



# 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.



**Resolutions start here! Winter Registration opens November 26th.**

### 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 or those considering joining.

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

**Saanich Centre**  
1:30pm to 2:30pm  
**Dates:** Tuesdays,  
**January 28th**  
**February 25th**  
**March 25th**  
**Leader:** Anna

**Victoria Centre**  
1:30pm to 2:30pm  
**Dates:** Tuesdays,  
**January 21st**  
**February 18th**  
**March 18th**  
**Leaders:** Joan and Penny

*stay active • stay healthy • stay connected*

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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**

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

Classes must be prebooked to ensure your spot, please call the Centres to reserve..

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:** This class will help maintain and improve regular activities of daily living for an improved quality of life. The aim is to improve range of motion around joints and strengthen muscles while having fun. The 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 balance, strengthen muscles and improve endurance all while having fun! Some seated aspects are incorporated into the class but the majority is from a standing position, requiring being able to stand for 20 minutes consecutively.

## Dance and Movement Programs

**Line Dance: Beginner** Saanich Centre

Learn the basic line dance steps in this fun class.

**Dates:** Wednesdays, January 8th to February 12th,  
February 19th to March 26th

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

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

**Leader:** Leslie Cook

**Line Dance: Intermediate** Saanich Centre

Ideal for experienced line dancers.

**Dates:** Wednesdays, January 8th to February 12th,  
February 19th to March 26th

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

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

**Leader:** Vicky McCulloch

**Zumba Gold** Saanich Centre

Low-intensity fitness class with Latin and world rhythms.

**Dates:** Fridays, January 24th to February 14th,  
February 21st to March 28th

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

**Cost:** 4/\$36 members, \$52 non-members

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

**Leader:** Sam Avis

See Page 10 for the new Walking to Wellness



**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 **Cost:** No charge

**Leader:** Raewyn and Dianne

## Fitness and Wellness Programs

### **Essentrics**

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

**Essentrics** ☆ Victoria Centre

**Dates:** Wednesdays, January 8th to February 12th, February 19th to March 26th

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

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

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

**Essentrics** ☆ Saanich Centre

**Date:** Thursdays, January 9th to February 13th, February 20th to March 27th

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

**Cost:** 6/\$66 members, \$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, January 7th to February 11th, February 18th to March 25th

**Dates:** Thursdays, January 9th to February 13th, February 20th to March 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, January 9th to February 13th, February 20th to March 27th

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

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

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

**Gentle Yoga** ☆ Victoria Centre

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

**Dates:** Mondays, January 6th to February 10th, February 24th to March 31st

**Dates:** Wednesdays, January 8th to February 12th, February 19th to March 26th

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

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

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

**Gentle Yoga Leader:** Tanya Roberts

### **Standing Tall: Posture & Core Stability** ☆

Victoria Centre

Enhance your spinal health, build core strength, and improve overall body stability in this empowering 8-week series! Targeted exercises will strengthen the muscles that support good posture, improve flexibility, and relieve tension. Whether you spend much of your day seated or are simply looking to stand taller, this class will help you build a strong foundation for long-term spinal health.

**Dates:** Mondays, January 20th to March 17th

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

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

**Leader:** Roz Beddall

**T'ai Chi: Continuing** ☆ Saanich Centre

Students will complete learning the moves of the Cheng Man-Ch'ing short Yang form of T'ai Chi. Participants need to have completed Beginning Tai Chi or have a good grounding in the moves of the first section of this form.

**Dates:** Wednesdays, January 8th to March 19th

**Time:** 2:00pm to 3:15pm

**Cost:** 10/\$90 members, \$130 non-members

**Leader:** Lee McLeod

**Qigong Level I** ☆ Victoria Centre

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

**Dates:** Tuesdays, January 7th to February 11th, February 18th to March 25th

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

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

**Leader:** Sandra Kriese

**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, January 7th to February 11th, February 18th to March 25th

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

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

**Leader:** Sandra Kriese

### **Evening Gentle Pilates** Victoria Centre

This class is slower paced and suitable for beginners or those seeking a gentler approach to Pilates, focusing on awareness of movement and strengthening of the core muscles along with hip mobility, balance and better posture.

**Dates:** Thursdays, January 16th to February 13th, February 27th to March 27th. **Time:** 5:00pm to 6:00pm

**Cost:** 5/ \$65 members, \$100 non-members **Leader:** Phyllis Musseau

## Pickleball and Sports

Pickleball and Badminton: \$4 members \$7 non-members.

