



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.



Cheers to Summer!

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

Perfect for new members or those considering joining.

Cost: \$2 members and non-members

Saanich Centre
1:30pm to 2:30pm
Dates: Tuesdays,
July 22nd
August 26th
Leader: Anna

Victoria Centre
1:30pm to 2:30pm
Dates: Tuesdays,
July 15th
August 19th
Leaders: Joan & Penny

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stay active • stay healthy • stay connected

Dance and Movement Programs

Line Dance: Beginner Saanich Centre
Learn the basic line dance steps in this fun class.
Dates: Wednesdays, July 9th to August 20th
Time: 9:30am to 10:45am
Cost: 7/\$49 members, \$70 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, July 9th to August 20th
Time: 1:30pm to 2:45pm
Cost: 7/\$49 members, \$70 non-members
Leader: Vicky McCulloch

Line Dance: Intermediate Saanich Centre
Ideal for experienced line dancers.
Dates: Wednesdays, July 9th to August 20th
Time: 11:00am to 12:30pm
Cost: 7/\$49 members, \$70 non-members
Leader: Vicky McCulloch



Outdoor Walking Group Saanich Centre
A leisurely outdoor walk, group departs each week from Saanich in all kinds of weather! Dress accordingly.
Dates: Wednesdays
Time: 10:00am
Cost: No charge
Leaders: Raewyn and Dianne

Introduction to Belly Dancing Saanich Centre
New!
Learn the basics of Belly Dancing or build on what you already know. Belly Dancing takes us on a personal journey into rhythm and movement and can add new gracefulness, strength and enjoyment of life. Try something new this summer and have a wiggle and a giggle. No experience required and you don't even have to show your belly!
Dates: Tuesdays, July 8th to August 26th
Time: 10:00am to 11:00am
Cost: 8/\$72 members, \$104 non-members
Leader: Joan Fenato

Zumba Gold Saanich Centre
Low-intensity fitness class with Latin and world rhythms.
Dates: Fridays, July 11th to August 29th
Time: 2:00pm to 3:00pm
Cost: 7/\$63 members, \$91 non-members
Leader: Sam Avis

Summer Outings

Craigdarroch Castle
Experience Craigdarroch's lavish rooms adorned with intricate woodwork, stained glass windows, and period furnishings on this personalized tour. You will hear captivating stories of the Dunsmuir family and learn about the Castle's fascinating layers of history and its role in the local community. Please note that this is a historic house museum which has several sets of stairs, and does not have ramps or elevators.
Date: Thursday, July 3rd
Time: 10:00am to 12:00pm
Cost: \$25 members, \$30 non-members
Leader: Paige Driedger
Includes transportation and departs from the Victoria Centre

Horticulture Centre of the Pacific
Experience the beauty and history of The Gardens at HCP through a guided tour led by expert volunteers from the Victoria Master Gardener Association. The tour offers insights into the garden's highlights, the history of the Horticulture Centre of the Pacific, and practical gardening tips for our climate.
Date: Tuesday, August 12th
Time: 10:00am to 12:00pm
Cost: \$25 members, \$30 non-members
Leader: Paige Driedger

Includes transportation and departs from the Victoria Centre

"Never be afraid to try something new because life gets boring when you stay within the limits." Anonymous

Fitness and Wellness Programs

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.

Essentrics Victoria Centre

Dates: Wednesdays, July 9th to August 27th

Time: 11:15am to 12:15pm

Cost: 7/\$77 members, \$105 non-members

Leader: Junko Hammond (Level 4 Essentrics instructor)

Essentrics Saanich Centre

Date: Thursdays, July 10th to August 28th

Time: 2:00pm to 3:00pm

Cost: 7/\$77 members, \$105 non-members

Leader: Junko Hammond (Level 4 Essentrics instructor)

Chair Yoga Victoria Centre

A restorative and relaxing class for your body and mind.

