



PROGRAM GUIDE

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for individuals age 55+. We do this by providing accessible programs and services.



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Dance and Movement

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.

Date: Mondays, September 11th to October 30th
November 6th to December 18th

Time: 11:30am to 1:00pm

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

Leader: Marta

Bollywood Dance Victoria Centre

Bollywood Dance is for all ages and levels—no experience required! Explore the world of Bollywood in these classes that include a gentle warm-up and new, easy to follow choreography each week!

Dates: Thursdays, September 14th to October 19th
November 9th to December 14th

Time: 5:15pm to 6:15pm

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

Leader: Yamini Iyer



Line Dance: Beginner Saanich Centre

Learn the basic line dance steps in this fun class.

Dates: Wednesdays, September 13th to October 18th
October 25th to November 29th

Time: 9:30am to 10:45am

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

Leader: Vicky McCulloch

Line Dance: Intermediate Saanich Centre

Ideal for experienced line dancers.

Dates: Wednesdays, September 13th to October 18th
October 25th to November 29th

Time: 11:00am to 12:30pm

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

Leader: Vicky McCulloch

Zumba Gold Saanich Centre

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

Dates: Fridays, September 15th to October 20th
October 27th to December 1st

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis

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
	10:00 to 11:00			10:00 to 11:00	
Chair Fitness	11:15 to 12:00			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.

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 11:30am

Dates: Every Tuesday and Friday

Table Tennis Victoria

Dates: Every Monday and Thursday

Time: 9:00am to 10:30am

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

Walking Groups

Outdoor Walking Group Saanich Centre

A leisurely outdoor walk, group departs each week from Saanich in all kinds of weather!

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! In partnership with **MOVE Adapted Fitness & Rehabilitation Society.**

Please pre-register.

Dates: Every Tuesday

Time: 10:00am to 11:00am

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

Leader: Monika

"Walking with a friend in the dark is better than walking alone in the light."

Helen Keller

Evening Wellness, Yoga and Qigong



Below are the evening classes offered at the Victoria Centre, for those who have 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 water, mats and props provided.

Dates: Tuesdays, September 12th to October 17th
October 24th to November 21st

Time: 5:15pm to 6:15pm

Cost: 6/\$54 for members, \$78 non-members
5/\$45 members, \$65 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: Tuesdays, September 12th to October 17th
November 7th to December 12th

Thursdays, September 14th to October 19th

November 9th to December 14th

Time: 5:00pm to 6:00pm

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

Leader: Junko Hammond

Bollywood Dance Victoria Centre

See Page 1 for description and details.



Chair Yoga Victoria Centre

A restorative and relaxing class for your body and mind.

Dates: Tuesdays, September 12th to October 17th
October 24th to November 28th

Thursdays, September 14th to October 19th
October 26th to November 30th

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: Thursdays, September 14th to October 19th
October 26th to November 23rd

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

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

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

Leader: Paige Driedger

Mindfulness & Meditation Saanich Centre

Guided meditation to calm the body and mind.

Dates: Thursdays, September 14th to October 19th
October 26th to November 23rd

Time: 1:00pm to 1:45pm

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

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

Leader: Paige Driedger

Mindfulness & Meditation Victoria Centre

Guided meditation to calm the body and the mind.

Dates: Tuesdays, September 12th to October 17th
October 24th to November 21st

Time: 11:15am to 12:00pm

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

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

Leader: Paige Driedger

Qigong Victoria Centre

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

Dates: Tuesdays, September 12th to October 17th
October 24th to November 28th

Time: 10:00am to 11:00am

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

Leader: Frances Weick

“Yoga is seen as a practical way to help you achieve a state of inner balance, wholeness and calm into your life.”

Pickleball and Sports

Pickleball Saanich Centre

Pickleball is fun, social, friendly and is the fastest growing sport in North America. It combines many elements of tennis, badminton and ping-pong and is played with a paddle and plastic ball with holes. The rules are simple and the game is easy for beginners to learn.

We offer indoor, beginner / novice level Pickleball at the Saanich Centre 4-days a week, Mondays, Tuesdays, Wednesdays and Fridays from 1:00pm to 3:00pm.



Wednesdays are great for people new to the sport as we have a coach available with pointers that day.

We have paddles and balls available to loan on a temporary basis until you are addicted enough and purchase your own! Footwear with a good upper shoe support and indoor or court treads is essential for safety as you move in multi-directions in a game.

Registration is required as we have limited spots. You can phone either of our centres to get on the list. The cost per time is \$4 members, \$7 non-members. Come and give it a try!

Pre-booked Pickleball and Sports

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
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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	1:00pm to 3:00pm Coached		1:00pm to 3:00pm
Floor Shuffleboard				1:00pm to 2:30pm	

Sport Descriptions Saanich Centre

Table Tennis: Come and join our friendly, active table tennis group. Whether you're a beginner or experienced, all are welcome.

