



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.



Plant Curiosity. Harvest Friendship.

Monthly Socials

No fee!

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, socialize with others and learn about Silver Threads programs and services.

Perfect for new members or those considering joining.

Saanich Centre
1:30pm to 2:30pm
Dates: Tuesdays,
April 28th
May 26th
June 23rd
Leader: Anna

Victoria Centre
1:30pm to 2:30pm
Dates: Tuesdays,
April 21st
May 19th
June 16th
Leaders: Volunteers

Contents

Fitness Classes.....	2
Specialized Fitness.....	2
Fitness and Wellness	3
Monthly Entertainment.....	4
Pickleball and Sports.....	4
Music and Events.....	5
Literature.....	5
Creative Arts.....	6
Education and Discussion.....	8
Cards and Games.....	9
Dance Programs.....	10
Computer Programs.....	10
Victoria Computer Club.....	10
Outreach, Support Services.....	11
Food Services.....	11
Registration, Information, Mission.....	12

Fitness Programs

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.

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

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

Saanich Centre	Victoria Centre
----------------	-----------------

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

Specialized Fitness Programs

Foot Foundations Victoria Centre

If you've experienced foot discomfort, you know how vital healthy feet are to overall well-being. This specialized class builds strength, mobility, and stability to ease discomfort, improve balance and posture, and reduce fall risk. Ideal for issues like plantar fasciitis or maintaining strong, functional feet. Please note much of the class is done barefoot.

Date: Mondays, April 13th to June 8th

Time: 11:15am to 12:15pm

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

Leader: Roz Beddall

Silver Samurai: Karate for Self-Protection and Health Saanich Centre

Guided by neuroscientist E. Paul Zehr, PhD who has more than 40 years experience training and teaching Japanese, Okinawan, and Chinese martial arts, participants will learn foundational techniques, essential movement patterns and self-protection applications of the Yuishinkai karate system. Emphasis will be placed on developing physical capacities of strength and balance, and the mental approach for understanding threats, opportunities and responses related to physical safety. No previous martial arts training is required.

Dates: Tuesdays, April 14th to May 19th

Time: 2:30pm to 3:30pm

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

Leader: Paul Zehr

Outdoor Walking Group

Saanich Centre **No fee!**

A leisurely outdoor walk in all kinds of weather!

Dates: Wednesdays

Time: 10:00am

Cost: No charge

Leaders: Raewyn and Dianne

Nordic Pole Walking Introduction Saanich Centre

Nordic Pole Walking helps you gain fitness, strength, balance and have fun along the way. Participants need to be able to stand and walk 10 - 15 minutes. Poles are provided for use during the course time.

Dates: Fridays, April 10th to May 15th

May 22nd to July 3rd

Time: 10:00am to 11:30am

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

Leader: Liz McCarter



Fitness and Wellness Programs



Yoga is for any age!

Yoga offers older adults a gentle, accessible way to support both physical and mental well-being. Regular practice can improve balance, flexibility, and strength—helping to reduce the risk of falls and support everyday movement. Yoga also encourages better posture and joint mobility, which can ease stiffness and chronic discomfort.

Gentle Yoga

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

Saanich Centre

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

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

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

Leader: Tanya Roberts

Victoria Centre

Dates: Mondays, April 13th to May 11th
May 25th to June 22nd

Dates: Wednesdays, April 15th to May 13th
May 20th to June 24th

Time: 1:00pm to 2:00pm

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

Leader: Tanya Roberts

Chair Yoga Victoria Centre

Dates: Tuesdays, April 7th to May 12th
Tuesdays, May 19th to June 23rd

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

Time: 1:30pm to 2:30pm

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

Leader: Kathleen Fournier

Essentrics

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

Victoria Centre

Dates: Wednesdays, April 8th to May 13th,
Wednesdays, May 20th to June 24th

Time: 11:15am to 12:15pm

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

Leader: Junko Hammond (Level 4 Essentrics Instructor)

Saanich Centre

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

Time: 1:30pm to 2:30pm

Cost: 5/\$55 members, \$75 non-members
6/\$66 members, \$90 non-members

Leader: Junko Hammond (Level 4 Essentrics Instructor)

Power Up Victoria Centre

As we age, we lose muscle power and the ability to produce strength quickly. Many everyday tasks, like stepping off a curb, getting up from a chair, or catching yourself if you trip, require not just strength but speed. In this 8-week program we will focus on training safe, controlled speed to help your body react more effectively, improve balance confidence, and support independence in daily life.

