



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

Bollywood Dance Victoria Centre
 Bollywood Dance is for all 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, January 11th to February 15th
 February 22nd to March 28th
Time: 5:15pm to 6:15pm
Cost: 6/ \$63 members, \$87 non-members
Leader: Yamini Iyer

Hula Dance Victoria Centre
 Get inspired by the dances of the Pacific Islands for this fun and easy dance class set to traditional Polynesian beats.
Dates: Wednesdays, January 10th to February 7th
 February 14th to March 13th
Time: 11:30am to 12:15pm
Cost: 5/ \$52.50 members, \$72.50 non-members
Leader: Cheryl Mason Groulx

Line Dance: Beginner Saanich Centre
 Learn the basic line dance steps in this fun class.
Dates: Wednesdays, January 10th to February 14th
 February 21st to March 27th
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, January 10th to February 14th
 February 21st to March 27th
Time: 11:00am to 12:30pm
Cost: 6/ \$42 members, \$60 non-members
Line Dance Leader: Vicky McCulloch

Zumba Gold Saanich Centre
 Low-intensity fitness class with Latin and world rhythms.
Dates: Fridays, January 12th to February 16th
 February 23rd to April 5th
Time: 2:00pm to 3:00pm
Cost: 6/\$54 members, \$78 non-members
Leader: Sam Avis

“Do what you can with all that you have, wherever you are.”
 Theodore Roosevelt

Fitness

Pre-booked Drop in Fitness Classes

Saanich Centre 250 382-3151	Victoria Centre 250 388-4268
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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.

Walking Groups



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

Dress accordingly.
Dates: Every Wednesday
Time: 10:00am to 11:00am
Cost: No charge
Leader: Raewyn

Indoor Walking Group Victoria Centre
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

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, January 9th to February 13th
February 20th to March 26th

Time: 5:15pm to 6:15pm

Thursdays, January 11th to February 15th
February 22nd to March 28th

Time: 3:45pm to 4:45pm

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: Tuesdays, January 9th to February 13th
February 20th to March 26th

Thursdays, January 11th to February 15th
February 22nd to March 28th

Time: 5:00pm to 6:00pm

Cost: 6/\$66 members, \$90 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, January 9th to February 13th
February 20th to March 26th

Time: 1:30pm to 2:30pm

Thursdays, January 11th to February 15th
February 22nd to March 28th

Time: 1:30pm to 2:30pm

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, January 11th to February 15th
February 22nd to March 28th

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

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

Leader: Paige Driedger

Gentle Yoga Victoria Centre

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

Dates: Mondays, January 8th to February 12th
February 26th to March 25th

Time: 1:00pm to 2:00pm

Cost: 6/ \$54 members, \$78 non-members
5/\$45 members, \$65 non-members

Leader: Paige Driedger

Qigong Victoria Centre

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

Dates: Tuesdays, January 9th to February 13th
February 20th to March 26th

Time: 10:00am to 11:00am

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

Instructor Profile Paige Driedger Hatha and Gentle Yoga

Yoga has been one of Paige's greatest passions and the very natural part of her life. She has been instructing since February of 2020 after completing her 200 hour training in India. Over the past few years she has taught online, in rec centers and studios; teaching many different styles of yoga to a wide range of individuals at all skill levels. This has helped to lead classes for any "body".

It is Paige's goal to create an environment where students feel comfortable and safe while they try new poses and even if they feel silly doing them, they are able to destress and relax from their day. She says "Being a teacher of yoga has been an amazing adventure for me. Seeing my students fall in love with their practice the way I fell in love with mine has brought so much joy in my 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 for use in the Centre 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!



"You can't buy happiness but you can play pickleball and that's pretty close."

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

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	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-Western 10:00am to 12:00pm	Mahjong-Hong Kong 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		

Chess Victoria Centre

A casual approach and supportive players, for looking to brush up and learn the game.

Dates: Fridays

Time: 11:00am to 12:30pm

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

Cribbage Saanich Centre

Enjoy the card game for two to four players, in which the objective is to play so that the value of one's cards played reaches exactly 15 or 31.

Dates: Thursdays

Time: 1:00pm to 3:00pm

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

Euchre Victoria Centre

Similar to Whist this card game is fun and easy to learn.

Dates: Wednesdays

Times: 10:30am to 12:00pm

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

Leader: Brian

Snooker Saanich Centre

The Snooker table is available for play and practice and can be booked during our regular operating hours by calling 250 382-3151.

Scrabble Challenge Victoria Centre

There is an ongoing scrabble game on the giant board in the lobby. Everyone is welcome to add a word or more!



Mahjong-Western Saanich Centre

Enjoy Western Mahjong, a tile-base game where you'll need to negotiate, communicate and cooperate to play successfully. Suitable for both experienced and new players. Come and learn how to play the game from an experienced player.

Dates: Tuesdays, starting January 9th

Times: 10:00am to 12:00pm

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

Leader: Leslie

Mahjong-Hong Kong Victoria Centre

Enjoy Hong Kong Mahjong play.