Carpet Bowling: A variation of lawn bowling but played indoors. The game involves skill as well as strategy and control.


Floor Shuffleboard: A strategic and fun game where weighted pucks are propelled into a scoring zone in order to win points.

Cards, Games and Snooker

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	Friday
		Mahjong 10:30am to 12:00pm	Cribbage 1:00pm to 3:00pm	
Social Bridge 11:45am to 2:30pm				Chess 11:00am to 12:30pm 
Duplicate Bridge 12:30pm to 3:30pm	Euchre 1:00pm to 3:00pm	Social Bridge 12:00pm to 3:00pm	Scrabble and Cribbage 1:30pm to 3:00pm	

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

Learn to Play Snooker Saanich Centre

Learn techniques including grip, cueing, stance and shots as well as the rules of the game of snooker. Enjoy playing on our full sized table. No experience is required and all equipment will be provided.

Dates: Fridays, September 15th to October 6th, November 3rd to 24th

Time: 10:00am to 11:00am

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

Leader: James



Silver Threads Service Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for individuals 55+. We do this by providing accessible programs and services.

Vision

Individuals 55+ in Greater Victoria are engaged and supported, thereby enhancing their quality of life.

Values

Core values are the guiding principles and the foundation upon which we deliver our vision and mission.

We believe in:

Excellence: Offering quality programs and services that respond to the changing and diverse needs of our community.

Integrity: Ethical organizational accountability and transparency.

Respect: Showing respect to those we serve by demonstrating compassion within an inclusive and trusting environment.

Sustainability: Securing resources to ensure organizational resilience.

Partnerships: Mutually beneficial partnerships with reputable organizations to serve our participants' needs.

Health and Wellness: Supporting individuals aged 55+ in their quest for healthy aging.

Creative Arts



Art for Anyone Victoria Centre

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

Dates: Wednesdays, September 20th to October 25th

November 1st to December 6th

Time: 1:30pm to 3:00pm

Cost: 6/ \$36 members, \$54 non-members

Leader: Lucille

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, September 14th to October 19th

November 2nd to December 7th

Time: 11:30am to 1:00pm

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

Leader: Sonia Wang

Learn to Knit Victoria Centre

For absolute beginners, or those still working on basic skills. Learn to cast on, cast off, knit and purl, combine stitches into patterns, and correct mistakes. Supplies included.

Dates: Mondays, October 16th to November 6th

November 20th to December 11th

Time: 10:00am to 11:30am

Cost: 4/ \$24 members, \$36 non-members

Leader: Julianna

Learn to Knit Continuing Victoria Centre

For those who have taken Learn to Knit, or who already understand the basics and would like to learn more. Supplies included.

Dates: Mondays, October 16th to November 6th

November 20th to December 11th

Time: 12:00pm to 1:30pm

Cost: 4/ \$24 members, \$36 non-members

Leader: Julianna

Painting Drop-in Saanich Centre

A self-directed painting group.

Dates: Every Tuesday (October, December)

Times: 10:00am to 12:00pm

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

Pen & Ink Victoria Centre

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

Dates: Wednesdays, September 13th to October 4th

November 8th to November 29th

Time: 10:00am to 12:00pm

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

Leader: Janos Varga

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, September 12th to October 3rd

November 7th to 28th

Time: 10:00am to 12:00pm

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

"The purpose of art is washing the dust of daily life off our souls." Pablo Picasso

Music and Events

Hampton Concert Orchestra Saanich Centre
Amateur symphony orchestra now in it's 56th year.

Dates: Every Monday

Time: 6:30pm to 9:30pm

Conductor: Charles Encell

www.hamptonconcertorchestra.com

Hampton Concert Orchestra Holiday Concert

Sunday, November 26th
2:30pm

Monday, November 27th,
7:30pm

With Conductor
Charles Encell
the Orchestra will
perform classics at the
Saanich Centre.
Admission by Donation.



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, September 25th, October 30th,
November 20th, December 18th

Time: 2:00pm to 3:30pm

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

Leader: Brian

Silver Threads Singers Saanich Centre

Mixed, non-auditioned choir performing in community settings.

Dates: Every Tuesday

Times: 9:30am to 11:00am

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

Leaders: Matthew and Elise

Welcome to the Classics Victoria Centre

Appreciate and learn more about Classical Music.

Dates: Tuesdays, September 19th, October 17th,
November 21st, December 19th

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, September 15th to October 20th
November 3rd to December 8th

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, September 15th to October 20th
November 3rd to December 8th

Time: 2:30pm to 3:15pm

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

Leader: Wendy Pritchard

Experienced Ukulele Saanich Centre

For students who have previous experience in ukulele.