Date: Wednesdays, April 15 to May 27

Time: 11:15am to 12:15pm

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

Leader: Roz Beddall

“We do not stop exercising because we grow old. We grow old because we stop exercising.”

Evening Class at the Victoria Centre

Qigong Victoria Centre

Qigong is an ancient Chinese movement meditation exercise that involves proper body movement, breathing, mental focus, and intention.

Dates: Tuesdays, April 7th to May 12th
Tuesdays, May 19th to June 23rd

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

Time: 5:00pm to 6:00pm

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

Leader: Frances Weick

Monthly Entertainment

Trivia Quiz Victoria Centre

Test your knowledge, with multiple-choice quizzes.

Dates: Mondays, April 13th, May 4th, June 1st

Time: 1:30pm to 3:00pm

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

Leader: Brian

Musical Bingo

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

Dates: Mondays, April 20th, May 11th, June 15th

Time: 1:30pm to 3:00pm

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

Leader: Brian

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

Call to book your spot!

Movies Saanich Centre **No fee!**

Tuesday, April 21st Radium Girls

Tuesday, May 19th Eleanor the Great

Tuesday, June 16th Fisherman's Friends: One and All

Movies Victoria Centre **No fee!**

Tuesday, April 28th Cool Runnings

Tuesday, May 26th Hamnet

Tuesday, June 23rd The Man who saves the World?

Documentaries Saanich Centre **No fee!**

Tuesday, April 7th Jim Thorpe: Lit by Fire

Tuesday, May 5th Beyond the Tree Line

Tuesday, June 2nd The Mighty Oaks

All Documentaries and Movies are: 1:00pm to 3:00pm

Pickleball and Sports - Saanich Centre

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

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton		12:00pm to 2:00pm			
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	

Improve Your Table Tennis Saanich Centre

Have more fun at Table Tennis and 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 confidence. Players must provide their own bats.

Dates: Thursdays, April 9th to May 14th

May 21st to June 25th

Time: 2:30pm to 3:30pm

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

Leader: Tat Ma

Partnership Program

South Island Table Tennis Club Saanich Centre

In partnership with Silver Threads, the South Island Table Tennis Club, prides themselves on fostering a welcoming and inclusive environment where table tennis enthusiasts from all walks of life can thrive. The club is dedicated to nurturing talent across all ages and abilities, providing a rich tapestry of playing and coaching opportunities tailored to each individual's journey in the sport.

Meets every Saturday and Sunday afternoon.

Call Paul at 250 642-4872.

World Table Tennis Day is an annual international celebration of Table Tennis and we will recognize the occasion at the Saanich Centre on **Friday April 24th from 9:30am to 11:30am**. 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. Come and join in the fun.

Music and Events

Beginner Ukulele Victoria Centre

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

Date: Fridays, April 10th to May 15th

May 22nd to June 26th

Time: 1:00pm to 1:45pm

Cost: 6/\$54, \$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.

Date: Fridays, April 10th to May 15th

May 22nd to June 26th

Time: 2:00pm to 2:45pm

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

Leader: Wendy Pritchard

Intermediate Ukulele Saanich Centre

For students who have previous experience in ukulele.

Dates: Wednesdays, April 8th to May 13th

May 27th to June 24th

Time: 11:00am to 12:00pm

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

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

Leader: Molly Rahe Newman

Hampton Concert Orchestra Saanich Centre

Amateur symphony orchestra now in its 57th year.

Dates: Mondays

Time: 6:30pm to 9:30pm

Conductor: Charles Encell

www.hamptonconcertorchestra.com

Spring Concert Hampton Concert Orchestra

The HCO with Conductor Charles Encell. Admission by

Donation. Saturday April 25th at 7:30pm and Sunday

April 26th at 2:30pm

Electric Guitar Victoria Centre

Plug in and play! This self-directed drop-in jam is all about classic rock, country, and blues. Bring your electric guitar and a small practice amp, and join other players for a fun, laid-back session of music-making and collaboration. All experience levels welcome - come to play, practice, learn and jam!

