



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.



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,

September 24th

October 22nd

November 26th

Leader: Anna

Victoria Centre

1:30pm to 2:30pm

Dates: Tuesdays,

September 17th

October 15th

November 19th

December 17th

Leaders: Joan and Penny

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Online Registration is available for all programs with a star ☆

Fitness

Pre-booked Drop in Fitness Classes

Saanich Centre 250 382-3151

Victoria Centre 250 388-4268

Cost: \$4 members \$7 non-members. Call the Centres to book your spot.

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Functional Fitness (Seated & Standing)	10:00 to 11:00	10:00 to 11:00	10:00 to 11:00	10:00 to 11:00	10:00 to 11:00
	10:00 to 11:00			10:00 to 11:00	
Chair Fitness	11:15 to 12:00			11:15 to 12:00	

Fitness Class Descriptions

Chair Fitness: A great class for those who have mobility challenges but still want to maintain their strength, flexibility, and independence. The aim is to improve range of motion around your joints and strengthen your muscles while having fun. This class is 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.

Fitness Programs

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

Choose to Move ☆ Victoria Centre

In Partnership with Beacon Community Services. Are you an older adult looking for motivation to become physically active? Join Choose to Move to get support with building the habit of physical activity into your daily life in ways that make sense for you. Please note, this is not a fitness class, it is a social group that will help you set goals, and connect with resources and new friends to support them!

Dates: Thursdays, October 3rd to December 5th

Time: 11:30am to 1:00pm

Cost: No Charge

Leader: Anne Casey



From the Ground Up ☆ Victoria Centre

Getting onto and up from the floor is something we often do less and less of as we age. If you find yourself on the ground, can you get up? In this 8-week program we move safely through a series of exercises and stretches that will build the strength and mobility necessary to do just that. We will also review more than one way to get up and down. This program is suitable for anyone who is able to walk and sit/stand on their own - getting to the floor is not a prerequisite.

Dates: Mondays, September 9th to November 18th

Time: 11:15am to 12:15pm

Cost: 8/ \$72 members, \$104 non-members

Leader: Roz Beddall



Wellness Programs

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: Wednesdays, September 11th to October 23rd, October 30th to December 11th

Time: 11:15am to 12:15pm

Cost: 7/\$77 members, \$105 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, September 12th to October 24th, October 31st to December 12th

Time: 2:00pm to 3:00pm

Cost: 7/\$77 member, \$105 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, September 10th to October 8th, November 5th to December 3rd

Time: 1:30pm to 2:30pm

Dates: Thursdays, September 12th to October 10th, November 7th to December 5th

Time: 1:30pm to 2:30pm

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

Leader: Kathleen Fournier

Gentle Yoga ☆ Saanich Centre

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

Dates: Thursdays, September 12th to October 24th, October 31st to December 12th

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

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

Leader: Tanya Roberts

Gentle Yoga ☆ Victoria Centre

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

Dates: Mondays, September 9th to October 28th, November 4th to December 16th

Dates: Wednesdays, September 11th to October 23rd, October 30th to December 11th

Time: 1:00pm to 2:00pm

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

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

Leader: Tanya Roberts



T'ai Chi ☆ Saanich Centre

(Yang Style for Beginners, Part 1 and 2)

Relaxation is the key principle of T'ai Chi, which involves gentle, low-impact movements that develop grounding, suppleness, and balance.

Dates: Wednesdays, Part 1: September 11th to October 16th Part 2 October 23rd to December 4th

Time: 2:00pm to 3:15pm

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

Leader: Lee McLeod

Qigong Level I ☆ Victoria Centre

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

Dates: Tuesdays, September 10th to October 15th, October 22nd to November 26th

Time: 10:00am to 11:00am

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

Leader: Frances Weick

Qigong Level II ☆ Victoria Centre

For returning Qigong participants who are looking to deepen their understanding. Once the basics of stance, balance, and joint-preserving movement are integrated, we move into more flowing practice and forms, some of which include walking.

Dates: Tuesdays, September 10th to October 15th, October 22nd to November 26th

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.

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
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	Stamp Club 1:00pm to 3:00pm			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	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

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

Euchre Victoria Centre

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

Dates: Tuesdays

Times: 1:00pm to 3:00pm

Leader: Brian

Silver Threads Stamp Club Saanich Centre

Join other stamp enthusiasts to learn, talk about, trade and share your knowledge of philatelic materials.

Dates: Every Tuesday

Time: 1:00pm to 3:00pm

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 two.

Mahjong-Western Saanich Centre

Western Mahjong is a variation on the Chinese tile game and is similar to Rummy. It is a game of strategy, skill and luck with 3 to 4 players per table.

Dates: Tuesdays

Time: 10:00am to 12:00pm

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

Time: 12:00pm to 3:00pm

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



Creative Arts

Art for Anyone ☆ Victoria Centre

Anyone can create art – discover the artist within.

Dates: Mondays, September 9th to October 28th,
November 4th to December 16th

Time: 10:30am to 12:00pm

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

Leader: Lucille

Chinese Brush Painting Group Victoria Centre

A weekly social, self-directed group of experienced artists.

