



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.



Dive into summer at Silver Threads!

Online Registration

You can now sign up for membership and Registered Programs online . This is an option for those who are comfortable managing online transactions and is offered in addition to in person and phone in registration.

Visit our Program page at <https://silverthreads.ca/our-programs/>. If you have an account, this will allow you to sign in and sign up for the programs of your choice.

If you have signed up in person, staff will record your information in Rec Desk. If you decide that you want to use the online sign up, call one of the Centres and we can provide you the log in information.

If you have any questions please reach out to our staff and we would be happy to help.

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Online Registration is available for all programs with a star ★

Fitness Classes

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268

Classes must be pre-booked. Call the Centres to book your spot.

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

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 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: An excellent all-body work out class to increase your mobility, improve your balance and strengthen your muscles. 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.

Instructor Bio: Roz Beddall

Better Balance Workshop & Functional Fitness

Roz is a certified Medical Exercise Specialist (MES) with a BSc in Kinesiology. She is a firm believer that exercise is medicine. As an MES, Roz is specially trained to prescribe exercise to the medically-based client. She has experience working with older adults with a variety of medical conditions from osteoarthritis and low back pain to pre/post total joint replacement. With experience leading group fitness, aquatherapy and gym-based training, Roz is equipped and passionate about helping older adults reach their movement goals and continue doing the activities they love. Roz also teaches Functional Fitness Class at the Centres.

See page 3 for information on the Better Balance Workshop. At the Victoria Centre.



Dance and Movement

Line Dance: Beginner Saanich Centre ★

Learn the basic line dance steps in this fun class.

Dates: Wednesdays, July 10th to August 14th

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, July 10th to August 14th

Time: 11:00am to 12:30pm

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

Line Dance Leader: Leslie Cook

Zumba Gold Saanich Centre ★

Low-intensity fitness class with Latin and world rhythms.

Dates: Fridays, July 12th to August 16th

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis

“We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams.”

Albert Einstein

Wellness, Yoga and Qigong

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, July 16th to August 20th

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, July 18th to August 22nd

Time: 2:00pm to 3:00pm

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

Leader: Junko Hammond (Level 4 Essentrics instructor)

Better Balance Workshop Victoria Centre ★

Are you noticing your balance isn't what it used to be? Good news - exercise can help maintain or even improve balance! Join Medical Exercise Specialist Roz Beddall for this 7-week program that will take you through the complex world of balance. You will learn the most effective exercises to improve your balance.

Dates: Mondays, July 8th to August 26th

Time: 11:15am to 12:15pm

Cost: 7/ \$63 members, \$91 non-members

Leader: Roz Beddall

Qigong Victoria Centre ★

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

Dates: Tuesdays, July 9th to August 13th

Time: 10:00am to 11:00am

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

Leader: Frances Weick

What are 5 tips for good health?

1. Exercise and physical activity. Stay active!
2. Eat well, have a balanced diet
3. Stay involved and socialize
4. Manage stress
5. Practice gratitude, give thanks

Chair Yoga Victoria Centre ★

A restorative and relaxing class for your body and mind.

Dates: Tuesdays, July 9th to August 13th

Time: 1:30pm to 2:30pm

Dates: Thursdays, July 11th to August 15th

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, July 11th to August 22nd

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

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

Leader: Tanya Roberts

Gentle Yoga Victoria Centre ★

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

Dates: Mondays, July 8th to August 19th

Time: 1:00pm to 2:00pm

Dates: Wednesdays, July 10th to August 14th

Time: 1:00pm to 2:00pm

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

Leader: Tanya Roberts

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

Instructor Profile Kathleen Fournier Chair Yoga

Kathleen loves teaching Chair Yoga. She received her Yoga Teacher Training in Rishikesh, India in 2007, and has since accumulated over 3000 hours of teaching experience. Kathleen explains to her students that the most important part of yoga is the breath, as the breath is the life force that brings vital energy to the mind and body. She expresses to her students that Yoga is not about obtaining a perfect pose, it is about finding out where they are holding their tension and slowly releasing that tension with each breath and gentle stretch. In her classes, Kathleen incorporates postures that help to improve balance, strength, focus, flexibility, and immunity. Join Kathleen Tuesdays and Thursdays at the Victoria Centre for Chair Yoga.



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!



“Sorry tennis, I’m with Pickleball now.”

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

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.

South Island Table Tennis Club

An all ages Club with coaches and play for all levels. Meets every Sunday afternoon at the Saanich Centre.

Call Paul at 250 642-4872 for more information.