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

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

Opera Victoria Centre

Date: Tuesdays,

April 7th, The Tales of Hoffman, Offenbach

May 5th, La Boheme, Puccini

June 2nd, Parsival, Wagner

Time: 12:00pm to 3:00pm

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

Leader: Pat

Welcome to the Classics Victoria Centre

Would you like to know more about classical music?

Bring your questions and join us for a fun discussion.

Date: Monday, June 15th **Time:** 11:00am to 12:00pm

Cost: \$5 members, \$7 non-members

Leader: Pat

Silver Threads Singers Saanich Centre

Our mixed, non-auditioned choir is open to 55+. No previous choir experience or music reading is needed.

Rehearsals are in preparation for performances in community settings.

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

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

Leaders: Elise and Rosemary

Jubilee Clarinet Choir Saanich Centre

A self-directed musical group that practices weekly.

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

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

Literature

Book Club Victoria Centre

Join us for a relaxed discussion over coffee with other Book Lovers.

Date: Wednesdays,

April 29th The Little Liar by Mitch Albom

May 27th You Pick! Any biography or autobiography

June 27th The Long Way Home by Louise Penny

Time: 10:30am to 11:30am

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

Writing Circle Victoria Centre

For those who have taken Memoir Writing, and now want to continue writing on an informal basis.

Date: Fridays

Time: 1:30pm to 3:00pm

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

Book & Puzzle Libraries

Books and puzzles are available at both Centres.

No fee!

Creative Arts

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, April 2nd to 23rd

Thursdays, June 4th to 25th

Time: 1:00pm to 2:30pm

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

Leader: Deborah

Felting for Beginners Saanich Centre

Needle felting is a popular, simple fibre art medium that uses a steel barbed needle and colourful wool to create and sculpt. Go with your imagination in this beginner needle felting course. We will learn basics, construction and safety. We will make a nature scene and build a three-dimensional project.

Dates: Mondays, April 13th to May 4th

Mondays, May 25th to June 15th

Time: 1:00pm to 2:30pm

Cost: 4/\$80 members, \$120 non-members

Leaders: Paulette Tarnawski

Learn to Knit Victoria Centre

Dates: Mondays, April 13th to June 8th

Time: 10:00am to 11:30am

Cost: 8/ \$48 members, \$72 non-members

Leader: Julianna

Learn to Crochet Victoria Centre

Dates: Mondays April 13th to June 8th

Time: 12:00pm to 1:30pm

Cost: 8/ \$48 members, \$72 non-members

Leader: Julianna

Art For Well Being Victoria Centre

In partnership with Cedar Hill Recreation, *Art for Wellbeing* offers a unique opportunity to explore the restorative power of art in a supportive and inspiring setting. After meeting with a local artist who will share their creative process, artistic style, and personal inspirations, participants will have the chance to reflect on how art can influence mood, memory, and connection. Whether you are new to art or have years of experience, this program encourages curiosity, creativity, and explores viewing art as an experience to improve Wellbeing. All levels welcome. Supplies included.

Date: Wednesday, April 8th

Time: 10:00am to 12:00pm

Cost: 1/\$15 members, \$15 non-members

Leader: Anne-Marie Fortin

Friday Crafters Victoria Centre

A social group that knits, for Soap for Hope.

Dates: Fridays

Time: 9:30am to 11:30am

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

Self Directed Painting Drop-in Saanich Centre

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

Dates: Tuesdays and Thursdays

Time: 10:00am to 12:00pm

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

Comic and Character Victoria Centre

Unleash your inner cartoonist! This fun, beginner-friendly class teaches older adults how to create comics, characters. Learn the basics of storytelling with these creative drawing and comic classes! We will cover foundational skills such as shapes, proportion, perspective, inking, colour, and shadow, with a focus on using those skills to draw comics.

Date: Thursdays, June 18th

Time: 11:00am to 12:30pm

Cost: 1/\$20 members, \$26 non-members

Leader: Audrey Greenlees

Intro to Art Journaling Victoria Centre

Bring intention and creativity into your life with mixed media journaling and guided exercises. Together we'll explore different approaches to journal expression and composition through painting, sketching, wordplay, and collage. All skill levels welcome, all supplies included.

Date: Thursdays, May 14th to May 28th

Time: 11:00am to 12:30pm

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

Leader: Audrey Greenlees

Drawing in Perspective Victoria Centre

Draw buildings, roads, and people with depth and dimension. 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.

