



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 or those considering joining.

Cost: \$2 members and non-members

Saanich Centre

1:30pm to 2:30pm

Dates: Tuesdays,

April 22nd

May 27th

June 24th

Leader: Anna

Victoria Centre

1:30pm to 2:30pm

Dates: Tuesdays,

April 15th

May 20th

June 17th

Leaders: Joan and Penny

stay active • stay healthy • stay connected

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Online Registration is available for all programs with a star



Dance and Movement Programs

Line Dance: Beginner ★ Saanich Centre

Learn the basic line dance steps in this fun class.

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

Time: 9:30am to 10:45am

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

Leader: Leslie Cook

Line Dance Beginners Plus ★ Saanich Centre **New!**

Improve your line dance skills as you continue to learn new steps and dances in this fun class.

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

Time: 1:30pm to 2:45pm

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

Leader: Vicky McCulloch

Line Dance: Intermediate ★ Saanich Centre

Ideal for experienced line dancers.

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

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, April 11th to May 23rd,
May 30th to July 4th

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis

Choose to Move ★ Victoria Centre

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!

Date: Thursdays, April 24th to June 26th

Time: 10:00am to 11:30am

Cost: No Charge

Leader: Anne Casey

Walking to Wellness ★ Victoria Centre

Partnership with Kidney Foundation of Canada

Helping those living with low mobility or a chronic disease lead a healthy, active life. A free, organized in door walking program open to members of the community.

Dates: Wednesdays, April 2nd to May 28th

Time: 9:30am to 10:30am

Cost: No charge

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

Cost: No charge

Leaders: Raewyn and Dianne

Wellness Workshops

Bone Foundations Workshop ★ Victoria Centre

New!

This class is designed to support bone health, strength, and confidence in movement. With a focus on weight-bearing movements, resistance training, and balance exercises, you will learn how to maintain bone density and reduce the risk of fractures. Whether you're looking to prevent bone loss or build strength, this class offers a safe and supportive environment to keep you active and resilient.

Dates: Mondays, April 28th to June 23rd

Time: 11:15am to 12:15pm

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

Leader: Roz Beddall

“Getting Old Ain’t for Sissies” with Kathleen

Fournier Victoria Centre **New!**

Registered Yoga Teacher Kathleen Fournier offers her insights on aging with pizzazz. Aging brings many gifts - and it can be fun! Kathleen will share her stories, insights on aging and the importance of a positive attitude. Be prepared to listen, laugh, and stretch, while seated.

Date: Tuesday, May 13th

Time: 11:00am to 12:00pm

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

Leader: Kathleen Fournier

“The mind and body are not separate. What affects one, affects the other.” Unknown

Fitness and Wellness Programs

“A calm mind brings inner strength and self-confidence, so that’s very important for good health.”

Dalai Lama

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

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

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, April 8th to May 13th, May 20th to June 24th

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

Time: 1:30pm to 2:30pm

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

Leader: Kathleen Fournier

Gentle Yoga ★ Saanich Centre

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

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

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, April 7th to May 12th, May 26th to June 30th

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

Time: 1:00pm to 2:00pm

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

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

Leader: Tanya Roberts

Qi Gong ★ Victoria Centre

Qi Gong is an ancient Chinese exercise practice for health and wellness. It involves gentle body movements or stillness; breathing and a quiet intention that nourishes your body and mind. Chairs are provided as needed.

Dates: Tuesdays, April 8th to April 29th, May 27th to June 10th

Time: 11:15am to 12:15pm

Cost: 3/ \$27 members, \$39 non-members
4/ \$36 members, \$52 non-members

Leader: Sandra Kriese



Evening Classes

Gentle Pilates ★ Victoria Centre **New!**

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 posture.

