



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.

Annual membership is \$55 April to March.

Membership gives access to both centres.

All Try it Free Programs must be reserved in advance by phone.

**For further details on these and all our Fall Programs and Services visit our
website at www.silverthreads.ca**

Saanich Centre 250 382-3151

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| Silver Threads Singers | Tuesday morning |
| Watercolour | Tuesday morning |
| Documentaries | Tuesday afternoon |
| Line Dance-Beginners | Wednesday morning |
| Brain Games | Wednesday afternoon |
| Pickleball | Wednesday afternoon |
| Gentle Yoga | Thursday morning |
| Functional Fitness | Thursday morning |
| Chair Fitness | Thursday morning |
| Mindfulness & Meditation | Thursday afternoon |
| Floor Shuffleboard | Thursday afternoon |
| Table Tennis | Friday morning |
| Carpet Bowling | Friday morning |
| Zumba Gold | Friday afternoon |
| Treasure Trove Thrift Shop Half Price Sale daily from 11:30am to 1:00pm. | |

Victoria Centre 250 388-4268

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| Indoor Walking Group | Tuesday morning |
| Qigong | Tuesday morning |
| Mindfulness & Meditation | Tuesday morning |
| Monthly Social | Tuesday afternoon |
| Hatha Yoga | Tuesday evening |
| Parkinson's Ping Pong | Wednesday morning |
| Circle Dance | Wednesday morning |
| Rediscover Play Using Improv | Wednesday afternoon |
| Chinese Brush Painting | Thursday morning |
| Memoir Writing | Thursday afternoon |
| Chair Yoga | Thursday afternoon |
| Essentrics | Thursday evening |
| Bollywood Dance | Thursday evening |
| Functional Fitness | Friday morning |
| Beginners Ukulele | Friday afternoon |

Saanich Centre
286 Hampton Road
Phone: 250 382-3151



Victoria Centre
1911 Quadra Street
Phone: 250 388-4268

stay active • stay healthy • stay connected