Dates: Wednesdays

Times: 10:30am to 12:00pm

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

Leader: Anna

Social Bridge Saanich Centre

Casual drop-in bridge for people who enjoy the game or want to improve their skills.

Dates: Monday

Times: 11:45am to 2:30pm

Dates: Wednesdays,

Time: 12:30pm to 3:30pm

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

Duplicate Bridge Saanich Centre

Bring a partner and enjoy a game of Duplicate Bridge, the most widely used variation of contract bridge.

Dates: Mondays

Time: 12:30pm to 3:30pm

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



Creative Arts



Art for Anyone Victoria Centre

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

Dates: Mondays, January 29th to March 25th

Time: 10:00am to 11:30am

Cost: 8/\$48 members, \$72 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, January 11th to February 15th

February 22nd to March 28th

Time: 11:30am to 1:00pm

Cost: 6/ \$63 members, \$87 non-members

Leader: Sonia Wang

Colour Theory Painting Saanich Centre

This course is for painters using any water-based medium and brushes, including watercolours, gouache or acrylic paints. You will use your paints for practising various aspects of colour theory and painting exercises.

Date: Wednesdays, January 10th to February 14th

Time: 1:00pm to 3:00pm

Cost: 6 / \$60 members, \$84 non-members

Leader: Peggy Fraser



Learn to Crochet Victoria Centre

For absolute beginners or those still working on basic skills. You will learn to chain stitch, single and double crochet, combine stitches into patterns, and correct mistakes. Supplies included.

Dates: Mondays, January 15th to February 12th

February 26th to March 25th

Time: 10:00am to 11:30am

Cost: 5/\$30 members, \$45 non-members

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. Supplies included.

Dates: Mondays, January 15th to February 12th

February 26th to March 25th

Time: 12:00pm to 1:30pm

Cost: 5/\$30 members, \$45 non-members

Leader: Julianna

Painting Drop-in Saanich Centre

A self-directed painting group.

Dates: Every Tuesday

Times: 10:00am to 12:00pm

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

Painting Drop-in Victoria Centre

A self-directed painting group.

Dates: Every Wednesday

Time: 1:00pm to 3:00pm

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

Friday Crafters Victoria Centre

A social group that knits, crafts, and does projects for charities including Soap for Hope.

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



"I found I could say things with color and shapes that I couldn't say any other way, things I had no words for."

Georgia O'Keeffe

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

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,

January 22nd, February 26th, March 25th

Time: 1:30pm to 3:00pm

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

Beginner Ukulele Victoria Centre

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

Dates: Fridays, January 12th to February 16th

February 23rd to April 5th

Time: 1:00pm to 1:45pm

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, January 12th to February 16th

February 23rd to April 15th

Time: 2:00pm to 2:45pm

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

Leader: Wendy Pritchard

Experienced Ukulele Saanich Centre

For students who have previous experience in ukulele.

Dates: Wednesdays, January 10th to February 14th

February 21st to March 27th

Time: 10:30am to 11:30am

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

Leaders: Molly Rahe Newman

Instructor Profile: Peggy Fraser, Colour Theory Painting

Colour Theory painting is for painters using any water-based medium and brushes, including watercolours, gouache or acrylic paints. You will use your paints for practising various aspects of colour theory and painting exercises. The course is lead by Peggy Fraser.

Peggy has had a varied career as a parent, painter, teacher, computer programmer and finally retired person. She graduated from University of Victoria (BFA in Visual Arts 1985, BC Teaching Certificate 1991) and Camosun College (Diploma in Computer Systems 1999), and worked as an art teacher and computer programmer. Since work retirement she has continuously painted and collaged. During the Covid period she started a little art group in her building to keep sane, which has continued to the present day. She is looking forward to sharing her excitement and joy in colour and paint with a new group of people.



Education, Discussion, and Literature

Armchair Travel Saanich Centre

Explore the world with monthly speakers.

Dates: Tuesdays

January 9th: Berlin, Amsterdam & Malaga

February 13th: Denmark

March 12th: Kenya & Uganda

Times: 1:00pm to 2:00pm

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

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, February 21st to March 27th

Time: 1:00pm to 2:00pm

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

Leader: Lisa van Bommel

Community Response Network Victoria Centre

Join us for a monthly presentation on a variety of topics from the Community Response Network!

Dates: Tuesdays, January 16th: Spotlight on Ageism

February 20th: Be Fraud Aware

March 19th: Advanced Care Planning

Time: 11:30am to 12:30pm

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

Leader: Community Response Network

Trivia Quiz Victoria Centre

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

Dates: Mondays,

January 8th, February 5th, March 11th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Book Club Victoria Centre

January 31st: **Ragged Company** by Richard

Wagamese A story about four chronically homeless people who seek refuge in a warm movie theatre when a severe Arctic Front descends upon the city.

February 28th: **The Sweetness at the Bottom of the Pie** by Alan Bradley A murder mystery set in the English countryside in 1950.