Dates: Tuesdays, July 8th to August 26th

Dates: Thursdays, July 10th to August 28th

Time: 1:30pm to 2:30pm

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

Leader: Kathleen Fournier

Gentle Yoga Saanich Centre

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

Dates: Thursdays, July 10th to August 28th

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

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

Leader: Tanya Roberts

Gentle Yoga Victoria Centre

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

Dates: Mondays, July 14th to August 25th

Dates: Wednesdays, July 9th to August 27th

Time: 1:00pm to 2:00pm

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

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

Leader: Tanya Roberts

Better Balance Workshop Victoria Centre

Join Medical Exercise Specialist Roz Beddall for this 7-week program that will take you through the complex world of balance. Learn the most effective exercises to support and challenge your balance including postural work, strength and endurance training, stretching and fine-tuning your sensory system function.

Dates: Mondays, July 7th to August 25th

Time: 11:15am to 12:15pm

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

Leader: Roz Beddall



Evening Classes at the Victoria Centre

Power Hour Victoria Centre

Join us Thursday evenings to get your hearts pumping! This circuit style class will consist of a group warm up, followed by a series of stations focused on strength and cardio exercises, ending with a group cool down. Elements of resistance training, agility, coordination and balance will be integrated throughout the circuit. This class is suited for those who are able to stand unassisted for 60 minutes, and who are looking for a moderate to intense workout.

Dates: Thursdays, July 10th to August 28th

Time: 5:15pm to 6:15pm

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

Leader: Kim Davidson

Tai Chi Victoria Centre

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.

Date: Thursdays, July 3rd to July 31st

Time: 5:00pm to 6:00pm

Cost: 4/ \$44 members, \$60 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.

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

Saanich Centre 250 382-3151	Victoria Centre 250 388-4268
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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		1:00pm to 3:00pm	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

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, July 10th to August 28th

Time: 1:00pm to 2:00pm

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

Leader: Tat Ma

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 Sunday afternoon. Call Paul at 250 642-4872.

Instructor Profile:

Mike Seal, Pickleball

Mike took up Pickleball when he retired in 2010 and hasn't looked back since. He brought his passion for the sport to Silver Threads as a volunteer in 2014 when he helped kick off Pickleball one day a week at the Saanich Centre. Mike has seen the interest in the sport grow at the Saanich Centre to three days a week currently. Mike



believes that people shouldn't go out to lose, but in the long run it doesn't matter whether you win or lose; the game is all about camaraderie and having fun. Join Mike on Wednesday afternoons for play and coaching. This is a great introduction for those who are new to Pickleball to learn the game, Mike will get you off to a good start!

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

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.

Entertainment - Monthly

All Documentaries and Movies are:

Time: 1:00pm to 3:00pm

Movies Saanich Centre

Tuesday, July 15th I Am Woman

Tuesday, August 19th Ferrari

Movies Victoria Centre

Tuesday, July 22nd Conclave

Tuesday, August 26th A Complete Unknown

Musical Bingo

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

Monday, July 21st

Monday, August 25th

Time: 1:30pm to 3:00pm

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

Leader: Brian

Documentaries Saanich Centre

Tuesday, August 5th Revival 69

Cost: \$2 members, \$5 non-members Call the Centres to reserve your spot.

Literature and Writing

Book & Puzzle Libraries

A wide variety of books and puzzles are available at both Centres.

Victoria Centre hours are Monday to Friday 9:00am to 3:30pm.

Saanich Centre hours may be restricted as program may be running, check at the Front Desk upon arrival.

Service is free of charge and membership is not required.