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

Time: 5:00pm to 6:00pm

Cost: 6/\$78 members, \$120 non-members

Leader: Regina Flueck

T'ai Chi ★ Victoria Centre **New!**

Discover the benefits of Tai Chi in this introductory course. Each class, you'll learn gentle, flowing movements that enhance balance, flexibility and mindfulness to build on a basic form. We will focus on and review basic principles, breath techniques and relaxation to improve overall well-being. Wear comfortable clothing; no experience needed.

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

Time: 5:00pm to 6:00pm

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

Leader: Frances Weick

Pickleball and Sports

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.

Saanich Centre 250 382-3151

Pickleball and Badminton: \$4 members \$7 non-members. All other programs: \$2 members \$5 non-members

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton		1:00pm to 3:00pm			
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	12:30pm to 3:30pm		1:00pm to 3:30pm Coached		12:30pm to 3:30pm
Floor Shuffleboard				12:30pm to 2:00pm	

World Table Tennis Day Saanich Centre

Enjoy the game of Table Tennis as we celebrate World Table Tennis Day. We'll have players on hand to show you the ropes if you've never played before or want to brush up on your skills.

Date: Tuesday April 22nd **Time:** 9:30am to 11:30am

Cost: No charge

Improve Your Table Tennis Saanich Centre

Players will have more fun at Table Tennis when they have full control of the basic strokes such as Forehand Drive, Forehand Push, Backhand Drive and Backhand Push. Mastering proper techniques will assist you when serving, receiving serves, or rallying. This structured, informal training will help improve your consistency and confidence. Players must provide their own bats

Date: Thursdays, April 10th to May 29th

Time: 2:30pm to 3:30pm

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

Leader: Tat Ma

Instructor Profile:

Tat Ma, Improve Your Table Tennis

Tat is a certified coach in the National Coaching Certification Program (NCCP) of Canada, Level 2, and a certified Provincial Umpire of Table Tennis Canada and has been involved in Table Tennis since 1971. Tat's 3 Fs for Table Tennis are: Have fun, Play fair and Make friends.



South Island Table Tennis Club Saanich Centre

An all ages Club with coaches and play for all levels. Meets every Sunday afternoon. Call Paul at 250 642-4872.

Fitness Classes

Cost: \$4 members \$7 non-members. Classes must be prebooked to ensure your spot, please call the Centres to reserve..

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

Monthly Entertainment



Musical Bingo

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

Monday, April 28th

Monday, May 26th

Monday, June 23rd

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, April 1st Tales of Hoffman

Tuesday, May 6th

Tuesday, June 3rd

Time: 12:00pm to 3:00pm

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

Leader: Pat

Call the Centre to reserve your spot.

Documentaries Saanich Centre

Tuesday, April 1st Fly with Me

Tuesday, May 6th I am Celine Dion

Tuesday, June 3rd Mr. Dressup: The Magic of Make Believe

Movies Saanich Centre

Tuesday, April 15th One Life

Tuesday, May 20th The Last Rifleman

Tuesday, June 17th My Penguin Friend

Movies Victoria Centre

Tuesday, April 22nd Ticket to Paradise

Tuesday, May 27th Unstoppable

New! Tuesday, June 24th The Six Triple Eight

All Documentaries and Movies are:

Time: 1:00pm to 3:00pm

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

Call the Centres to reserve your spot.

Creative Arts



Art for Anyone ★ Victoria Centre
Anyone can create art – discover the artist within.

Dates: Mondays, April 7th to May 12th

Time: 10:30am to 12:00pm

Cost: 6/\$30 members, \$45 non-members

Leader: Lucille

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: Mondays, June 2nd to June 16th

Time: 10:30am to 12:00pm

Cost: 3/\$60 members, \$80 non-members

Leader: Audrey Greenlees

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, May 12th to June 23rd

Time: 10:00am to 11:30am

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

Leader: Julianna

Learn to Knit ★ Victoria Centre

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

Dates: Mondays, May 12th to June 23rd

Time: 12:00pm to 1:30pm

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

Sparking Creativity Through Art ★

Saanich Centre **New!**

Enjoy this hands-on class using a variety of art methods and mediums. Classes will include: Watercolour and Zentangle, Working with Birds, Collaging Forests, Architectural Structures, Fields of Flowers, Manga and Cartoons. Prepare to have fun and get messy!