March 27th: **I Only Read Murder** by Ian Ferguson

A once-loved television sleuth finds herself far from Hollywood and witness to a murder.

Dates: Wednesdays

Time: 10:30am to 11:30am

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

Leader: Adele

Aging and Brain Health Saanich Centre

Jordana Wynn, Assistant Professor UVic Psychology Department presents on January 24th at 1:00pm.

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

1:30pm to 2:30pm

Dates: Tuesdays,

January 23rd

February 27th

March 26th

Leader: Anna

Victoria Centre

1:30pm to 2:30pm

Dates: Tuesdays,

January 2nd

February 6th

March 5th

Leaders: Joan and Penny

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

Documentaries, Movies, Operas and the Classics

Documentaries Saanich Centre Tuesdays 1:00pm to 3:00pm

January 2nd: March of the Penguins **February 6th:** Three Identical Strangers **March 5th:** Grizzly Man

Operas Victoria Centre Tuesdays 12:00pm to 3:00pm

January 2nd: Carmen **February 6th:** Il Trovatore **March 5th:** The Barber of Seville

Movies Saanich Centre Tuesdays 1:00pm to 3:00pm

January 16th: Jerry & Marge Go Large **February 20th:** The Duke **March 19th:** A Man called Otto

Movies Victoria Centre Mondays 1:00pm to 3:00pm

January 15th: A Million Miles Away **February 12th:** Are You There God? It's Me, Margaret **March 18th:** Elvis

Welcome to the Classics Victoria Centre Tuesdays, 1:00pm to 3:00pm **January 9th, February 13th,**

March 12th

All Documentaries, Movies and Operas are \$2 members, \$5 non-members

Drama and Writing

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.

Rediscover Play Through Improv Victoria Centre

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

Date: Wednesdays, January 10th to February 14th

Time: 1:30pm to 3:00pm

Cost: 6/ \$66 members, \$90 non-members

Leader: Brett Macdonald

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, February 15th to March 28th

Time: 1:30pm to 3:30pm

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

Leader: Jennifer Ferris

Memoir Writing Part 3 – Embodied Memories

Victoria Centre

Our bodies remember even when our brains forget. Writers will be guided into memories by using one word body prompts. These will produce memoir pieces which can give insight into the richness of our lives.

Dates: Thursdays, January 4th to February 8th

Time: 1:30pm to 3:30pm

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

Instructor Profile Brett Macdonald: Rediscover Play Through Improv

Brett Macdonald is passionate about bringing people together, helping them to (re)connect to themselves and each other. In her play-based workshops, she will guide you through a series of fun and easy improv games and exercises, always leaving time for reflection on how these experiences mirror real life. These joyful workshops are not performance-based, they are strictly play-based, and full of spontaneous laughter! Brett brings her enthusiasm and vitality to every workshop, and aims to provide an enjoyable experience for all participants. Brett holds a Bachelor of Education and a Diploma in Theatre. She has been training, performing, and teaching improv for over a decade,



New - Partnership Programs

Vancouver Island Performers Guild Victoria Centre

The Vancouver Island Performers Guild will present at Silver Threads Service after performing an Opera called The Unicorn, The Gorgon and the Manticore opera. The group focuses on inspiring a stage to connect our greater community with local performers, innovating participation in the performing arts. Join members of this talented group for an entertaining session of opera and drama and stay for discussion and coffee.

Dates: Tuesday Afternoons January 23rd and March 26th

Times: 1:00pm to 2:00pm

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

Leaders: VIPG

Island Deaf and Hard of Hearing

“Let’s Talk” Speechreading Victoria Centre

Are you struggling to understand people, even when wearing hearing aids? IDHH Instructors will teach strategies for better communication.

Date: Thursdays, January 25th to March 28th

Times: 9:30am to 11:30am

Cost: \$125 members, \$160 non-members

Tech and Tips with Kelsey Victoria Centre

One on one appointments to learn about technology and your hearing aids. Kelsey is a cochlear implant user and tech guru and will assist you.

More information on IDHH is available at the Centres. Tuesday afternoons. Call 250 388-4268 to book.

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 Program Victoria Centre

Learn the iPad basics, then dive deeper by learning about apps, accessing library books, and using streaming services and video tools.

Dates: Wednesdays, February 21st to March 27th

Time: 1:00pm to 3:00pm

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

Leader: Fiona

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

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 Winter dates and times.

Income Tax Clinics Saanich and Victoria Centres Silver Threads will be preparing tax returns at both of our centres with appointments in March and April. The Community Volunteer Income Tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency (CRA). Eligible individuals are aged 55+ with an annual income of \$35,000 or less (single), or \$45,000 or less (couples) with a simple tax situation. This service is free of charge. Call either centre **after February 1st** to book an appointment. All relevant tax forms are required prior to booking.

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!



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.

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



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 \$25 January 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, January 1st for New Years Day, Monday, February 19th for Family Day, Friday, March 29th for Good Friday and Monday, April 1st for Easter Monday.

Silver Threads Service Mission Statement

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.

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

