



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 Qigong Programs

Chair Yoga Victoria Centre
 A restorative and relaxing class for your body and mind.
Dates: Tuesdays, April 4th to May 9th
 May 23rd to June 13th
Dates: Thursdays, April 6th to May 11th
 May 25th to June 15th
Time: 1:30pm to 2:30pm
Cost: 4/\$36 members, \$52 non-members
 6/\$54 members, \$78 non-members
Leader: Erica Loenen

Evening Wellness Programs

For those who are 55 years and better (who aren't ready to be called a senior) Fitness and wellness classes after work, family or other daytime commitments.



Hatha Yoga Victoria Centre
 The perfect way to still your mind and move your body at the end of your day. This class caters to all skill levels, as variations will be offered to accommodate all bodies. Come with your mat, water and any props you may need.

Dates: Tuesdays, April 11th to May 16th
 May 23rd to June 27th
Time: 5:00pm to 6:00pm
Cost: 6/\$54 for members, \$78 non-members
Leader: Paige Driedger

Essentrics Victoria Centre
 A full body workout that unlocks and decompresses joints by stretching and strengthening without impact to the body. Improving wellness, increasing energy, and reducing pain.

Every time you come to an Essentrics class, you will enjoy fresh music playlists and new exercise sequences.
Dates: Thursdays, April 13th to May 18th
 May 25th to June 29th
Time: 5:00pm to 6:00pm
Cost: 6/\$54 members, \$78 non-members
Leader: Junko Hammond

Gentle Yoga Saanich Centre
 Improve strength, mobility, balance and spinal health in this floor-based class
Dates: Mondays, April 24th to June 12th
Time: 9:30am to 10:30am or 10:45am to 11:45am
Cost: 6/\$54 members, \$78 non-members
Leader: Erica Loenen

Mindfulness & Meditation Saanich Centre
 Guided meditation to calm the body and mind.
Dates: Thursdays, April 13th to May 18th
 May 25th to June 29th
Time: 1:00pm to 1:45pm
Cost: 6/\$42 members, \$60 non-members
Leader: Jewel Dubuc

Qigong Victoria Centre
 An ancient Chinese moving meditation exercise that involves body movement, breathing, mental focus.
Dates: Tuesdays, May 23rd to June 27th
Time: 11:00am to 12:00pm
Cost: 6/ \$54 members, \$78 non-members
Leader: Jeff Chand



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 | 10:00 to 11:00 | 10:00 to 11:00 | 10:00 to 11:00 |
| | | 1:00 to 2:00 | | 10:00 to 11:00 | |
| Chair Fitness (Seated) | | | | 11:15 to 12:00 | |

Dance

Circle Dance Victoria Centre

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

Dates: Thursdays, April 6th to May 11th

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, April 11th to May 16th

Time: 9:00am to 10:00am

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

Leader: Monique Salez from Raino Dance Studio

"Why walk when you can dance?" Ellen van Dam

Line Dance: Beginner Saanich Centre

Learn the basic line dance steps in this fun class.

Dates: Mondays, April 17th to May 29th

June 5th to July 17th

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, April 12th to May 17th

May 24th to June 28th

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, April 14th to May 19th

May 26th to June 30th

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis

Table Tennis

Ping Pong for Parkinson's Victoria Centre **NEW!**

Ping Pong incorporates balance, hand-eye coordination and a rhythm or pace of reciprocal play that is beneficial to those with Parkinson's.

Dates: Every Wednesday

Times: 11:15am to 12:15pm

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

Leader: Tat



Table Tennis Saanich Centre

Active play for all levels

Dates: Every Tuesday and Friday

Time: 9:30am to 11:30pm

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

"Love for table tennis comes only while playing it rather than watching it." Anonymous

Creative Arts Programs

Art for Anyone Victoria Centre

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

Dates: Wednesday, April 19th to June 7th

Time: 1:30pm to 3:00pm

Cost: 8/\$48 members \$72 non-members

Leader: Lucille

Chinese Brush Painting Victoria Centre

A weekly, self-directed group of experienced artists.

Dates: Every Friday

Time: 12:30pm to 2:00pm

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

Modern Calligraphy Victoria Centre **NEW!**

Learn how to plan your design, draw phrases in various lettering styles and add embellishments and dimension to your art pieces. (Supply list handed out at registration)

Dates: Mondays, April 17th to May 29th

Time: 1:30pm to 3:00pm

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

Leader: Delaine Faulkner

Painting Drop-in Saanich Centre

A self-directed painting group.