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			
Social Bridge 11:45am to 2:30pm				Chess 11:00am to 1:00pm
Duplicate Bridge 12:30pm to 3:30pm	Euchre 1:00pm to 3:00pm		Cribbage 1:00pm 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 1:00pm

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-based 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

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

"In chess you try to do your best, but there are instances where you make mistakes or you try and take risks that you shouldn't. And I think losing games is a good thing, because you learn more from when you lose than when you win."

Hikaru Nakamura

Creative Arts

Chinese Brush Painting Group Victoria Centre
A weekly social, self-directed group of experienced artists.

Dates: Every Friday

Time: 12:30pm to 2:30pm

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

Summer Art with Anne-Marie Victoria Centre ★
Join Anne-Marie for a 6-week exploration of various artistic techniques and materials. Try your hand at tempera, watercolour, and pastels. No skills or art knowledge is required, come to have fun! Supplies included.

Dates: Mondays, July 15th to August 26th

Time: 10:00am to 11:30am

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

Leader: Anne-Marie Fortin

Chinese Lanterns Workshop Victoria Centre ★
Join instructor Sonia Wang for a 3-part workshop where you will design and create your own lantern to take home, learning basic Chinese Brush Painting techniques and Chinese lantern traditions along the way. Supplies included.

Dates: July 11th to July 25th

Time: 10:00am to 11:30am

Cost: 3/ \$24 members, \$36 non-members

Leader: Sonia Wang

Card Making for Fun Victoria Centre ★
Explore creating your own unique cards, adding your personal ideas and emotions into the greetings you send out! Supplies included.

Dates: Wednesdays, July 31st to August 21st

Time: 10:00am to 11:30am

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

Leader: Kristin

Painting Drop-in Saanich Centre
A self-directed painting group. Bring your own project and supplies.

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. Bring your own project and supplies.

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 knitting cotton dish and facecloths for 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

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

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

Musical Bingo Victoria Centre

Bingo with a musical twist. Listen and mark your cards.

Dates: Mondays, July 22nd, August 26th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Beginner Ukulele Victoria Centre ★

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

Dates: Fridays, July 12th to August 16th

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, July 12th to August 16th

Time: 2:00pm to 2:45pm

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

Leader: Wendy Pritchard

Documentaries, Movies, Operas and the Classics

Documentaries Saanich Centre

A documentary film is a non-fictional motion picture intended to document reality, primarily for instruction, education or maintaining a historical record. An interesting way to spend an afternoon learning, being entertained and maybe even enlightened. **Dates:** Tuesdays 1:00pm to 3:00pm

July 2nd: The Eagle Huntress

An award winning documentary about 13 year old Aisholpan, the first female in twelve generations of Kazakh family to become an eagle hunter.

August 6th: Searching for Sugarman

Two South Africans set out to discover what happened to their unlikely musical hero, the mysterious 1970s rock n roller, Rodriguez.

Operas Victoria Centre

Learn to love Opera with Music Teacher, Pat who will explain the beauty of opera and watch performances.

Dates: Tuesdays 12:00pm to 3:00pm

July 2nd: The Merry Widow

The relationship between the wealthy young widow Hanna and Danilo, who has an appetite for wine and women.

August 6th: Madame Butterfly

The tragic tale of Cio Cio San, a young Japanese girl who falls in love with American naval officer Pinkerton, with devastating consequences.

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

July 16th: Respect

Based on the life of American singer Aretha Franklin.

August 20th: The Sapphires

An Australian Aboriginal all-girl group travels to entertain US Troops.

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

July 23rd: Queen Bees

Ellen Burstyn stars in this retirement home comedy.

August 27th: Wonka

Based on Willy Wonka and the Chocolate Factory.

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

Would you like to learn more about classical music? Join Pat for a lively discussion.

Discussion, Language 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, July 10th to August 14th

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: 1:00pm to 2:30pm **New time!**

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

Leader: Louise Thauvette

Intro to Performative Improv Victoria Centre ★

Learn the basic foundations of performative improvised theatre. This will be a friendly space filled with laughter, connection and positivity. You will play fun games and exercises that focus on listening, collaborating and spontaneity as we inspire each other and discover characters and stories together.

Dates: Wednesdays, July 17th to August 7th

Time: 10:00am to 11:30am

Cost: 4/ \$44 members, \$60 non-members

Leader: Brett Macdonald

Parlez Vous Francais? Saanich Centre ★

Nous sommes un nouveau groupe de conversation française. Un niveau de français intermédiaire ou plus est requis pour participer à ce programme. Venez vous joindre à ce groupe de francophones pour rencontrer d'autres personnes qui parlent français, faire de nouveaux amis, discuter de sujets variés, rire, et s'amuser ensemble.

