



# 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, April 11th to May 16th  
 May 23rd to June 27th

**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, April 10th to May 15th  
 May 22nd to June 26th

**Time:** 11:30am to 12:15pm

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

**Leader:** Cheryl Mason Groulx

*“When you dance, your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way”*  
 Wayne Dyer

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

**Dates:** Wednesdays, April 10th to May 15th  
 May 22nd to June 26th

**Time:** 9:30am to 10:45am

**Cost:** 6/\$42 member, \$60 non-member

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

**Dates:** Wednesdays, April 10th to May 15th  
 May 22nd to June 26th

**Time:** 11:00am to 12:30pm

**Cost:** 6/\$42 member, \$60 non-member

**Line Dance Leader:** Claire Denney

**Zumba Gold** Saanich Centre  
 Low-intensity fitness class with Latin and world rhythms.

**Dates:** Fridays, April 12th to May 17th  
 May 24th to June 28th

**Time:** 2:00pm to 3:00pm

**Cost:** 6/\$54 member, \$78 non-member

**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
<b>Functional Fitness</b> (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	
<b>Chair Fitness</b>	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 primarily seated with some optional standing. A gentle warm-up is 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

### **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, April 9th to May 14th  
May 21st to June 25th

**Time:** 5:15pm to 6:15pm

Thursdays, April 11th to May 16th  
May 23rd to June 20th

**Time:** 3:45pm to 4:45pm

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

**Leader:** Paige Driedger

### **Essentrics** Victoria Centre

A full body fitness workout done from a standing position and occasionally floor based. The focus is on opening up connective tissue through flowing movements.

**Dates:** Tuesdays, April 9th to May 14th  
May 21st to June 25th

Thursdays, April 11th to May 16th  
May 23rd to June 27th

**Time:** 5:00pm to 6:00pm

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

**Leader:** Junko Hammond (Level 4 Essentrics instructor)

### **Essentrics** Saanich Centre

A full body fitness workout done from a standing position and occasionally floor based. The focus is on opening up connective tissue through flowing movements.

**Date:** Thursdays, April 11th to May 16th  
May 23rd to June 27th

**Time:** 2:00pm to 3:00pm

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

**Leader:** Junko Hammond (Level 4 Essentrics instructor)

### **Chair Yoga** Victoria Centre

A restorative and relaxing class for your body and mind.

**Dates:** Tuesdays, April 9th to May 14th  
May 21st to June 25th

**Time:** 1:30pm to 2:30pm

**Dates:** Thursdays, April 11th to May 16th  
May 23rd to June 27th

**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, April 11th to May 16th  
May 23rd to June 27th

**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, April 8th to May 13th  
May 27th to June 24th

**Time:** 1:00pm to 2:00pm

**Cost:** 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, April 9th to May 14th  
May 21st to June 25th

**Time:** 10:00am to 11:00am

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

**Leader:** Frances Weick

### **Qigong: Stepping Up** Victoria Centre

For returning participants who are looking to deepen their understanding. This walking Qigong class involves preparation, coordination, and rhythm, and can be practiced to strengthen the body, enhance resistance, and promote wellness.

**Dates:** Tuesdays, April 9th to May 14th  
May 21st to June 25th

**Time:** 11:15am to 12:15pm

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

**Leader:** Frances Weick





## 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.



*"I can't stop playing pickleball, it's becoming kind of a big dill."*

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!

## 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
<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	1:00pm to 3:00pm Coached		1:00pm to 3:00pm
<b>Floor Shuffleboard</b>				1:00pm to 2:30pm	

### **Sport Descriptions** Saanich Centre

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

**Floor Shuffleboard:** A strategic game where weighted pucks are propelled into a scoring zone to win points.

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

**World Table Tennis Day** is an annual international celebration of the game of Table Tennis and we will recognize the occasion at the Saanich Centre on Tuesday, April 23<sup>rd</sup> from 9:30am to 11:30am with a friendly competition. We'll have players on hand to show you the ropes if you've never played before or want to brush up on your skills. Pre-registration is required so phone 250-382-3151 to book your spot.

## Cards, Games and Snooker

**Cost:** \$2 members, \$5 non-members. Call to book your spot!

<b>Saanich Centre 250 382-3151</b>	<b>Victoria Centre 250 388-4268</b>
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Monday	Tuesday	Wednesday	Thursday	Friday
	Mahjong-Western 10:00am 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 (April and May only)		

**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:** Tuesdays

**Times:** 1:00pm to 3:00pm

**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.

**Dates:** Tuesdays

**Times:** 10:00am to 12:00pm

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

**Social Bridge** Saanich Centre

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

**Dates:** Mondays

**Times:** 11:45am to 2:30pm

**Dates:** Wednesdays, (April and May only)

**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, April 8th to June 17th

**Time:** 10:00am to 11:30am

**Cost:** 10/\$60 members, \$90 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

### **Celebrating Aging Through Art** Victoria Centre

Expand your creativity with a variety of materials to stimulate your creative process. There are no rules. Sponsored by the BC Community Response Network and the Canadian International Institute of Art Therapy.