Dates: Tuesdays, May and June

Time: 10:00am to 12:00pm

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

Pen & Ink Victoria Centre **NEW!**

Beginners class with easy instruction using a variety of subject matters.

Dates: Wednesdays, April 5th to 26th

Time: 10:00am to 12:00pm

Cost: 4/\$80 members, \$96 non-members

Leader: Janos Varga

Botanical Dye Workshop Victoria Centre **NEW!**

Learn to use plants to make natural colorants and prints on fabric and paper

Dates: Wednesdays, June 21st and 28th

Time: 1:30pm to 3:00pm

Cost: 2/\$15 members \$20 non-members

Leader: Joan

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, April 4th to 25th

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

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: Every Monday and Thursday

Time: 9:30am to 11:30am

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

“We don’t make mistakes, just happy little accidents.”

Bob Ross

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 | |

Education, Discussion and Languages

Conversation Circle Saanich Centre

Peer to Peer conversation group based on a monthly topic.

Dates: Tuesdays, April 11th, May 9th, June 13th

Time: 1:00pm to 2:30pm

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

Peer Facilitator: Kim

Lunch and TED (Talks) Victoria Centre

Join us for a sandwich lunch and watch an entertaining TED Talk while you eat. Opportunity for a lively discussion to follow. Please register and pre-order lunch one week prior (lunch is included in the price).

Dates: Thursdays, April 13th, 27th, May 11th, 25th, June 8th, 22nd

Time: 11:30am to 1:00pm

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

Leader: Peggy

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, May 24th to June 28th

Time: 1:00pm to 3:00pm

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

Leader: Lisa van Bommel

Conversational French Workshop Saanich Centre

Further develop your French communication skills in a relaxed atmosphere.

Dates: Thursdays, April 13th to May 18th
May 25th to June 29th

Times: 10:00am to 12:00pm

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

Leader: Alliance Française Instructor

Tea and Travel Victoria Centre **NEW!**

Have tea and enjoy a tour of the Yukon.

Date: Thursday, May 4th

Times: 11:30am to 1:00pm

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

Leader: John

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

Travel Conversation and Trivia Saanich Centre

NEW!

Challenge your memory and share your knowledge in this interactive discussion group.

Dates: Wednesdays, April 12th to May 3rd

Time: 1:00pm to 2:00pm

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

Leader: Lisa van Bommel

Trivia Quiz Victoria Centre

Test your knowledge of trivia, with these multiple-choice quizzes.

Dates: Mondays, April 17th, May 8th, June 12th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Monthly Social

Join us monthly for an afternoon of building connections, creating friendships, and engaging in the Silver Threads community!

Enjoy refreshments and an opportunity to meet and socialize with others. Perfect for new members.

Saanich Centre

Dates: Tuesdays, April 25th, May 23rd, June 27th

Time: 1:30pm to 2:30pm

Victoria Centre

Dates: Tuesdays, April 4th, May 2nd, June 6th

Time: 1:30pm to 2:30pm

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



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

April 26th: Women Talking by Miriam Toews

Based on real events and told through the “minutes” of the women’s all-female Mennonite symposium, using wry, politically engaged humor to relate this tale of women claiming their own power to decide.

May 31st: Midnight at the Blackbird Café by Heather Webber. Midnight at the Blackbird Cafe is a captivating blend of magical realism, heartwarming romance, and small-town Southern charm.

June 28th: The Book Charmer by Karen Hawkins

An unforgettable story about a sleepy Southern town, two fiercely independent women, and a truly magical friendship.

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

Leader: Adele

Book & Puzzle Libraries Saanich and Victoria Centres

A wide variety of books and puzzles are available to borrow. Donations also accepted!

Memoir Writing Parts 1 Victoria Centre

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 your guided journey to rediscover the history of self, family, pursuits and adventures. Bring your favourite pen, notebook or tablet.

Dates: Thursdays, April 6th to May 11th

Time: 9:30am to 11:30am

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

Leader: Jennifer Ferris

Memoir Writing Part 2 Victoria Centre

Building on what you learned in Part 1 and continue to develop your memoirs. Bring your favourite pen, notebook and/or tablet.

Dates: May 25th to June 29th

Time: 9:30am to 11:30am

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

Leader: Jennifer Ferris

Play Reading Victoria Centre

Perform without the need for props, costumes, or a set. Reading scripts in a group setting provides social connections, opportunities to improve public speaking, and dialogue with lots of support and encouragement from fellow readers. Play Readers deliver their lines from a script, in character and with gusto!