Book Club Victoria Centre

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

July 30th The Sewing Machine by Natalie Fergie

August 27th In a Sunburned Country by Bill Bryson

Time: 10:30am to 11:30am

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

Leader: Adele

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, July 10th to July 31st

Time: 1:00pm to 2:30pm

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

Leader: Linda

Chinese Brush Painting Group Victoria Centre

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

Dates: Fridays

Time: 12:30pm to 2:30pm

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

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

Self Directed Painting Drop-in Saanich Centre

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

Dates: Tuesdays

Time: 10:00am to 12:00pm

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

Sight & Insight: Playing with Art & Meaning-Making

Victoria Centre **New!**

Come play with the arts alongside certified art therapist and artist Anne-Marie Fortin and explore your strengths, dreams and challenges through creative expression and meaning-making. Using creative processes, you will connect to your inner wisdom while discovering new ways to frame your life's narrative. Claywork, storytelling, collage, drawing, and mindfulness exercises will be some of the proposed activities.

Dates: Mondays, July 14th to August 25th

Time: 10:30am to 12:30pm

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

Leader: Anne-Marie Fortin

Flower Arranging Basics Saanich Centre **New!**

Learn the concepts of Line, Form, Colour and Contrast as you create 4 unique flower arrangement to take home and enjoy.

Dates: Fridays, July 11th to August 1st

Time: 1:00pm to 3:00pm

Cost: 4/\$60 members, \$84 non-members

Leader: Lisa Allan

Friday Crafters Victoria Centre

A social group that knits, crafts and does projects for Soap for Hope.

Dates: Fridays

Time: 9:30am to 11:30am

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

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

Zentangle Continuing: Tangle On! Victoria Centre

For those who have completed the six-session Zentangle class, or who have some practice with the basics of Zentangle and want to develop their skills further. Explore more complex tangles and strings, tangle enhancement, and some experimental techniques such as tea or coffee-staining. The class will allow time for members to explore projects, either in classic Zentangle or Zentangle-inspired art, that interest them.

Dates: Wednesdays, July 16th to August 20th

Time: 1:00pm to 3:00pm

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

Leader: Mary Anne

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.

Dates: Thursdays, August 7th to August 21st

Time: 11:00am to 12:30pm

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

Leader: Audrey Greenlees

Clothed Figure Drawing Workshop Victoria Centre **New!**

Join us for Life Drawing practice! This will be a guided opportunity to learn and draw human anatomy. Build skills studying a clothed model, while we use timed exercises to transform gesture drawings into full sketches. Paper and pencils will be provided, but bringing a sketchbook and/or art board is recommended.

Dates: Monday, August 18th

Time: 1:00pm to 2:30pm

Cost: \$20 members, \$27 non-members

Leader: Audrey Greenlees

"A flower blossoms for its own joy." Oscar Wilde

Music

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

Dates: Fridays, July 11th to August 29th

Time: 1:00pm to 1:45pm

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

Leader: Wendy Pritchard

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

Dates: Fridays, July 11th to August 29th

Time: 2:00pm to 2:45pm

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

Leader: Wendy Pritchard

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

Instructor Profile: Wendy Pritchard, Ukulele

Wendy began playing ukulele when her daughter joined a local youth ukulele program that sparked a family love for the instrument. Since then, she's spent many joyful years volunteering and playing with the Friends Of Music Society, a community-based charity that supports mental health through music.

She feels honoured to share her passion for ukulele with the vibrant members of Silver Threads, where the focus is on having fun, learning together, and making music in a supportive and welcoming environment.



Summer Event

The Chocolate Project Masterclass & Tasting

Victoria Centre

Join us as we taste like chocolate professionals, with International Chocolate Judge and the founder of the Chocolate Project, David Mincey. David will take you through the process of analyzing chocolate, how chocolate is made and how to taste it properly.

Learn what makes fine chocolate so special and how we consumers can do our part to ensure it stays that way.

Be prepared to taste some extraordinary bars!