Date: Wednesdays, April 9th to May 14th,
May 21st to June 25th

Time: 10:00am to 12:00pm

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

Leader: Peggy Fraser

Painting with Watercolours: Water and Skies ★

Saanich Centre

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

Date: Fridays, April 11th to May 23rd

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

Zentangle ★ Victoria Centre **New!**

Need a creative boost? Join Certified Zentangle teacher, Mary Anne Waldron for six classes in the fun and relaxing art of Zentangle. Zentangle is a drawing system that uses structured patterns, called “tangles” to create lovely, abstract images. Classically drawn in black ink on white squares, Zentangle is a meditative, no-pressure art that is practiced worldwide.

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

Time: 1:00pm to 3:00pm

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

Leader: Mary Anne

“I am seeking. I am striving. I am in it with all my heart.”

Vincent van Gogh

Creative Arts

Introduction to Modelling Clay ★

Victoria Centre **New!**

Are you interested in learning about 3-Dimensional art? Join Anne-Marie to play with clay and explore different modelling techniques, while learning about important artists who have worked with clay throughout history. Supplies included.

Dates: Thursdays, April 10th to May 15th

Time: 1:00pm to 2:30pm

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

Leader: Anne-Marie Fortin

Introduction to Modelling and Casting ★

Victoria Centre **New!**

In this course, you will learn simple modelling and casting techniques, reproducing a clay model in plaster. Students will also learn about the influence of modelling and casting practices on contemporary art. Supplies included.

Dates: Thursdays, May 22nd to June 26th

Time: 1:00pm to 2:30pm

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

Leader: Anne-Marie Fortin

Self Directed Painting Drop-ins

A relaxed social group for working on your own painting with like-minded creatives!

Saanich Centre **Dates:** Tuesdays **Time:** 10:00am to 12:00pm

Victoria Centre **Dates:** Wednesdays **Time:** 10:00am to 12:00pm **Cost:** \$2 members, \$5 non-members

Music

Beginner Ukulele ★ Victoria Centre

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

Dates: Fridays, April 4th to May 16th,
May 23rd to June 27th

Time: 1:00pm to 1:45pm

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

Leader: Wendy Pritchard

Beginner Continuing Ukulele ★ Victoria Centre

For students who have taken Beginner Ukulele and want to review and expand upon beginning techniques.

Dates: Fridays, April 4th to May 16th,
May 23rd to June 27th

Time: 2:00pm to 2:45pm

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

Leader: Wendy Pritchard

Experienced Ukulele ★ Saanich Centre

For students who have previous experience in ukulele.

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

Time: 11:00am to 12:00pm

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

Leader: Molly Raher Newman

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

Silver Threads Singers Saanich Centre

Our mixed, non-auditioned choir is 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, until June 10th

Time: 9:30am to 11:00am

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

Leaders: Matthew and Rosemary

Hampton Concert Orchestra Saanich Centre

Amateur symphony orchestra now in its 57th year.

Dates: Every Monday, until April 14th

Time: 6:30pm to 9:30pm

Conductor: Charles Encell

HCO Spring Concert Saanich Centre

Join Conductor Charles Encell for the annual spring concert.

Dates: Sunday, April 13th, 2:30pm

Monday, April 14th 7:30pm

Admission by Donation

CNIB Harmony Choir Performance Victoria Centre

Join us for a performance by the CNIB Harmony Choir, who will share their love of music through upbeat songs by Louis Armstrong, Leonard Cohen, and more.

Dates: Monday, April 7th

Time: 2:00pm to 3:00pm

Cost: \$5 members, \$10 non-members

Leader: CNIB Harmony Choir

Education and Discussion

Armchair Travel Saanich Centre

Explore the world with monthly speakers.