Date: Thursdays, April 16th to 30th

Time: 11:00am to 12:30pm

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

Leader: Audrey Greenlees

Chinese Brush Painting Group Victoria Centre

A social, self-directed group of experienced artists.

Dates: Fridays

Time: 12:30pm to 2:30pm

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

Creative Arts

Art Therapy: Exploring Grief & Loss Victoria Centre

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

Date: Mondays, June 1st to June 22

Time: 10:30am to 12:30pm

Cost: 4/ \$64 members, \$80 non-members

Leader: Anne-Marie Fortin

Stitch & Chat Saanich Centre

Bring your stitch work and join this social group to share ideas, chat and enjoy together the love of knitting, sewing, crocheting or any other needle work you have.

Dates: Tuesdays

Time: 1:00pm to 3:00pm

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

Watercolours: The Natural Environment

Saanich Centre

In this class you will focus on painting coastal fauna and seascapes. Supply list provided.

Date: Mondays, April 13th to May 25th

Time: 1:00pm to 3:00pm

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

Leader: Wendy Muscat-Tyler

Watercolours: Brushed with Colour

Victoria Centre

Discover the joy of watercolour painting in this engaging class designed for all skill levels. Explore fundamental line and wash techniques that blend drawing and painting to create expressive works of art. Participants will learn about composition, colour mixing, and brush control while gaining confidence in their personal style. Whether you're new to watercolours or looking to refine your technique, this class offers a supportive environment to inspire creativity and growth. Supply list provided.

Date: Thursdays, April 23rd to May 28th

Time: 11:15 am to 1:00pm

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

Leader: Merina Rael

Weaving Saanich Centre

A self-directed fiber arts group. Instruction available.

Dates: Tuesdays

Time: 1:00pm to 3:00pm

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

Leader: Brenda and Joan

Woodcarving Saanich Centre

Bring your own project and work with other carvers.

Dates: Mondays and Thursdays

Time: 9:30am to 11:30am

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

Zentangle Victoria Centre

Need a creative boost? Join Certified Zentangle teacher, Mary Anne for relaxing art of Zentangle, 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.

Date: Wednesdays, May 6th to June 10th

Time: 1:00pm to 3:00pm

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

Leader: Mary Anne

Zines- Small Pages Big Ideas Victoria Centre

Fold Staple Share. Zines are small booklets to share your ideas, stories, art, or passions. They're informal, creative, and totally do-it-yourself- these are the ultimate in upcycling old materials. If you enjoy collage, origami, card making, art journalling or scrapbooking of any kind, this one is for you! Zines make a great gift, the perfect notebook or a place to create. This is a fun and welcoming space where creativity knows no limits. If you can dream it, you can zine it! All skill levels welcome.

Dates: Tuesdays, April 7th to April 21st

Time: 11:00am to 12:00pm

Cost: 3/\$15 members, \$25 non-members

Leader: Sue

STUDIO 55 Saanich Centre

STUDIO 55, a creative space dedicated to fostering art, community, and connection. The facility is designed to promote creativity and inclusivity, providing artists and makers with a dedicated environment to create, collaborate, and develop their practices. It is a welcoming, permanent art studio space accommodating up to 11 artists offering a self-directed environment that encourages free expression. The benefits are: Permanent secured storage, Open workspace, Flexible hours, Future opportunities for art sales online, workshops, classes, community projects and mentoring

Hours of Operation:

Mondays to Fridays 9:00am to 3:30pm

Fee: \$125 per month on an annual contract. Payable on the first of each month.

Education and Discussion

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 8th to May 13th

Wednesdays, May 20th to June 24th

Time: 1:30pm to 2:30pm

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

Leader: Louise Thauvette

Dynamic Discussions Saanich Centre

An educational, interactive, and facilitated social group. In this open-minded and welcoming environment, we will share and learn together as we discuss a variety of topics: world events, travel, societal changes, and creativity,

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

Time: 10:00am to 11:30am

Date: Mondays

Leader: Louise Thauvette

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 8th to May 13th

May 20th to June 24th

Time: 9:30am to 10:30am

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

Leader: Louise Thauvette

Improv: Rediscovering Play Victoria Centre

A fun and engaging improv workshop using the principles of improvised theatre to explore listening, collaboration, and connection. In this friendly and positive space, participants will play games and exercises that spark laughter, spontaneity, and creativity while discovering characters and stories together. It's a unique and joyful way to get to know others...and yourself a little better.