Date: Tuesday, July 8th

Time: 1:30pm to 3:00pm

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

Leader: David Mincey, the Chocolate Project



"Life is like a box of chocolates, You never know what you're going to get." Forrest Gump

Education and Discussion



Armchair Travel Movies Saanich Centre
Explore the world with monthly documentaries.
Dates: Tuesday, July 8th 500 Days in the Wild
Tuesday, August 12th Peak to Peak and One Man's Dream: The History of the Malahat Highway
Time: 1:00pm to 3:00pm

Brain Games Saanich Centre
Fun group games that will help you keep your mind active. Challenge your brain in a social and interactive setting lead by an experienced facilitator.
Dates: Wednesdays, July 9th to August 27th
Time: 1:30pm to 2:30pm
Cost: 8/\$32 members, \$56 non-members
Leader: Louise Thauvette

Dynamic Discussions
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.

Dynamic Discussions Saanich Centre
Date: Mondays
Time: 10:00am to 11:30am
Cost: \$2 members, \$5 non-members
Leader: Louise Thauvette

Dynamic Discussions Victoria Centre **New!**
Dates: Tuesdays
Time: 10:00am to 11:30am
Cost: \$2 members, \$5 non-members
Leader: Caroline Covil

Trivia Quiz Victoria Centre
Test your knowledge, with these multiple-choice quizzes.
Dates: Mondays
July 7th, August 11th
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, July 9th to August 27th
Time: 9:30am to 10:30am
Cost: 8/\$32 members, \$56 non-members
Leader: Louise Thauvette

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, a little bit better.
Dates: Thursdays, July 10th to July 31st
Time: 10:30am to 12:00pm
Cost: 4/\$44 members, \$60 non-members
Leader: Brett Macdonald

Heat Preparedness Presentation Victoria Centre
New!
City of Victoria Emergency Management Community Liaison Doug Clarke will present a Heat Preparedness Workshop to help you prepare for emergencies, make a plan, get your emergency kit together, and the importance of connecting with your community.
Dates: Monday, July 14th
Time: 1:30pm to 3:00pm
Cost: \$2 members, \$5 non-members
Leader: Doug Clarke, City of Victoria

Speaker Series: Healthy Living - Healthy Heart Saanich Centre **New!**
This session will briefly review the workings of the heart, common medical problems that can occur and how you can assist your heart by living actively. Regular moderate exercise can assist you in reducing the effects of almost all chronic diseases and heart disease is no exception.
Date: Tuesday July 29th
Time: 1:00pm to 2:30pm
Cost: \$2 members, \$4 non-members
Leader: Sandy Gilmour, RN

*"No matter what people tell you,
words and ideas can change the world."
Robin Williams*

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

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 and 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

Times: 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

Snooker Saanich Centre

The Snooker table is available for private play and practice and can be booked during our regular operating hours, Monday to Friday 9:00am to 3:00pm. For more information call 250 382-3151.

Outreach Program



Beginning in 2015, Silver Threads and James Bay New Horizons partnered to initiate an Outreach Program that continued until 2020, the goals were to reduce isolation and connect older adults to the programs and services they needed.

During this 5-year period we connected with over 800 individuals through information sessions, and expanded support by developing off-site programs and bus trips, that unfortunately ended due to COVID and changes in funding.

We are pleased to be in the position of finalizing new funding and have taken the first step to restarting programs at Kiwanis Village Society and are planning to growing this valuable initiative in the region with further sites and supports being planned.

Paige Driedger has been hired as our new Outreach Worker, and will be holding an Information session and on site Health & Wellness Programs for the Kiwanis residents beginning in June 2025.

Further updates on our Outreach Program will be shared in our Monthly Newsletters and on our Facebook page, as well as in our next Fall Program Guide.



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 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 Tuesday

Time: 10:00am to 12:00pm

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, July 4th, August 1st

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

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!

Outreach Programs

For more information on the partnership to deliver Outreach Programs by Silver Threads and James Bay New Horizons see page 9 of this Program guide.

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: Thursdays

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

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

Leaders: Sandy, Hitch and Lorraine Saanich Centre
Sue, Victoria Centre

Sandwich Social Victoria Centre

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

Date: Thursdays, July 17th, August 21st

Time: 12:00pm to 1:00pm

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.

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 Canada Day, July 1st, BC Day, August 4th, and Labour Day, September 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

