

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, January 10th to February 14th

February 21st to March 28th

Dates: Thursdays, January 12th to February 16th

February 23rd to March 30th

Time: 1:30pm to 2:30pm

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, January 9th to February 13th

February 27th to April 3rd

Time: 9:30am to 10:30am or 10:45am to 11:45pm

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

Leader: Erica Loenen

Tai Chi Therapy Beginner Saanich Centre

A fusion of Tai Chi and Biomechanics for health.

Dates: Mondays, January 9th to February 13th

February 27th to April 3rd

Time: 11:00am to 12:00pm

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

Leader: Jaz Ibarra



“Yoga does not just change the way we see things, it transforms the person who sees.” – B.K.S. Iyengar

Tai Chi Therapy Advanced Victoria Centre

A fusion of Tai Chi and biomechanics for health.

Dates: Tuesdays, January 10th to February 14th

February 21st to March 28th

Time: 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

Time: 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

Time: 9:00am to 10:00am

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

Leaders: Monika

Functional Walking

Join us for this fun and functional walking program at the Save on Foods Memorial Centre. For this class you will gradually learn how to use walking poles to benefit your strength, core, balance and stability using Activator poles.

Walking poles are optional and not included in the program. Led by Anne Casey.

Dates: Tuesdays, February 7th to March 14th **Time:** 9:00am-9:45am **Cost:** 6/\$24 members, \$30 non-members

Fitness

Pre-booked Drop in Fitness Classes

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268

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

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Functional Fitness (Seated & Standing)	10:00 to 11:00	10:00 to 11:00 NEW!	10:00 to 11:00	10:00 to 11:00 NEW!	10:00 to 11:00
		1:00 to 2:00		10:00 to 11:00	
Chair Fitness (Seated)				11:15 to 12:00	

Meet our Instructors



Erica



Julie



Anne



Annelise

Dance

Circle Dance Victoria Centre

Circle Dance is a joyous activity where you connect in a circle dancing to music from around the world, to traditional or modern choreographies with easy steps, where you don't need a partner to dance. It is a meditation in movement.

Dates: Thursdays, January 26th to March 2nd

Time: 1:30pm to 3:30pm

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

Leader: Marta

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, January 24th to February 28th

Time: 9:30am to 10:30am

Cost: 6/\$62 members \$88 non-members

Leader: Monique Salez from Raino Dance Studio

Line Dance: Beginner Saanich Centre

Learn the basic line dance steps in this fun class.

Dates: Mondays, January 9th to February 13th

February 27th to April 3rd

Time: 9:30am to 10:45am

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

Line Dance: Intermediate Saanich Centre

Ideal for experienced line dancers.

Dates: Wednesdays, January 11th to February 15th,

February 22nd to March 29th

Time: 10:00am to 11:30am

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

Line Dance Leader: Vicky McCulloch

Zumba Gold Saanich Centre

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

Dates: Fridays, January 13th to February 17th

February 24th to March 31st

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis

Music Programs

Hampton Concert Orchestra* Saanich Centre
Amateur symphony orchestra with weekly practices and public performances.

Dates: Every Monday

Time: 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

Time: 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, January 30th, February 27th, March 27th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Music and Company* Victoria Centre

Experience the joy of making music together using simple rhythmic instruments and voice. Enjoy the benefits of improved hand-eye coordination, a fun style of brain gym and breathwork.

Dates: Wednesdays, January 11th to February 15th
February 22nd to March 29th

Time: 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

Time: 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, January 9th, 23rd, February 6th,
March 6th, 20th

Time: 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, January 13th to February 17th
February 24th to March 31st

Time: 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.

Dates: Fridays, January 13th to February 17th
February 24th to March 31st

Time: 2:00pm to 2:45pm

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

Leader: Avram McCagherty

Ukulele: Experienced* Saanich Centre

For students who have previous experience in ukulele.

Dates: Wednesdays, January 11th to February 15th
February 22nd to March 29th

Time: 10:30am to 11:30am

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

Leader: Molly Raher Newman

"Music is probably the only real magic I have encountered in my life. There's not some trick involved with it. It's pure and it's real.... and does all these incredible things." Tom Petty

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

Senior Mentoring**

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

Telephone Reassurance Program

Weekday daily check-in call for those living alone.

Call 250 382-3151 for more information.

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

Education, Discussion and Languages

Conversation Circle Saanich Centre

Peer to Peer conversation group based on a monthly topic.

Dates: Tuesdays, January 10th, February 14th, March 14th

Time: 1:00pm to 2:30pm

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

Peer Facilitator: Kim

Lunch and Travel Victoria Centre

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

Dates: Thursdays, January 5th, 19th, February 2nd, 16th, March 2nd, 16th

Time: 11:30am to 1:00pm

Cost: \$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, January 12th, 26th, February 9th, March 23rd

Time: 11:30am to 1:00pm

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

Leader: Peggy

Lunch and Speaker International Women's Day

Victoria Centre

Learn about the over 3,000 Canadian women serving as nursing sisters ("bluebirds," as the soldiers called them), and the conditions they experienced.

Dates: Thursday, March 9th

Time: 11:30am to 1:00pm

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

Presenter: Yvonne Van Ruskenveld with the Old Cemeteries Society of Victoria

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

Trivia Quiz

Victoria Centre

Challenge your brain, with these multiple-choice quizzes.