Date: Thursdays, June 11th to July 2nd

Time: 1:30pm to 3:00pm

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

Leader: Brett McDonald



Pocket Portraits – Introduction to Cellphone

Photography Victoria Centre

Take your smartphone photos from snapshots to stunning! In this hands-on Cell Phone Photography class, you'll learn simple techniques for better lighting, composition, and editing using the phone you already have. Perfect for beginners, this class will help you capture everyday moments with clarity, creativity, and confidence. Series includes 3 in class sessions and a 2 photo walks.

Dates: Thursdays, May 14th to June 5th & Saturday May 16th

Time: 1:00pm to 3:00pm

Cost: 5/\$75 members, \$100 non-members

Leader: Andrzej Kielbowicz

Memoir Writing Victoria Centre

Explore writing memoirs from a new perspective. This writing style uses guided prompts, discussion, and gentle exercises to help you reflect on meaningful moments, short periods of time, and special memories to shape them into stories, and build confidence in your writing. No previous writing experience is required.

Dates: Thursdays, April 16 to May 7

Time: 1:00pm to 2:00pm

Cost: 4/\$56 members, \$78 non-members

Leader: Victoria Fabling

Container Gardening Victoria Centre

Grow your own fresh, flavorful food in our Container Gardening for Edibles class! Learn how to successfully plant and care for herbs and vegetables in pots. Perfect for patios, balconies, and small spaces. Discover simple tips for healthy soil, smart plant choices, and a bountiful harvest.

Dates: Thursday, April 9th

Time: 10:00am to 12:00pm

Dates: Thursday, April 16th

Time: 5:00pm to 6:30pm

Cost: 1/\$15 members, \$20 non-members

Leader: Victoria Compost Education Centre

Armchair Travel Saanich Centre

Explore the world with monthly speakers.

Dates: Tuesday, April 14th Antarctica

Tuesday, May 12th The Yukon

Tuesday, June 9th Portugal

Time: 1:00pm to 2:00pm

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

“Travel is more than the seeing of sights; it is a change that goes on, deep and permanent in the ideas of the living.”

Miriam Beard

Education and Discussion

Eliminate Clutter & Organize the Rest! Victoria Centre

Simple uncluttering secrets from a former Professional Organizer!

Easy-to-use organizing strategies, closet and paper decluttering, and tips for identifying valuable items—to help create more space, clarity, and ease at home.

Session 1:

3 Simple Steps to make more space for YOU!

Organizing & Storage Secrets

15-minute Fast Fixes!

Session 2

How to Purge & Organize your Clothes Closet

Paper Organization – How long should I keep information?

Antiques and Collections – some might be worth money!

Dates: Mondays, April 20th & May 11th

Time: 10:00 to 12:00noon

Cost: 2/\$20members, \$30 non-members

Presenter: “Clutter Queen” Barbara McDonell

Death Café Victoria Centre

Join us for a welcoming, open conversation about death and dying. A Death Café is a welcoming, participant-led discussion group where people gather to talk openly about end-of-life topics in a relaxed, respectful setting over tea and treats. There's no agenda, presentation, or counselling -This is thoughtful conversation. Together, we'll explore what matters most and deepen our appreciation for life.

Date: Monday, April 13th

Time: 10:00am to 12:00pm

Cost: No Charge **Leader:** Karen

Chinese Women's Friendship Association

Victoria Centre **No fee!**

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.

Treasure Trove Thrift Shop Saanich Centre

Filled with a mix of clothing and household goods. If you are looking to declutter know that donations of gently used items accepted and appreciated!

Open: Mondays, Tuesdays, Thursdays 11:00am to 1:00pm Wednesdays, Fridays 11:30am to 1:00pm

Cards and Games

Chess Victoria Centre

A casual approach with 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.

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

Leader: Brian

Hearts Victoria Centre

A trick-taking card game where the goal is to minimize points at the end!

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

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, Fridays **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 **Time:** 11:45am to 2:30pm

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

Scrabble Saanich Centre

Enjoy the popular board game in which two to four players form words in rows or columns.

