



Summer 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.



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. Join us in our air conditioned studio this summer.

Additional affordable evening classes are being developed for the Fall.

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, July 11th to August 15th

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, July 13th to August 17th

Time: 5:00pm to 6:00pm

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

Leader: Junko Hammond

Yoga and Qigong Programs

Chair Yoga Victoria Centre

A restorative and relaxing class for your body and mind.

Dates: Tuesdays, July 11th to August 15th

Time: 2:00pm to 3:00pm

Dates: Thursdays, July 13th to August 17th

Time: 2:00pm to 3:00pm

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

Leader: Kathleen Fournier

Gentle Yoga Saanich Centre

A floor-based class for strength, mobility, and balance.

Dates: Mondays, July 10th to August 21st

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, July 6th to August 10th

Time: 1:00pm to 1:45pm

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

Leader: Paige Driedger

Qigong Victoria Centre

An ancient Chinese moving meditation exercise that involves body movement, breathing, mental focus.

Dates: Tuesdays, July 11th to August 15th

Time: 11:30am to 12:30pm

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

Leader: Frances Weick

"Yoga is the golden key that unlocks the door to peace, tranquility, and joy." B.K.S. Iyengar

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				11:15 to 12:00	

Fitness Class Descriptions

Chair Fitness: A great class for those who have mobility challenges but still want to maintain their strength, flexibility, and independence. The aim is to improve range of motion around your joints and strengthen your muscles while having fun. This class is completely seated with a gentle warm-up followed by exercises using weights, bands, and balls, ending with a nice long relaxation stretch.

Functional Fitness: Join this excellent all-body work out class to increase your mobility, improve your balance and strengthen your muscles, while having fun. Some seated aspects are incorporated into the class but the majority is from a standing position, requiring being able to get up from a seated position unassisted and standing for 20 minutes.

Dance



Hula Dance Victoria Centre

Get inspired by the dances of the Pacific Islands for this fun and easy dance class set to traditional Polynesian drum beats.

Date: Tuesdays, July 11th to August 15th

Time: 10:00am to 11:00am

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

Leader: Cheryl Groulx



Line Dance: Beginner Saanich Centre
Learn the basic line dance steps in this fun class.

Dates: Mondays, July 24th to August 21st

Time: 9:30am to 10:45am

Cost: 4/ \$28 members, \$40 non-members

Line Dance: Intermediate Saanich Centre
Ideal for experienced line dancers.

Dates: Wednesdays, July 5th to August 9th

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, July 7th to August 11th

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis

“Let us read, and let us dance; these two amusements will never do any harm to the world” Voltaire

Music Programs

Hampton Concert Orchestra Saanich Centre
Amateur symphony orchestra with summer practices.
Dates: Mondays, June 19th, July 17th and August 21st
Time: 6:30pm to 9:30pm
Conductor: Charles Encell
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, July 24th, August 28th
Time: 1:30pm to 3:00pm
Cost: \$2 members, \$5 non-members
Leader: Brian

Welcome to the Classics Victoria Centre
Appreciate and learn more about Classical Music.
Dates: Tuesdays, July 18th, August 15th
Time: 1:00pm to 3:00pm
Cost: \$2 members, \$5 non-members
Leader: Pat



Beginner Ukulele Victoria Centre
Learn the basics of ukulele - perfect for people wanting to learn this fun and easy instrument!
Dates: Fridays, July 7th to August 11th
Time: 1:30pm to 2:15pm
Cost: 6/\$54 members, \$78 non-members
Leader: Wendy Pritchard

Beginner Continuing Ukulele Victoria Centre
For students who have already taken Beginner Ukulele and want to review and expand upon beginning ukulele techniques.
Dates: Fridays, July 7th to August 11th
Time: 2:30pm to 3:15pm
Cost: 6/\$54 members, \$78 non-members
Leader: Wendy Pritchard

