



FOR IMMEDIATE RELEASE
August 15th, 2022

MEDIA RELEASE

Try it Free Week

Victoria, BC. Silver Threads Service is pleased to host **Try it Free Week** from September 6th to 9th. There are over 30 classes in two locations for those who are 55 years and better to try at no cost. There is literally everything from A to Z – from Art for Everyone to Zumba Gold and everything in between. Never done Yoga? Here's your chance. Ever wonder what Tai Chi is about or what the fuss about Pickleball is? Come and give it a try. A complete schedule for the week is available at [Silver Threads | Services for Seniors](#)

Silver Threads Service operates two Centres, one in Saanich at 286 Hampton Road, and our centre in Victoria at 1911 Quadra Street. Memberships are valid at both locations. For more information or to book your spot call: Victoria Centre 250 388-4268 or Saanich Centre 250 382-3151.

This Fall there are over 80 weekly classes that can provide much needed respite from the isolation we have felt during the pandemic and Silver Threads will give older adults a safe way to reconnect as we learn to live with COVID. To make sure our Centres and Programs will work for you, come in and check it out. There will be refreshments, and tours for new folks. As well, at the Saanich Centre, the Treasure Trove Thrift Store will be having a half price Sidewalk Sale and the Silver Spoons Café will be open for beverages, lunch and baked goods. For a complete Fall program schedule visit our website at [Silver Threads | Services for Seniors](#)

Silver Threads Service has been serving the community for 65 years. 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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