Dates: Mondays, January 16th, February 13th, March 13th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Conversational French Workshop Saanich Centre

Further develop your French communication skills in a relaxed atmosphere.

Dates: Thursdays, January 12th to February 16th, February 23rd to March 30th

Time: 10:00am to 12:00pm

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

Facilitator: Weri Gadou, Alliance Française

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.

Dates: Wednesdays, February 15th to March 22nd

Time: 1:00pm to 3:00pm

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

Leader: Lisa van Bommel

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, January 9th to March 6th (no class February 20th)

Time: 1:00pm to 2:30pm

Cost: 8/\$30

Leader: Canadian Mental Health Association



Chinese Women's Friendship Association Victoria Centre

This program 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 the Victoria Centre at 250 388-4268.

Literature, Writing and Storytelling

Book Club Victoria Centre

Dates: Wednesdays

January 25th: Pluck by Donna Morrissey

A Memoir of a Newfoundland childhood and the raucous, terrible, amazing journey to becoming a novelist.

February 22nd: A Gentleman in Moscow by Amor Towles. The story of a Russian aristocrat living under house arrest in a luxury hotel for more than thirty years.

March 29th: Finding the Mother Tree by Suzanne Simard. Discovering the Wisdom of the Forest.

Time: 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, January 19th to February 9th

Time: 9:30am to 11:30am

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

Leader: Jennifer Ferris

Readers Theatre 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. Performances once or twice a session.

Dates: Mondays, January 16th to March 27th (no class February 20th)

Time: 10:00am to 11:30am

Cost: 10/\$40 members \$56 non-members

Leader: Zuzana and Lucille

Movies and Opera

Join us at the centres for a movie with friends.

New this Winter - **Operas at the Victoria Centre**. A guided afternoon to build your understanding and appreciation of Opera, the music, the costumes and the storyline shown on the big screen. For those that are experienced and those who want to learn more!

Dates: Tuesdays **Time:** 1:00pm to 3:00pm **Cost:** \$2 members, \$5 non-members

Saanich Centre Movies

January 17th **Little Women** (2019)

February 21st **Ford v Ferrari**

March 21st **My Salinger Year**

Victoria Centre Operas

January 10th **La Traviata**

February 14th **Madame Butterfly**

March 14th **Merry Widow**
(12:00 to 3:30pm)

Victoria Centre Movies

January 24th **Operation Mincemeat**

February 28th **Brooklyn**

March 28th **The Guernsey Literary and Potato Peel Pie Society**



Online, Computer and Zoom Programs

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, January 11th to February 15th

Time: 1:00pm to 3:00pm

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

Optional Workbook \$25

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, February 22nd to March 29th

Time: 1:00pm to 3:00pm

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

Optional Workbook \$25

Leader: Fiona

One on One Computer Support** Victoria Centre

Bring your device and your questions and have some one on one time to solve your technology issues.

By appointment only.

Dates: Tuesdays 10:00 or 10:45am Fridays 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

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. In person session cost: \$2 STS member, \$5 STS non-member.

VCC One on One Support** Saanich Centre

Dates: Every Friday

Time: 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 **Time:** 9:30am to 11:30am

VCC Apple Group Zoom By Zoom

Dates: Every 3rd Thursday

Time: 7:00pm to 9:00pm

VCC Photo Group** Saanich Centre

Attend in person or by Zoom

Dates: Every 2nd Tuesday

Time: 9:30am to 11:30pm

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
Mahjong Drop in 10:00am to 11:30am		Snooker* 9:30am to 12:30pm	Cribbage 1:00pm to 3:00pm
Social Bridge 11:45am to 2:30pm		Social Bridge 12:00pm to 3:00pm	Scrabble 1:00pm to 3:00pm
Duplicate Bridge 12:30pm to 3:30pm	Euchre 1:00pm to 2:30pm		Mexican Train Dominoes 1:30pm 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

Art for Anyone Victoria Centre

Anyone can create art – let's discover the artist within.

Dates: Every Wednesday beginning January 4th

Time: 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

Time: 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, January 9th to February 13th

February 27th to April 3rd

Time: 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, January 3rd, 10th, 17th, 24th, 31st

March 7th, 14th, 21st, 28th **Time:** 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

Time: 9:30am to 11:30am

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

Watercolour Workshop Saanich Centre

Learn watercolour techniques.

Dates: Tuesdays, February 7th to 28th

Time: 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

Time: 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

Time: 9:30am to 11:30am

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



Saanich Sports and Physical Programs

All Programs are at the Saanich Centre. Call 250 382-3151 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	

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. Winter Pro-rated Registration is \$25 for January to March.

Leisure Involvement for Everyone (LIFE) Program

The LIFE Program is a municipal initiative to support those with lower income to 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: at 1:00pm on Friday, December 23rd for Christmas Holidays, reopening on January 3rd, 2023. We will be closed Monday, February 20th for Family Day.

COVID Protocols

Vaccinations and masks are required for programs where physical distancing can't be maintained or the activity has a higher risk for spread of COVID. For Programs marked with asterisks you will be asked to confirm vaccination status and those marked with ** require both vaccination and masks. Thank you for your continued support..



Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

Vision

Seniors in Greater Victoria are engaged and supported, enhancing their quality of life.

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