Dates: Every Friday

Time: 12:30pm to 2:30pm

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

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, October 21st to December 2nd

Time: 10:00am to 11:30am

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

Leader: Julianna

Sashiko Japanese-Style Embroidery ☆

Saanich Centre

Learn the Japanese embroidery form, Sashiko, that translates to "little stabs". It is very simple and accessible for beginners yet yields some very sophisticated designs. You will leave the course with a practical, tangible product.

Dates: Tuesdays, October 1st to 22nd,

November 5th to 26th

Time: 1:00pm to 3:00pm

Cost: 4/\$28 members, \$42 non-members

Leader: Mary-Jane

Line and Wash Watercolour ☆

Victoria Centre

This introductory course is designed for beginners to explore the delicate beauty of combining pen and watercolour - an easy and fun way to express your daily life. Supply list provided at registration.

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

Time: 10:00am to 11:30am

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

Leader: Sonia Wang

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



Learn to Knit ☆ Victoria Centre

This course is for absolute beginners or those still working on basic skills. You will learn to cast on and cast off, knit and purl, combine stitches into patterns, and correct mistakes. Supplies included.

Dates: Mondays, October 21st to December 2nd

Time: 12:00pm to 1:30pm

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

Leader: Julianna

Painting the Impressionists ☆ Saanich Centre

Learn about prominent French artists from the last half of the 19th Century. Each week a selection of images of the work of one artist will be used to copy or emulate your own "impressionist". As well as studying the artists you will learn how to paint with acrylics or acrylic gouache. Supplies list provided at registration.

Dates: Wednesdays, September 11th to October 16th,
October 23rd to November 27th

Time: 9:30am to 11:30am

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

Leader: Peggy Fraser

Self Directed Painting Drop-in Saanich Centre

Dates: Every Tuesday

Time: 10:00am to 12:00pm

Self Directed Painting Drop-in Victoria Centre

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 Soap for Hope.

Dates: Every Friday

Time: 9:30am to 11:30am

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

Weaving Saanich Centre

A self-directed fiber arts group. Instruction available.

Dates: Every Tuesday

Time: 1:00pm to 3:00pm

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

Leader: Brenda

New!

New!

Creative Arts for Gifting



Card-Making for Fun ☆ Victoria Centre

Explore creating your own unique cards and gift tags, adding your personal ideas and emotions into the greetings you send out! Supplies included.

Dates: Wednesdays, September 18th to October 9th
November 13th to December 4th

Time: 10:30am to 12:00pm

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

Leader: Kris

Creative Gifts Workshop ☆ Saanich Centre

Learn how to make unique and practical crafts for yourself or as gifts: Sock Sushi Tray, Scarf Flower Pot, Chocolate and Roses Bouquet. Supplies included.

Dates: Mondays, October 7th, November 4th,
December 2nd

Time: 1:00pm to 3:00pm

Cost: 1/\$35 members, \$50 non-members

Leader: Rocio Tsuja

Music and Events

Hampton Concert Orchestra Saanich Centre

Amateur symphony orchestra now in its 57th year.

Dates: Every Monday

Time: 6:30pm to 9:30pm

Conductor: Charles Encell

www.hamptonconcertorchestra.com

Fall Concert Hampton Concert Orchestra

The HCO with Conductor Charles Encell.

Dates: Sunday, December 1st, 2:30pm

Monday, December 2nd, 7:30pm

Beginner Ukulele ☆ Victoria Centre

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

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

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, September 13th to October 18th,
October 25th to November 29th

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, September 11th to October 16th,
October 23rd to November 27th

Time: 11:00am to 12:00pm

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

Leader: Molly Rahe Newman

“On the good days, my mother would haul out the ukulele and we'd sit around the kitchen table - it was a cardboard table with a linoleum top - and sing.” Carol Burnett

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

Monthly Music Events

Victoria Centre

Call the Centre to book your spot.

Musical Bingo

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

Dates: Mondays, September 23rd, October 21st,
November 18th, December 2nd, 16th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Operas

Listen, learn all about Opera in this guided program.

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

September 3rd: Die Fledermaus

October 1st: Aida

November 5th: La Boheme

December 3rd: Daughter of the Regiment

Time: 12:00pm to 3:00pm

Cost: 1/\$2 members, \$5 non-members

Leader: Pat

Welcome to the Classics

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

Dates: Tuesdays, September 10th,

October 8th, November 12th,

December 10th

Time: 1:00pm to 2:30pm

Cost: 1/\$2 members, \$5 non-members

Leader: Pat

Dance and Movement

Zumba Gold ☆ Saanich Centre

Low-intensity fitness class with Latin and world rhythms.

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

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis



Line Dance: Beginner ☆ Saanich Centre

Learn the basic line dance steps in this fun class.

Dates: Wednesdays, September 11th to October 16th,
October 23rd to November 27th

Time: 9:30am to 10:45am

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

Leader: Leslie Cook

Line Dance: Intermediate ☆ Saanich Centre

Ideal for experienced line dancers.