Developed in the 1880's, the ukulele is based on several small, guitar-like instruments of Portuguese origin, and was introduced to the Hawaiian islands by Portuguese immigrants. In the Hawaiian language the word ukulele roughly translates as "jumping flea", perhaps because of the movement of the player's fingers.
Wikipedia

Musicals, Movies, and Operas

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

Musicals

Saanich Centre

July 4th **Summer of Soul**

August 1st **Blinded by the Light**

Movies Saanich Centre

July 18th **First Man**

August 15th **Chappaquiddick**

Movies Victoria Centre

July 25th **Worth**

August 22nd **Till**

Operas

Victoria Centre

July 11th **Aida**

August 8th **The Mikado**

Beginner Computer Programs - Victoria Centre

Android Summer School Victoria Centre
 Learn about new apps for your Tablet, accessing books from the library, using streaming services, and utilizing video tools to connect with friends around the globe.
Date: Wednesdays, August 9th to August 30th
Time: 1:00pm to 3:00pm
Cost: 4/ \$24 members, \$36 non-members
Leader: Fiona

iPad Summer School Victoria Centre
 Learn about new apps for your iPad, accessing books from the library, using streaming services, and utilizing video tools to connect with friends around the globe.
Date: Wednesdays, July 5th to July 26th
Time: 1:00pm to 3:00pm
Cost: 4/ \$24 members, \$36 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

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
 VCC members can book a 45 minute one on one appointment once a month. Pre-registration is required
 Zoom appointments available.
Dates: Every Friday
Time: 9:30am to 12:30pm

VCC Apple Group 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 10:00am to 11:30am	Euchre - Advanced		Cribbage 1:00pm to 3:00pm
Social Bridge			
Duplicate Bridge 12:30pm to 3:30pm	Euchre 1:00pm to 3:00pm		Scrabble and Cribbage 1:30pm to 3:00pm

Chess at the Victoria Centre is available Fridays 11:00am to 12:30pm **New!**

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

Creative Arts Programs



August of Art Victoria Centre

Join us for a month of art, each week there will be a different project and guest presenter: try Chinese Brush Painting on a paper fan, making sea lanterns, designing sea glass jewelry, and fancy rock painting.

Date: Wednesdays, August 2nd to August 23rd

Time: 1:30pm to 3:00pm

Cost: 4/ \$28 members, \$40 non-members

Chinese Brush Painting Group Victoria Centre

A weekly social, self-directed group of experienced artists.

Dates: Every Friday

Time: 12:30pm to 2:00pm

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

Chinese Brush Painting (Beginner) Victoria Centre

An instructed class where you will learn the basics of one of the oldest traditional styles of painting in the world. Supply list provided.

Date: Thursdays, July 6th to August 10th

Time: 11:30am to 1:00pm

Cost: 6/ \$63 members, \$90 non-members

Leader: Sonia Shuangyang



Painting Drop-in Saanich Centre

A self-directed painting group.

Dates: Tuesdays, July and August

Times: 10:00am to 12:00pm

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

Modern Calligraphy Victoria Centre

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, July 10th to August 21st

Time: 1:30pm to 3:00pm

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

Leader: Delaine Faulkner

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

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 other carvers.

Dates: Every Monday and Thursday

Time: 9:30am to 11:30am

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

“Every artist was first an amateur.” R. Waldo Emerson

Sports and Physical Programs

Pickleball: \$4 members \$7 non-members. All other programs cost: \$2 members \$5 non-members

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Table Tennis	9:00am to 10:30am	9:30am to 11:30am	Ping Pong for Parkinson's	9:00am to 10:30am	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, July 11th, August 8th

Time: 1:00pm to 2:30pm

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

Peer Facilitator: Kim

The Question of Friendship Victoria Centre

Making friends when we were young was relatively easy, but what does friendship mean as we age? How do we keep friends and make new ones? What are the steps to this dance between adults? A discussion group that looks at what friendship means to us.

Date: Wednesdays, July 19th & July 26th

Time: 1:30pm to 3:00pm

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

Leader: Jennifer Ferris

Talk with the Royal BC Museum Victoria Centre

Come for refreshments and a "Mystery Museum" presentation from the Royal BC Museum.

