



Spring 2023

# 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

### **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

## 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



## 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
<b>Functional Fitness (Seated &amp; Standing )</b>	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	
<b>Chair Fitness (Seated)</b>				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
<b>Table Tennis</b>		9:30am to 11:30am			9:30am to 11:30am
<b>Carpet Bowling</b>			9:30am to 11:30am		9:30am to 11:30am
<b>Pickleball</b>	1:00pm to 3:00pm		1:00pm to 3:00pm Coached		1:00pm to 3:00pm
<b>Floor Shuffleboard</b>				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

**Time:** 10:30am to 11:30am

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

**Leader:** Adele

#### **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 3 1st: 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

### **Book & Puzzle Libraries** Saanich and Victoria Centres

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

### **Memoir Writing Part 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. Cirigliano

## 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](http://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](http://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 Raher 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](mailto:inquiries@silverthreads.ca)

*stay active • stay healthy • stay connected*