Dates: Wednesdays, September 11th to October 16th,
October 23rd to November 27th

Time: 11:00am to 12:30pm

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

Leader: Vicky McCulloch

“Dance is for everybody. I believe that the dance came from the people and that it should be delivered back to the people..” Alvin Ailey

Education and Discussion

Armchair Travel Saanich Centre

Explore the world with monthly speakers.

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

September 10th Ethiopia

October 8th Spain

November 12th Portugal

December 10th Nepal and Bhutan

Brain Games ☆ Saanich Centre

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

Dates: Wednesdays, September 11th to October 16th,
October 23rd to November 20th

Time: 1:30pm to 2:30pm

Cost: 5/\$20 members, \$35 non-members

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 Monday

Time: 10:00am to 11:30am

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

Leader: Louise Thauvette

Trivia Quiz Victoria Centre

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

Dates: Mondays, September 9th, October 7th,
November 4th, December 9th

Time: 1:30pm to 3:00pm

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

Leader: Brian

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.

Dates: Wednesdays, September 11th to October 16th,
October 23rd to November 20th

Time: 9:30am - 10:30am

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

5/\$20 members, \$35 non-members

Leader: Louise Thauvette

Speaker Series: Strength & Balance Saanich Centre

Learn the importance of strength and balance as it relates to fall prevention.

Dates: Tuesday, October 29th

Time: 1:00pm to 2:30pm

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

Literature and Writing



Book Club Victoria Centre

September 25th: American Dirt by Jeanine Cummings

This novel tells the story of a Mexican bookseller who is forced to flee to the United States with her son to escape cartel violence.

October 30th: The Mountain Story by Lori Lansens

Four individuals find themselves stranded on a mountain, and are forced to confront their personal demons and the harsh realities of survival.

November 27th: Such a Fun Age by Kiley Reid

This story follows a young black woman babysitting for a wealthy white family. It explores themes of race, class, privilege, and identity in contemporary America.

Time: 10:30am to 11:30am

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

Leader: Adele

Memoir Writing Part I ☆ Victoria Centre

If you have ever thought that you would like to revisit memories and to collect the experiences of your life this workshop is a great place to start. Take a journey through the world of memory to rediscover the history of self, of family and of our pursuits and adventures.

Dates: Thursdays, September 12th to October 17th

Time: 1:30pm to 3:30pm

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

Leader: Jennifer Ferris

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 into storytelling.

Dates: Thursdays, October 24th to November 28th

Time: 1:30pm to 3:30pm

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

Leader: Jennifer Ferris

Writing Circle Victoria Centre

For those who have taken Memoir Writing, and now want to continue writing on an informal basis. No instruction is provided, but there is the option for peer feedback.

Dates: Every Friday

Time: 1:30pm to 3:00pm

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

Book & Puzzle Libraries A wide variety of books and puzzles are available at both Centres.

Partnership Programs

Chinese Women's Friendship Association

Victoria Centre

This program assists Chinese women with integrating into mainstream Canadian society. The programs and activities presently include English, singing, dancing, information sharing, festival celebrations, and monthly outings. If you are interested in joining contact the Victoria Centre at 250 388-4268.



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, October 3rd to December 5th

Time: 9:00am to 11:00am

Cost: 10/\$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.

Monthly Movies and Documentaries

Documentaries Saanich Centre

September 3rd Iris

Tribute to nonagenarian Iris Apfel, the quick-witted, longtime interior designer and outspoken champion of eclectic fashion.

October 15th Julia

The story of the legendary cookbook author and television superstar Julia Child.

November 5th Hallelujah

The life and influence of singer-songwriter Leonard Cohen

December 3rd Encounters at the End of the World

Travels to Antarctica.

Dates: Tuesdays

Time: 1:00pm to 3:00pm

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

Movies Saanich Centre

September 17th Barbie

October 15th Being the Ricardos

November 19th The Iron Claw

December 17th The Miracle Club

Movies Victoria Centre

September 24th Arthur the King

October 22nd Young Woman and the Sea

November 26th Bob Marley: One Love

All Movies at Saanich and Victoria are:

Dates: Tuesdays

Time: 1:00pm to 3:00pm

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

Call the Centres to reserve your spot.

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 Tuesday

Time: 9:30am to 11:30am

VCC Group Learning

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

Dates: Tuesdays,

Time: 9:30am to 11:30pm

See Calendar for dates and topics:

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

Treasure Trove Thrift Shop - Saanich Centre



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

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). A good addition to your health regime is to come to our monthly clinic for a reading to compliment what you are doing.

Dates: Fridays, September 6th,
October 4th,
November 1st,
December 6th.

Time: 9:00am to 10:00am

Cost: No cost

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!

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.

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

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.

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. Like the Soup and sandwich specials for only \$9.



Thanks to the Food Share Network, COBS Breads, the United Way Southern Vancouver Island, Victoria Foundation and Community Gaming for the support of our Food Programs.

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: Monday, September 2nd for Labour Day, Monday, September 30th for National Day for Truth & Reconciliation, Monday, October 14th for Thanksgiving, Monday, November 11th for Remembrance Day and starting December 23rd for the Holiday Season.

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