Dates: Wednesdays, September 13th to October 18th
October 25th to November 29th

Time: 10:30am to 11:30am

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

Leaders: Molly Raher Newman



Silver Threads Service Holiday Showcase Saanich Centre

Join us for a joyful afternoon of performances
featuring the talent of Silver Threads!

Wednesday, December 6th

1:30 to 3:00pm \$5 members \$8 non-members

Call to reserve your spot

Education, Discussion, and Literature

Brain Games Saanich Centre

Fun group games that will help you keep your mind active. Challenge your brain in a social and interactive setting lead by an experienced facilitator.

Dates: Wednesdays, September 13th to October 18th

Time: 1:00pm to 2:00pm

Cost: 6/\$24 members, \$42 non-members

Leader: Lisa van Bommel



Living Life to the Full Victoria Centre

Use cognitive behavioural principles to learn strategies for dealing with negative habits and emotions in this 8-week program offered in partnership with CMHA.

Dates: Mondays, September 18th to November 27th

Time: 1:30pm to 3:00pm

Cost: 8/\$30

Leader: CMHA Instructor

Memory PLUS Saanich Centre

Memory PLUS is a program for those 55+ who would like to enhance their memory and learn new skills in an active and social setting. The PLUS stands for Practice, Laughter and Useful Strategies.

Dates: Wednesdays, October 25th to November 29th

Time: 1:00pm to 3:00pm

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

Leader: Lisa van Bommel

Trivia Quiz Victoria Centre

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

Dates: Mondays, September 11th, October 16th, November 6th, December 4th

Time: 2:00pm to 3:30pm

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

Leader: Brian

"The brain is like a muscle. When it is in use we feel very good. Understanding is joyous." Carl Sagan

Armchair Travel Saanich Centre

Explore the world with monthly speakers.

Dates: 2nd Tuesdays monthly,

September 12th: Mongolia

October 10th: Yukon

November 14th: Panama Canal

December 12th: Italy

Time: 1:00pm to 2:00pm

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



Book Club Victoria Centre

Dates: Wednesdays

Time: 10:30am to 11:30am

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

Leader: Adele

September 27th: Mindful of Murder by Susan Juby

A comedic murder mystery set at a spiritual retreat center on one of British Columbia's gulf islands.

October 25th: A Recipe for Bees by Gail Anderson-Dargatz

At home in Courtenay, BC, Augusta reflects on her family, friendships, and marriage while awaiting news regarding her beloved son-in-law.

November 29th: Jade Peony by Wayson Choy

A memoir-like collection of stories surrounding three siblings who come of age in Vancouver's Chinatown before and during World War II.

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 1:30 to 2:30pm

Dates: Tuesdays, September 26th, October 24th, November 28th

Victoria Centre 1:30 to 2:30pm

Dates: Tuesdays, September 5th, October 3rd, November 7th, December 5th

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.

Drama and Writing

Readers Theatre Victoria Centre

Perform without the need of props, costumes, or a set. Reading scripts in a group setting provides social connection, opportunities to improve public speaking, and dialogue with lots of support and encouragement from fellow readers.

Dates: Mondays, September 18th to December 11th

Time: 11:30am to 1:00pm

Cost: 10/ \$40 members, \$60 non-members

Leader: Lucille & Zuzana

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: Wednesdays, October 25th to November 15th

Time: 1:30pm to 3:00pm

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

Leader: Brett Macdonald

Writing Circle Victoria Centre

For those who have taken Memoir Writing, or for writers looking to work in a self-directed setting with optional peer discussion.

Dates: Every Friday

Time: 1:30pm to 3:00pm

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

Book & Puzzle Libraries Saanich and Victoria Centres

A wide variety of books and puzzles are available borrow.

Memoir Writing Part 1 Victoria Centre

If you have ever thought that you would like to revisit memories and 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, September 14th to October 19th

Time: 1:30pm to 3:30pm

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

Leader: Jennifer Ferris

Memoir Writing Part 2 Victoria Centre

Build on what you learned in Part 1 and develop your memoirs. Bring your favourite pen, notebook or tablet.