Dates: Mondays, April 17th to June 12th

Time: 10:00am to 11:30am

Cost: 8/\$32 members \$45 non-members

Leader: Lucille

“Each of us is a book waiting to be written, and that book, if written, results in a person explained.” Thomas M. Cirignano

Walking Groups

Outdoor Walking Group 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

Indoor Walking Group Victoria Centre

An indoor program at the Save On Foods Memorial Centre!

Please pre-register.

Dates: Every Tuesday

Time: 10:00am to 11:00am

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

Leaders: Monika



Beginner Computer Programs - Victoria Centre

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, April 5th to May 10th

Time: 1:00pm to 3:00pm

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, May 24th to June 28th

Time: 1:00pm to 3:00pm

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

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 10:00am or 10:45am Fridays 1:30 or 2:15pm **Cost:** \$5 members, \$7 non-members

Funding for Beginner Computer Programs is provided by United Way Greater Victoria.

Victoria Computer Club - Saanich Centre

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/calendar
Annual Club \$25 VCC Membership is required. In person session cost: \$2 STS member, \$5 STS non-member.

VCC One on One Support**

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**

Attend in person or by Zoom

Dates: Every 2nd Tuesday

Time: 9:30am to 11:30pm

VCC Group Learning**

Attend in person or by Zoom
Topics and dates vary monthly.

Dates: See VCC Club Calendar:

www.victoriacomputerclub.org/calendar

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 | Euchre - Advanced | | 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 3:00pm | | Mexican Train Dominoes 1:30pm to 3:00pm |

The Snooker Table at the Saanich Centre is available to be booked by calling 250 382 3151

Music Programs

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

Dates: Every Monday to April 24th

Time: 6:30pm to 9:30pm

Conductor: Charles Encell

www.hamptonconcertorchestra.com

Spring Concert Hampton Concert Orchestra

The HCO with Conductor Charles Encell performs at the Saanich Centre. Admission by Donation.

Sunday April 23rd at 2:30pm or

Monday, April 24th at 7:30pm

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, April 24th, May 29th, June 26th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Silver Threads Singers* Saanich Centre

Mixed, non-auditioned choir that does performances.

Dates: Every Tuesday to June 27th

Time: 9:30am to 11:00am

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

Leaders: Matthew and Elise

Welcome to the Classics Victoria Centre **NEW!**

Appreciate and learn more about Classical Music.

Dates: Tuesdays, April 18th, May 16th, June 20th

Time: 1:00pm to 3:00pm

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

Leader: Pat



Beginner Ukulele Part 1* Victoria Centre

Learn the basics of ukulele - perfect for people wanting to learn this fun and easy instrument!

Dates: Fridays, April 14th to May 12th

May 19th to June 16th

Time: 12:30pm to 1:15pm

Cost: 5/\$45 members, \$65 non-members

Leader: Wendy Pritchard

Beginner Ukulele Part 2* Victoria Centre

For students who have already taken Part 1 and want to review and expand upon beginning ukulele techniques.

Dates: Fridays, April 14th to May 12th

May 19th to June 16th

Time: 1:30pm to 2:15pm

Cost: 5/\$45 members, \$65 non-members

Leader: Wendy Pritchard

Strumming Group Victoria Centre **NEW!**

For those who have mastered the basic cords and want to continue playing ukulele in a group setting.

Dates: Fridays, April 14th to May 12th

May 19th to June 16th

Time: 2:30pm to 3:30pm

Cost: 5/\$35 members, \$50 non-members

Leader: Wendy Pritchard

Ukulele: Experienced* Saanich Centre

For students who have previous experience in ukulele.

Dates: Wednesdays, April 12th to May 17th

May 24th to June 28th

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

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

Leader: Molly Raheer Newman

Musicals, Movies, and Operas

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

Musicals **New!**

Saanich Centre

April 4th **Into the Woods**

May 2nd **West Side Story (2021)**

June 6th **Grease**

Movies Saanich Centre

April 18th **The Courier**

May 16th **King Richard**

June 20th **Percy**

Movies Victoria Centre

April 25th **Belfast**

May 23rd **Spencer**

June 27th **The Fabelmans**

Operas

Victoria Centre

April 11th **La Boheme**

May 9th **Daughter of the Regiment**

June 13th **Turandot**

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.

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 not required to participate.

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: Friday, April 7th, Monday, April 10th for Good Friday and Easter Monday. Monday, May 22nd for Victoria Day. Registered Programs have been pro-rated for all statutory holidays.

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