Date: Thursday, July 13th

Time: 1:00pm to 2:30pm

Cost: \$4 members, \$7 non-members

Leader: Kim Gough

Trivia Quiz Victoria Centre

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

Dates: Mondays, July 10th, August 14th

Time: 1:30pm to 3:00pm

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

Leader: Brian

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.

Summer Outings

Meet at a local restaurant for lunch and have a tour of one of Victoria's historic landmarks.

Emily Carr House Victoria Centre

Join us for lunch at the James Bay Inn, followed by a tour of the Emily Carr house. Price of meal not included.

Date: Thursday, July 6th

Time: 11:30am to 2:00pm

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

Leader: Monika & Peggy

Chinese Canadian Museum Victoria Centre

Join us for lunch at Ocean Garden, followed by a visit to the Chinese Canadian Museum. Price of meal not included.

Date: Thursday, August 3rd

Time: 11:30am to 2:00pm

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

Leader: Monika & Peggy

Soup Social Victoria Centre

Come and enjoy a soup lunch while you socialize and connect with others. Please RSVP by 9:00am on the day of the program to reserve your spot.

Date: Thursdays, July 27th, August 10th, & August 24th

Time: 11:30am to 12:30pm

Cost: \$4 members, \$7 non-members

Leader: Peggy



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, July 25th, August 22nd

Time: 1:30pm to 2:30pm

Victoria Centre

Dates: Tuesdays, July 4th, August 1st

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

July 26th: Little Fires Everywhere by Celest Ng

This novel explores the weight of secrets and the nature of art and identity while following two families living in 1990's Ohio.

August 30th: Following the Curve of Time: The Legendary M. Wylie Blanchet by Cathy Converse

Retraces the route of a BC seafarer and author who cruised the coast with her five children.

Rediscover Play Using Improv Victoria Centre

Use the principles of improvised theatre to practice collaboration and connection, while getting to know yourself and others!

Date: Mondays, June 26th to July 24th

Time: 1:30pm to 3:00pm

Cost: 4/ \$45 members, \$65 non-members

Leader: Brett Macdonald



Book & Puzzle Libraries Saanich and Victoria Centres

A wide variety of books and puzzles are available borrow.

"Life is an improvisation. You have no idea what's going to happen next." Stephen Colbert

Food Services

Food Share

Both of the Centres offer a Food Share program for folks to come and pick up bread, produce, and packaged food.

Dates: Thursdays

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

Victoria Times: 11:00am to 12:00pm

Note: For Victoria pick up we are asking you to sign up by the day before by calling 250 388-4268. This is so we can make sure we have something for everyone!

Frozen Meals and Soup

Frozen Take Away Meals are available at both Centres for pick up at \$7 each. They are prepared by Souper Meals, an Island Health Funded Program.

A variety of frozen soup is also available.

Silver Spoons Café Saanich Centre

The Café is open Monday to Friday from 9:00am to 1:00pm. A variety of baked goods, soups, sandwiches and coffee and tea are available at affordable prices.

Thanks to the Food Share Network, COBS Breads and the United Way Greater Victoria for the support of our Food Programs.

Table Tennis

Ping Pong for Parkinson's Victoria Centre

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

Time: 9:30am to 11:30pm

Dates: Every Tuesday and Friday

Table Tennis Victoria

Dates: Mondays, Thursdays

Time: 9:00am to 10:30pm

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

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

Silver Threads Service
Try it Free Week
September 5th to 8th, 2023

We provide Programs and Services at two Centres for older adults, 55+.

Annual membership is \$55 and is valid at both Centres.

Try it Free Week is an opportunity to sample some of what we offer and sign up for a new Fall activity. See our schedule of Fitness, Music, Writing, Sports and Games available this summer.

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: Monday, July 3rd for Canada Day, Monday, August 7th for BC Day, Monday, September 4th for Labour Day. Registered Programs have been pro-rated for all statutory holidays.

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