Dates: Thursdays, November 2nd to December 7th

Time: 1:30pm to 3:30pm

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

Leader: Jennifer Ferris



Documentaries, Movies, and Operas

Documentaries Saanich Centre

September 5th **20 Feet from Stardom**

October 3rd **Free Solo**

November 7th **RBG**

December 5th **Street Gang: How we got to Sesame Street**

Dates: Tuesdays

Time: 1:00pm to 3:00pm

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

Movies Saanich Centre

September 19th **Top Gun: Maverick**

October 17th **Elvis**

November 21st **Mrs. Harris Goes to Paris**

December 19th **Downton Abbey: A New Era**

Dates: Tuesdays

Time: 1:00pm to 3:00pm

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

Operas Victoria Centre

September 12th **The Magic Flute**

October 10th **Rigoletto**

November 14th **Tosca**

December 12th **Nabucco**

Dates: Tuesdays

Time: 12:00pm to 3:00pm

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

Movies Victoria Centre

September 26th **A Man Called Otto**

October 24th **The Dig**

November 28th **The Miracle Club**

Dates: Tuesdays

Time: 1:00pm to 3:00pm

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

“If you want a happy ending, that depends, of course, on where you stop your story.” Orson Wells

Beginner Computer Support and Programs - Victoria Centre

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 1:30pm or 2:15pm

Cost: \$5 members, \$7 non-members

iPad Tutorial: Apps & More 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.

Dates: Wednesdays, November 22nd to December 13th

Time: 1:00pm to 3:00pm

Cost: 4/\$24 members, \$36 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
Annual Club \$25 VCC Membership is required. In person sessions 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
Online 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 Monday

Time: 9:30am to 11:30am

VCC Group Learning

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

Dates: Mondays,

Time: 9:30am to 11:30pm

See Calendar for dates and details:

<https://victoriacomputerclub.org/calendar/>

Food Services

Food Share

The Saanich and Victoria Centres offer a weekly Food Share program for folks to come and pick up bread, produce, and packaged food to help out a little with increasing food costs.

Dates: Every Thursday

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

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

Leaders: Sandy, Saanich Centre

Sue, Victoria Centre

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

Time: 11:30am to 12:30pm

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

Leader: Peggy



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 soups are 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 the United Way Greater Victoria and Community Gaming for the support of our Food Programs.

Support Services

Flu Clinics

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year. In the Fall Silver Threads will host Flu Clinics in both Centres with the support of Rexall Pharmacists. The dates of the 2023 Clinics will be announced in our monthly newsletters.



Blood Pressure Clinic Victoria Centre

A blood pressure test measures the pressure in the arteries as the heart pumps and may be done as a part of a routine health checkup or as a screening for high blood pressure (hypertension) or you may use home monitors to check your blood pressure at home. A good addition is to come to our monthly clinic for a reading to compliment what you are doing. For more information call the Victoria Centre for Fall dates and times.

Telephone Reassurance Program

Our Telephone Reassurance Program offers peace of mind for those who live alone and their family members. Each morning by 9:00am our volunteer will call to check in. If they are unable to connect we will reach out to emergency contacts to make sure you are safe. This service is offered Monday to Friday year round and is closed on statutory holidays and weekends. For more information and intake call 250 382-3151.

Senior Mentoring

Skilled volunteers will assist with completing government forms and online or paper applications. When you need something unraveled we can help. The first step is to give us a call and we will ask some questions and do an intake over the phone to make sure we can help and match you up with a volunteer Mentor. An appointment will be made and you will meet with the Mentor at one of our Centres. For more information and intake call 250 388-4268.

Information and Referral

If there is a support you need that Silver Threads doesn't provide we may be able to point you in the right direction. Give us a call!

Coffee and Chat Victoria Centre



We are pleased to welcome MLA Grace Lore to the Victoria Centre for updates and information sharing on issues that are important to seniors and to our community. Grace Lore was elected as the MLA for Victoria-Beacon Hill in 2020. She was the former Parliamentary Secretary for Gender Equity and is now serving as Minister of State for Child Care. She has been a dedicated anti-violence advocate, university instructor and community organizer.

Prior to the election, she sat on the Fernwood, North Park, and Quadra Village Neighbourhood Planning Group, and was a member of a national advisory panel for the Canadian Women's Foundation.

Date: Wednesday, October 11th

Time: 1:30 and 3:00pm

Please call 250 388-4268 to reserve a seat.

Treasure Trove Thrift Shop

Treasure Trove Thrift Shop

Saanich Centre

Explore our wonderful little Thrift Shop filled with an eclectic mix of clothing and household goods. Meet our great group of Volunteers. Donations of gently used items accepted and appreciated!

Open: Mondays, Tuesdays, Thursdays 11:00am to 1:00pm

Wednesdays, Fridays 11:30am to 1:00pm





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

Silver Threads Service operates two Centres for adults 55+.
Try it Free Week is an opportunity for those who are new
to visit and try an activity.
Tours and refreshments offered between 10:00am to 2:00pm.
All Try it Free Programs must be reserved in advance by phone.

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, September 4th for Labour Day, Monday, October 2nd for National Day for Truth & Reconciliation, Monday, October 9th for Thanksgiving, Monday, November 13th for Remembrance Day.

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