All other programs: \$2 members

Saanich Centre 250 382-3151

Program	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Badminton</b>	<b>New!</b>	1:00pm to 3:00pm			
<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>	12:30pm to 3:30pm		1:00pm to 3:30pm Coached		12:30pm to 3:30pm
<b>Floor Shuffleboard</b>				1:00pm to 2:30pm	

### Sport Descriptions Saanich Centre

**Badminton:** Enjoy Beginner/Novice level doubles play. Equipment and instruction provided for first time players.

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

**Carpet Bowling:** A variation of lawn bowling but played indoors, 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.

**Pickleball:** Try this ever popular game, coaching on Wednesdays provided for new players.

### NEW Pickleball Registration System

In an aim to simplify Pickleball registration we will be trialing a new system for the month of January. This will include:

**Increased hours of play:** Mondays and Fridays, 12:30pm to 3:30pm; Wednesdays, 1:00pm to 3:30pm

**No bookings required:** Eliminate the need to pre-book for the following week

**Flexibility:** Come on as many days and arrive at the times that are convenient for you

### **Instructor Profile:** Mark Baxter, Badminton Facilitator

Mark retired two years ago after 34 years of service to the Department of National Defense at CFB Esquimalt as an industrial electrician and supervisor. Retirement has been busier than ever with his many interests and hobbies. Woodworking, hiking, competitive shooting, coffee outings, and house husbanding easily fills the waking hours. He enjoys trying new things and was introduced to Silver Threads by participating in Pickleball and taking Ukulele lessons. Many years ago, before becoming a parent, badminton was his passion. He trained and played competitively up to four times per week at many clubs throughout the city. Mark looks forward to developing the badminton program at the Saanich Centre.



### **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!

### Chess Victoria Centre

A casual approach and supportive players, for players 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:** 1st and 3rd 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.

### 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

### Mexican Train Dominoes Saanich Centre

Come and learn how to play Mexican Train - a fun game of strategy using dominoes. Experienced and beginner players both welcome. Come out, climb aboard, and enjoy the ride!

**Dates:** Mondays

**Time:** 9:30am to 11:30am

### 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

## Monthly Entertainment

### Documentaries Saanich Centre

**Tuesday, January 7th:** Who Killed the Electric Car

**Tuesday, February 4th:** Don't Look Down

**Tuesday, March 4th:** Score

### Movies Saanich Centre

**Tuesday, January 21st:** The Holdovers

**Tuesday, February 18th:** Thelma

**Tuesday, March 18th:** The Boys in the Boat

### Movies Victoria Centre

**Tuesday, January 28th:** The Long Game

**Tuesday, February 25th:** Chevalier

**Tuesday, March 25th:** The Electrical Life of Louis Wain

All Documentaries and Movies are:

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

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

Call the Centres to reserve your spot.

### Musical Bingo

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

**Monday, January 20th**

**Monday, February 24th**

**Monday, March 24th**

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

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

**Leader:** Brian

### Operas

Listen, learn all about Opera in this guided program

**Tuesday, January 7th:** The Rosenkavalier by Strauss

**Tuesday, February 4th:** Salome by Strauss

**Tuesday, March 4th:** Don Giovanni by Mozart

**Time:** 12:00pm to 3:00pm

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

**Leader:** Pat

Call the Centre to reserve your spot.

## Creative Arts

### Art for Anyone ☆ Victoria Centre

Anyone can create art – discover the artist within.

**Dates:** Mondays, January 6th to February 10th,  
February 24th to March 31st

**Time:** 10:30am to 12:00pm

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

**Leader:** Lucille

### Card-Making for Fun ☆ Victoria Centre

Have fun creating your own cards and gift tags, art from your heart, unique and personal for each recipient.

**Dates:** Thursdays, January 23rd to February 13th

March 6th to March 27th

**Time:** 1:00pm to 2:30pm

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

**Leader:** Kris

### 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 working on basic skills.

**Dates:** Mondays, January 6th to February 10th,

February 24th to March 31st

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

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

**Leader:** Julianna

### 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

### Self Directed Painting Drop-ins

Both Centres offer a relaxed social group for working on your own painting with like-minded creatives!

Saanich Centre

**Dates:** Every Tuesday **Time:** 10:00am to 12:00pm

Victoria Centre

**Dates:** Every Wednesday **Time:** 1:00pm to 3:00pm

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



### Art Therapy ☆ Victoria Centre

Combines the process of creative art expression with models of counselling and psychotherapy to enhance emotional, physical, and mental health.