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

May 13th Panama

June 10th India

Brain Games Saanich Centre

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

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

Time: 1:30pm to 2:30pm

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 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

April 14th

May 12th

June 9th

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

Time: 9:30am to 10:30am

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

Leader: Louise Thauvette

Memoir Reading with Lucille Proulx Saanich Centre

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

Date: Tuesday April 8th

Time: 1:00pm to 2:00pm

Cost: No Charge

Leader: Lucille Proulx

Plant Based Nutrition for Healthy Aging **New!**

Learn about the ins and outs of plant-based eating, including: the health benefits of plant-based eating, understanding proteins and spotlight essential nutrients like iron, calcium, vitamin D, vitamin B12, and omega-3s.

Date: Tuesday April 29th

Time: 1:00pm to 2:30pm

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

Leader: Nadine Bartels, Public Health Dietitian



Literature and Writing

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 Club Victoria Centre

April 30th The God of Small Things by Arundhati Roy

May 28th The Sleeping Car Porter by Suzette Mayr

June 25th Monkey Beach by Eden Robinson

Time: 10:30am to 11:30am

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

Leader: Adele

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

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 and Thursdays

Time: 10:00am to 12:00pm

Learn to Play Western Mahjong ★ Saanich Centre

New!

Enjoy learning how to play Western Mahjong, a tile-based game of skill, strategy, and luck with similarities to Rummy. You will be led by an experienced facilitator in this fun and social 6-part session.

Date: Fridays, April 11th to May 23rd

Time: 10:00am to 12:00pm

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

"Life is not a matter of holding good cards, but of playing a poor hand well." Robert Lewis Stevenson

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, and enjoy the ride!.

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

Learn to Play Bridge Basics ★ Saanich Centre **New!**

Learn the basics of bidding and playing bridge in a fun and friendly atmosphere

Date: Tuesdays, April 8th to May 13th

Time: 1:00pm to 3:00pm

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

Leader: Norm

Social Bridge

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

Dates: Mondays Saanich Centre

Times: 11:45am to 2:30pm

Dates: Wednesdays Saanich Centre

Time: 12:00pm to 3:00pm

Dates: Thursdays Victoria Centre **New!**

Time: 1:00pm to 3:30pm

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

Instructor Profile:

Brian Riddell, Euchre, Music Bingo, Trivia

Brian was born and raised in Cambridge Ontario, and is a father to twin boys here in Victoria. He has spent most of his life involved in sports, and has enjoyed skiing Mt. Tremblet to Mt. Washington. Brian retired from working in Real Estate and moved to Victoria over 3 years ago, where he quickly became involved with as a volunteer leader. Join Brian for Musical Bingo and Trivia Quiz, and on



Partnership Programs

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.



Alzheimer's Society Coffee and Chat

We are pleased to be partnered with the Alzheimer Society of BC, hosting two of their "Coffee and Chat" groups at the Saanich Centre.

This social program is designed to help people living with early-stage dementia and their care partner to meet new people, build new friendships, enjoy the company of other people who are living with the disease, and have fun! For more information on this and other programs offered by the Alzheimer Society you can contact the First Link® Dementia Helpline at 1-800-936-6033 or visit www.alzheimerbc.org.

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, April 4th, May 2nd, June 6th

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 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, Hitch and Lorraine Saanich Centre
Sue, Victoria Centre

Soup Social Victoria Centre

Come and enjoy a soup lunch while you socialize and connect with others. Please phone 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.

A variety of frozen soups are also available.



Silver Spoons Café Saanich Centre

The Café is open Monday to Friday from 9:00am to 1:00pm. A variety of baked goods, soups, sandwiches and coffee and tea are available at affordable prices.

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.

GST will be added to all registered program fees.

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 Good Friday, April 18th, Easter Monday, April 21st, Victoria Day, May 19th and Canada Day, July 1st.

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