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

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

Dance Programs

Line Dance: Beginner Saanich Centre

Learn the basic line dance steps in this fun class.

Dates: Wednesdays, April 8th to May 13th
May 20th to June 24th

Time: 9:30am to 10:45am

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

Leader: Leslie Cook

Line Dance Beginner Plus Saanich Centre

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

Dates: Wednesdays, April 8th to May 13th
May 20th to June 24th

Time: 1:30pm to 2:45pm

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

Leader: Vicky McCulloch

Line Dance: Improver Saanich Centre

The class will focus on dances beyond the Beginner and Beginner Plus levels. Be ready to learn and practice more steps and patterns. Fun with pizzazz!

Dates: Wednesdays, April 8th to May 13th
May 20th to June 24th

Time: 11:00am to 12:30pm

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

Leader: Vicky McCulloch

"When you get the choice to sit it out or dance, I hope you dance." Lee Ann Womack

Zumba Gold Saanich Centre

Low-intensity fitness class with Latin and world rhythms.

Dates: Fridays, April 10th to May 15th
May 29th to June 26th

Time: 2:00pm to 3:00pm

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

Leader: Sam Avis



Beginner Computer Support and Programs - Victoria Centre

One on One Computer Support Victoria Centre

Need a bit of help with your laptop, tablet, or smartphone? Our Computer Assistance team offers friendly, patient one-on-one help with everyday tech questions—email, apps, online safety, settings, and more. Light tech support mixed and learning to get the most from your devices. By appointment only.

Dates: Tuesdays 10:00am or 10:45am, Fridays 11:00am **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: Fridays

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 Wednesday

Time: 10:00am to 12:00pm

VCC Group Learning

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

Dates: Wednesdays

Time: 9:30am to 11:30am

See Calendar for dates and topics:

<https://victoriacomputerclub.org/>

Outreach and Support Services

REACH Community Outreach Project **No fee!**

Silver Threads and James Bay New Horizons partner to provide Outreach Programs with the goals to reduce isolation and connect older adults to the programs and services they need. Staff are working in rental and subsidized housing sites across the region to connect with seniors who are not able to attend our Centres to reduce barriers and isolation. For more information on the Outreach Programs please contact the Victoria Centre at 250 388-4268.



Telephone Reassurance Program **No fee!**

Our Telephone Reassurance Program offers peace of mind for those who live alone and their family members. Each morning by 9:00am our volunteers 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 **No fee!**

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 call 250 388-4268.

Income Tax Clinics Saanich and Victoria Centres **No fee!**

Silver Threads will be preparing tax returns at both of our centres with appointments in March and April. The Community Volunteer Income Tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency (CRA). We will begin to book appointments in February. All relevant tax forms are required prior to booking.

Food Services

Food Share **No fee!**

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: Thursdays

Saanich Centre: 11:00am to 1:00pm

Victoria Centre: 11:00am to 12:00pm

Leaders: Sandy, Hitch: Saanich Centre

Sue: Victoria Centre

Soup Social Victoria Centre

Join us for a soup lunch while connecting and socializing with others.

Date: Thursdays

Time: 12:00pm to 1:00pm

Cost: \$4 members, \$7 non-members **Leader:** Peggy

Silver Spoons Café Saanich Centre

The Café is open Monday to Friday from 9:00am to 1:00pm. A variety of baked goods, soups, sandwiches and coffee and tea are available at affordable prices. Like the Soup and sandwich specials for only \$9.

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.

Thanks to the Food Share Network, COBS Breads, the United Way BC, Victoria Foundation, Sovereign Order of St. John of Jerusalem and Community Gaming for the support of our Food Programs.

Registration and Centre Information

For further information on Silver Threads Service visit: www.silverthreads.ca

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.

Activity Member Pass

An annual **Activity Member** Pass is \$55 April to March. An annual **Activity Member** Pass gives access to both centres and gives reduced registered and drop-in program fees. An annual **Activity Member Pass** is not a requirement to participate in programs or services. The **Activity Member Pass** is a non-voting status as defined by our Bylaws and Constitution and the Society Act.

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 Friday, April 3rd for Good Friday, Monday, April 6th for Easter Monday, May 18th for Victoria Day and Wednesday, July 1st for Canada 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

stay active • stay healthy • stay connected