**Dates:** Thursdays, January 9th to February 13th

February 20th to March 27th

**Time:** 10:30am to 12:00pm

**Cost:** 6/\$90 members, \$120 non-members

**Leader:** Anne-Marie Fortin

### Learn to Knit ☆ Victoria Centre

This course is for absolute beginners or those working on basic skills. Supplies included.

**Dates:** Mondays, January 6th to February 10th,

February 24th to March 31st

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

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

**Leader:** Julianna

### Watercolours: Water and Skies ☆ Saanich Centre

Learn how to create seascapes using for reference your own photos of water and skies.

**Dates:** Fridays, January 17th to February 21st

**Time:** 9:30am to 11:30am

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

**Leader:** Diana Jenks

### 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

### Sashiko Japanese-Style Embroidery: Level 2 ☆

Saanich Centre

Sashiko Japanese-style Embroidery translates to "little stabs" and yields some very sophisticated designs. Level 2 is designed for students who have completed Level 1 or who have a good grounding in hand embroidery.

**Dates:** Thursdays, January 9th to 30th,

March 6th to 27th

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

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

**Leader:** Mary-Jane

## Creative Arts

**Introduction to Art Journaling** ☆ Victoria Centre  
Bring intention and creativity into your life by learning the basics of mixed media journaling. Together we'll explore different approaches to journal expression and composition through painting, sketching, wordplay, and collage. All materials provided.

**Dates:** Wednesdays, January 8th to January 29th,  
February 5th to February 26th

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

**Cost:** 4/\$60 members, \$80 non-members

**Leader:** Audrey Greenlees

**Drawing in Perspective** ☆ Victoria Centre  
Draw buildings, roads, and people with depth and dimension. A fairly technical skill, perspective can be learnt with practice. Join us as we add another vanishing point each week and figure out how to turn gridlines into buildings - and various other objects conjured from our imaginations. Materials provided.

**Dates:** Wednesdays, March 5th to March 26th

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

**Cost:** 4/\$60 members, \$80 non-members

**Leader:** Audrey Greenlees

### Instructor Profile: Audrey Greenlees, Art Journaling & Drawing in Perspective

Audrey (they/them) is a life long artist, combining post-secondary knowledge and self-taught skills to approach creativity with an anyone-can-do-it attitude. There are no wrong choices in art: just a series of decisions you must make. Audrey approaches Art Journaling as a medium for self-exploration, experimentation, and play, and encourages artists of all skill levels to get a little messy. On the other hand, Drawing in Perspective is Audrey's most technical subject, which they break down week-by-week into approachable exercises. Join in either - or both! - of Audrey's classes to foster creativity into your day.



## Music

**Beginner Ukulele** ☆ Victoria Centre  
Learn the basics of ukulele - perfect for people wanting to learn this fun and easy instrument!

**Dates:** Fridays, January 10th to February 14th,  
February 21st to March 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, January 10th to February 14th,  
February 21st to March 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, January 8th to February 12th,  
February 19th to March 26th

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

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

**Leader:** Molly Raher Newman

**Silver Threads Singers** Saanich Centre

Our mixed, non-auditioned choir is back and open to anyone 55+. No previous choir experience is needed and you do not need to read music. Rehearsals are in preparation for performances in community settings.

**Dates:** Tuesdays

**Time:** 9:30am to 11:00am

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

**Leaders:** Matthew and Rosemary

**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

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

*"If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music." Albert Einstein*

## Education and Discussion

### **Armchair Travel** Saanich Centre

Explore the world with monthly speakers.

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

**January 14th:** Iran

**February 11th:** Gros Morne Dark: Newfoundland

**March 11th:** Tanzania

### **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, January 8th to February 26th

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

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

### **Emergency Preparedness Presentation** Victoria Centre

City of Victoria Emergency Management Community Liaison Doug Clarke presents an Emergency Preparedness Workshop to help you make a plan, prepare your emergency kit, and teach the importance of connecting with your community.

**Date:** Monday, February 10th

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

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

**Leader:** Doug Clarke, City of Victoria

### **Heat Preparedness Presentation** Victoria Centre

This workshop will help you understand heat related health concerns, along with tips and tricks to be prepared. Learn how to be a good neighbour during heat events.