Date: Wednesdays July 10th to August 14th

Time: 10:00am to 11:00am

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

Facilitator: Louise Thauvette

Connecting with other people through social activities and community programs can keep your brain active and help you feel more engaged with the world around you. Studies show that these activities seem to help maintain well-being and may improve cognitive function.

Book & Puzzle Libraries

Saanich and Victoria Centres

Both of our Centres have free Book and Puzzle Lending Libraries with a wide variety of books, including fiction, non-fiction, large print and puzzles available.

We also accept donations of books in good condition and puzzles—with all the pieces!



“One benefit of summer was that each day we had more light to read by.” Jeannette Walls

Book Club Victoria Centre

July 31st: The Valley of Amazement by Amy Tan

August 28th: A Midlife Holiday by Cary J. Hansson

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, July 8th, August 12th

Time: 1:30pm to 3:00pm

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

Leader: Brian

“A Good Story to a Great Story” ★

Victoria Centre

What are the brushstrokes that elevate a story to its very best version? In this 2-session workshop we will share our collective knowledge of what contributes to great writing through the sharing of ideas. We will try new techniques with participation in written and oral activities.

Dates: August 1 & August 8

Time: 1:30pm to 3:00pm

Cost: 2/ \$14 members, \$20 non-members

Leader: Jennifer Ferris

Summer Presentations and Events

Keeping Your Brain Healthy Saanich Centre

Join clinicians from the Seniors Outpatient Clinic to discuss ways that you can keep your brain healthy. This interactive presentation, will review lifestyle factors that have positive impacts on our brain health. Information will also be provided on the importance of cognitive engagement, exercise, diet, social interaction, and more.

Date: Tuesday, July 9th

Time: 1:00pm to 2:30pm

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

Facilitator: Kristen Nikolejsin

Stop the Scammers Saanich Centre

Empower and protect yourself and your loved ones with practical techniques to increase your financial and technological safety. In partnership with the Saanich Police's Community Engagement Division, this seminar will cover aspects of scam and fraud safety.

Date: Tuesday, August 13th

Time: 1:00pm to 2:30pm

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

Facilitator: Cst. Berle Zwaan

Royal BC Mystery Museum Victoria Centre

Join a volunteer from the Royal BC Museum to explore six mysterious historical objects, followed by creative thinking and discussion.

Dates: Thursdays, July 18th & August 15th

Time: 1:00pm to 2:30pm

Cost: 1/ \$4 members, \$7 non-members

Speed Friending Saanich Centre

In this partnership program with Saanich Parks and Recreation, enjoy an opportunity to meet and engage with new people in a welcoming, safe and fun environment.

Meet up to fifteen other adults and connect, share a laugh and maybe spark a friendship. Refreshments will be provided. Registration for this program is through Saanich Recreation, www.saanich.ca/recreation, 250-475-7121.

Date: Tuesday, July 30th

Time: 1:00pm to 3:30pm

Cost: No charge

"A friend is one who overlooks your broken fence and admires the flowers in your garden." Unknown

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

Dates: Tuesdays,

1:30pm to 2:30pm

July 23rd August 27th

Leader: Anna



Victoria Centre

Dates: Tuesdays,

1:30pm to 2:30pm

July 16th August 20th

Leaders: Joan and Penny



Summer Out Trips

Summer Outing: Chinatown Walking Tour

Join a knowledgeable guide from Discover the Past Walking Tours to explore the history, culture, and architecture of Canada's oldest Chinatown.

Date: Thursday, July 25th

Time: 11:00am to 12:00pm

Cost: \$25 members, \$30 non-members

*Out trips meet at the location.

Summer Outing: Art Gallery of Greater Victoria

Discover the Art Gallery's current exhibitions and gain a deeper understanding of the artworks with an experienced tour guide. Learn how art connects us, our environments, and our cultures.

Date: Thursday, August 22nd

Time: 11:00am to 12:00pm

Cost: \$25 members, \$30 non-members

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
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

Sandwich Social Victoria Centre

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

Date: Thursdays, July 11th, August 8th

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,

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 dates and times.

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!
Saanich Centre: 250 382-3151
Victoria Centre: 250 388-4268

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.



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. Registered Programs can be booked online, see the link below.

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.

Annual Membership can also 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: July 1st for Canada Day, August 5th for BC Day and September 2nd for Labour 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

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