00pm on Friday, December 23rd for Christmas Holidays, reopening on January 3rd, 2023.

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.



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 Meditation are just a few.

A full schedule will be available at www.silverthreads.ca

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