**Date:** Monday, March 31st

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

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

**Leader:** Doug Clarke, City of Victoria

*“Always walk through life as if you have something new to learn, and you will.” Vernon Howard*

### **Target Theatre Presents: “4 Get Me Notes”**

Victoria Centre

Join us for a performance by Target Theatre! This play explores challenges lost and accepted. A Seniors Glee Club wins a contest, but do they want the prize they won?

**Dates:** Monday, January 13th

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

**Cost:** \$10 members, \$15 non-members

### **Target Theatre Presents: “Stayin’ Alive”** Victoria Centre

Let Target Theatre take you back in time to those halcyon days when radio was king. Stayin’ Alive is a fun-filled play filled with singing, dancing, and slapstick comedy all combined into one.

**Dates:** Monday, March 17th

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

**Cost:** \$10 members, \$15 non-members

### **Trivia Quiz** Victoria Centre

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

**Dates:** Mondays, January 6th, February 3rd, March 10th

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

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

**Leader:** Brian

### **Parlez Vous Francais?** ☆ Saanich Centre

Nous sommes un 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, January 8th to February 26th

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

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

**Leader:** Louise Thauvette

### **Speaker Series: CRA and Service Canada**

#### **Information Session** Saanich and Victoria Centres

Join us for information sessions on CRA and Service Canada topics including CPP / OAS / GIS, Canada Dental Care Plan, Disability Tax Credit and more.

**Victoria Centre**

**Dates:** Monday, January 27th

**Time:** 1:00pm to 2:30pm

**Saanich Centre**

**Dates:** Tuesday, February 18th

**Time:** 9:30am to 11:00am

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

**Leader:** CRA and Service Canada staff



## Literature and Writing

### Book Club Victoria Centre

**January 29<sup>th</sup>:** The Company We Keep by Frances Itani

**February 26<sup>th</sup>:** Rage the Night by Donna Morrissey

**March 26<sup>th</sup>:** Summer of My Amazing Luck by Miriam Toews

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

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

**Leader:** Adele

### Memoir Reading & Book Signing with Lucille Proulx

Victoria Centre

Join Lucille Proulx to view art and listen to her share a reading from her newly released Memoir, *The Towel*.

**Date:** Thursday, February 20<sup>th</sup>

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

**Cost:** No Charge

**Leader:** Lucille Proulx



### Memoir Writing Part 3: Embodied Memories ☆

Victoria Centre

Our bodies remember even when our brains forget.

Writers will be guided into memories by using one word body prompts. These will produce memoir pieces which can give insight into the richness of our lives.

**Dates:** Thursdays, January 9th to February 13th

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

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

**Leader:** Jennifer Ferris

### A Good Story to a Great Story ☆ Victoria Centre

What are the brushstrokes that elevate a story to its very best version? In this 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:** Thursdays, February 27th to March 13th

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

**Cost:** 3/\$21 members, \$30 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.

## Improv

We are pleased to welcome **Brett MacDonald** back to Silver Threads. Brett is passionate about bringing people together, helping them to (re) connect to themselves and each other. She will lead play-based workshops with easy and fun improv games. The classes are always filled with spontaneous laughter! Brett holds a Bachelor of Education and a Diploma in Theatre and brings over a decade of experience. Register online.

### Performative Improv: Dive Deeper Victoria Centre

Learn the basic foundations of performative improvised theatre in a light-hearted atmosphere. 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:** Thursdays, February 20th to March 27th

**Time:** 10:30am to 12:00pm

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

### ☆ Improv: Rediscover Play Victoria Centre

Using the principles of improvised theatre, this workshop focuses on skills such as listening, collaboration and connection, and is a fun and unique way for a group of people to get to know each other, as well as themselves, better.

**Dates:** Thursdays, January 16th to February 6th

**Time:** 10:30am to 12:00pm

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

## Partnership Programs: Victoria Centre

### Chinese Women's Friendship Association

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.

### Kidney Foundation

**Walking to Wellness** Helping those living with low mobility or a chronic disease leads a healthy, active life. A free, organized walking program open to members of the community.

**For more information on any of our partnership programs call 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:** Wednesdays, January 15th to March 19th

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

**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.

## 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 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, January 3rd, February 7th, March 7th

**Time:** 9:00am to 10:00am **Cost:** No cost

### **Community Volunteer Income Tax Program**

Income Tax appointments are available March and April through the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP). Call after February 17th for more information.

### **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 \$6 each. They are prepared in house at the Silver Spoons Café.

### **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: for the holidays Monday, December 20th and reopening Thursday, January 2nd, 2025.  
Monday, February 17th, 2025 for Family 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*