**Dates:** Tuesday, May 21st

**Time:** 1:00pm to 3:00pm

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

**Leader:** Community Response Network Staff

### **Art Therapy: Exploring Grief & Loss** Victoria Centre

Activities will support the exploration of different forms of grief and loss, including aging, loss of autonomy, loneliness and bereavement. Participants in this group hold space for each other with respect, openness and compassion in order to safely process emotions related to loss.

**Dates:** Wednesdays, April 10th to May 29th

**Time:** 10:00am to 12:00pm

**Cost:** 8/ \$32 members, \$56 non-members

**Leader:** Anne-Marie Fortin

### **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, April 11th to May 16th

May 23rd to June 27th

**Time:** 10:00am to 11:30am

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

**Leader:** Sonia Wang

### **Learn to Crochet Continuing** Victoria Centre

For those who have taken Learn to Crochet, or who have an understanding of the basics. Bring an existing project, or start a new one. Learn in a small group setting in a fun and supportive environment. Supplies included.

**Dates:** Mondays, April 8th to May 13th

**Time:** 10:00am to 11:30am

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

**Leader:** Julianna

### **Learn to Knit Continuing** Victoria Centre

For those who have taken Learn to Knit, or who already have an understanding of the basics. Bring an existing project, or start a new one. Learn in a small group setting in a fun and supportive environment. Supplies included.

**Dates:** Mondays, April 8th to May 13th

**Time:** 12:00pm to 1:30pm

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

**Leader:** Julianna

### **Introduction to Drawing** Saanich Centre

This 6-part course will explore perspective, contour drawing, still life, animals, plants and people using various mediums such as graphite, coloured pencils, ink pens, nib pens and acrylic inks.

**Dates:** April 10th to May 15th

May 22nd to June 26th

**Time:** 1:00pm to 3:00pm

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

**Instructor:** Peggy Fraser

### **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

## Music and Events

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

**Dates:** Every Monday (April only)

**Time:** 6:30pm to 9:30pm

**Conductor:** Charles Encell

[www.hamptonconcertorchestra.com](http://www.hamptonconcertorchestra.com)

**Spring Concert Hampton Concert Orchestra**

The HCO with Conductor Charles Encell. Admission by Donation. Sunday April 28th at 2:30pm or Monday, April 29th 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 22nd, May 27th, June 24th

**Time:** 1:30pm to 3:00pm

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

**Leader:** Brian

**Silver Threads Singers** Saanich Centre

Mixed, non-auditioned choir rehearsing weekly and performing bi-monthly 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, April 12th to May 17th  
May 24th to June 28th

**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 taken Beginner Ukulele and want to review and expand upon beginning techniques.

**Dates:** Fridays, April 12th to May 17th  
May 24th to June 28th

**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, April 10th to May 15th  
May 22nd to June 26th

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

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

**Leader:** Molly Raher Newman

## Documentaries, Movies, Operas and the Classics

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

**April 2nd:** Dark Horse **May 7th:** Maiden **June 4th:** McEnroe

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

**April 2nd:** Carmen **May 7th:** The Tsarevich **June 4th:** The Marriage of Figaro

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

**April 16th:** The Phantom of the (British) Open **May 21st:** The Lost King **June 18th:** 12 Mighty Orphans

**Movies** Victoria Centre Tuesdays 1:00pm to 3:00pm

**April 23rd** Nyad **May 28th:** Mrs. Harris Goes to Paris **June 25th:** Maestro

**Welcome to the Classics** Victoria Centre Tuesdays, 1:00pm to 3:00pm April 9th, May 14th, June 11th

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

### Monthly Socials

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.

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

**Saanich Centre**

1:30pm to 2:30pm

**Dates:** Tuesdays,  
April 23rd, May 28th,  
June 25th

**Leader:** Anna

**Victoria Centre**

1:30pm to 2:30pm

**Dates:** Tuesdays,  
April 2nd, May 7th,  
June 4th

**Leaders:** Joan and Penny



## 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, April 10th to May 15th

**Time:** 1:00pm to 2:00pm

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

**Leader:** Louise Thauvette

### **Dynamic Discussions** Saanich Centre

An educational, interactive, and social group led by an experienced facilitator. In this open-minded and welcoming environment, we will share and learn together as we discuss a wide variety of topics such as world events, travel, societal changes, creativity, healthy living, and wisdom.

**Date:** Every Friday

**Time:** 1:30pm to 2:30pm

**Cost:** \$2 (members), \$5 (non-members)

**Leader:** Louise Thauvette

### **Memory PLUS** Saanich Centre

A weekly two hour program where participants learn about brain health and the science of how memory works. Each week will cover an important topic related to proactive brain health and participants will discuss important tips and strategies, connect with peers and try fun brain fitness activities. The group is led by a qualified facilitator and is interactive and social.

**Date:** Wednesdays, May 22nd to June 26th  
May 23rd to June 27th

**Time:** 1:00pm to 3:00pm

**Cost:** 6/ \$54 member, \$78 non-member

**Leader:** Louise Thauvette



### **Armchair Travel** Saanich Centre

Explore the world with monthly speakers.

**Dates:** Tuesdays **Times:** 1:00pm to 2:00pm

**April 9th** European Sampler

**May 14th** Salish Sea

**June 11th** Travels in BC

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

### **Book Club** Victoria Centre

**April 24<sup>th</sup>:** Keeper of Lost Things by Ruth Hogan  
Anthony Peardew has spent half his life collecting lost objects, trying to atone for a broken promise many years before. Forty years ago, he carelessly lost a keepsake from his beloved fiancé, Therese.

**May 29<sup>th</sup>:** Anxious People by Fredrik Benedict  
This novel tells the story of a Mexican bookseller, Lydia, who is forced to flee to the United States with her son after her journalist husband exposes a drug kingpin.

**June 26<sup>th</sup>:** The Personal Librarian by Marie Benedict  
The remarkable novel about J.P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched the nation.

**Dates:** Wednesdays

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

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

**Leader:** Adele

### **Trivia Quiz** Victoria Centre

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

**Dates:** Mondays, April 8th, May 6th, June 10th

**Time:** 1:30pm to 3:00pm

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

**Leader:** Brian

### **Instructor Profile: Louise Thauvette Memory PLUS**

Louise is a social worker who has worked in social services, primarily in the areas of violence against women and supporting international students with housing. She brings with her extensive experience in program administration, group facilitation, and inter-personal skills.

Louise places great value on remaining active and challenging ourselves as we age. She is involved in a myriad of activities including paddling outrigger canoes, singing in a francophone choir, growing her own food, yoga and meditation. She is always looking for new opportunities to learn and enrich her life.

She looks forward to connecting with members; learning, growing and laughing together. This spring she will be leading the Brain Games, Dynamic Discussions and Memory Programs at the Saanich Centre, these are proactive classes designed to improve our cognitive function in a social setting.





## Drama and Writing



**Book & Puzzle Libraries** Saanich and Victoria Centres  
A wide variety of books and puzzles are available.

**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, April 10th to May 1st

June 5th to June 26th

**Time:** 1:30pm to 3:00pm

**Cost:** 4/\$44 members, \$60 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 peer discussion.

**Dates:** Every Friday

**Time:** 1:30pm to 3:00pm

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

**Introduction to Storytelling** Victoria Centre  
Telling and listening to stories can help us feel a greater sense of connection with each other, as well as nourish feelings of wonder about the world and human resilience. This is an opportunity to learn how to craft your own stories to share, or you may come to simply listen and dip your toe in the wonderful world of storytelling.

**Dates:** Thursdays, April 11<sup>th</sup> to May 16<sup>th</sup>

**Time:** 1:30pm to 3:30pm

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

**Leader:** Jennifer Ferris

**Memoir Writing Part 2** Victoria Centre

Building on what you learned in Part 1, you will continue on a guided journey through the world of memory to rediscover the history of self, of family and of our pursuits and adventures. Bring yourself, your memories, a favourite pen, notebook and/or tablet.

**Dates:** Thursdays, May 23<sup>rd</sup> to June 27<sup>th</sup>

**Time:** 1:30pm to 3:30pm

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

**Leader:** Jennifer Ferris

### Partnership Program

#### Island Deaf and Hard of Hearing

**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.

**Instructor Profile** Jennifer Ferris Memoir Writing and Storytelling

Victoria storyteller and teacher of writing, Jennifer Ferris, has been active in the community for 30 years. She has performed in schools, at community events, nature sanctuaries and festivals. She has taught Memoir Writing to seniors in person and on Zoom since 2018.

Through her professional work and volunteer activities she has used story to engage and entertain listeners of all ages. Acutely aware of the power of humour and language, she loves to share personal stories as well as tales of myth, magic and transformation from around the world.

She gives memoir workshops to adults and families. Participants find that her gentle approach and enthusiasm offers a safe environment to try new ideas.

This spring Jennifer will be leading an Introduction to Storytelling and Part 2 of Memoir Writing.



## 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

**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](http://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 and Hitch, 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

### **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.



### **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.

**Thanks to the Food Share Network, COBS Breads, the United Way Southern Vancouver Island 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 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. Beginning March 1st Annual Membership can be completed online at:

<https://silverthreads.recdesk.com/Community/Home>

### 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: March 29th for Good Friday, Monday, April 1st for Easter Monday, and Monday, May 20th for Victoria Day.

## 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](mailto:inquiries@silverthreads.ca)

*stay active • stay healthy • stay connected*

