

Victoria Centre
1728 Douglas Street
TEL: 388-4268
FAX: 388-7579

SILVER THREADS SERVICE

SUMMER PROGRAMS

VICTORIA

SPECIAL EVENTS

Tall Ships

June 26th, 10:00-12:00

Join us for a trip to Victoria's scenic Inner Harbour to commemorate the city's maritime heritage with the historic visit of over two dozen tall ships from around the world. For Reservations call 388-4268.

Lunch in the Square

July 8th, 12:00 noon

Lunch will be served on the lawn at Centennial Square accompanied by a lovely backdrop of music to enjoy your lunch. Tickets are available at the front desk \$10.00

Chemainus Theatre

August 7th, 10:00-5:00

Spend the day in Chemainus, there will be time to take in some of the sights or shopping after the delicious buffet before the show starts. Seating is limited to 6 so don't be disappointed reserve early. 388-4268

Concerts in the Park

June -September starting at 1:30pm

The Cameron Bandshell is an outdoor performance venue located in Beacon Hill Park .

FREE Seniors Concerts every Friday

Guess who's Coming To Dinner?

Summer Dates

This event is held together with the Saanich Centre. If you would like to attend this event. Please call 388-4268.

July 9th, will be a Summer BBQ

August 13th, will be a Summer Cold Plate

COMMUNITY SERVICES

Be Well Clinic

Every Monday 11:30-12:30 Have your Blood Pressure Monitored. Donations are gratefully accepted for this volunteer service. This volunteer service will continue in September.

Memory P.L.U.S.

For those having memory problems and their caregivers. Every Friday 1-3pm.

Call Sue McCauley at the Saanich Centre (382-3151) for a referral.

SWAP

(Seniors/Student Work Assistance Program)

This is a joint program of *Silver Threads* and Uvic, Connecting seniors who need assistance with housework/ gardening/odd jobs etc. with students who need work.

The rate is \$12.00 per hour and a 2hr minimum.

Call 388-4268 for assistance

L.I.F.E. Program

The L.I.F.E. Program supplies a \$40.00 credit to eligible residents of the City of Victoria (income criteria) for participation in programs in Victoria's Seniors and Community Centres.

Applications are available at our front desk.

"On the Go " Program

Thursday, Morning 10am-12pm. This is an 8 week session to introduce isolated seniors to others who live in their area, giving them information on services and activities in their community Call 388-4268 for dates & times.

Community Access Computers (Cap Program)

Our 2 CAP computers provide free Internet and e-mail access. Monday-Friday 9:00-3:00pm daily.

ART

Chinese Brush Painting

Friday's 1-3pm members \$65.00 Non-members \$87.00

This class will resume in September

Mah Jong

Play this fascinating tile game even if you have not played before, you are welcome to come & watch. Before long, you could find yourself sitting down to a game.

Drop-in Wednesday 9:30-11:30am

Members \$1.25 Non-members \$4.00

CRAFTS

Crafts

There is no charge for this class. If the items are made for *Silver Threads* to sell at our various Craft Fairs.

Friday 9:30-11:30am.

Knitting & Crochet

Wool and patterns are provided for knitters who knit for *Silver Threads*. Knitters working on their own project will be charged a drop-in fee of \$1.25 for Members and \$4.00 for Non-members

Quilting

We are still inviting interested quilters to quilt on. Tuesday 9:30-11:30am

Sewing For Yourself

The instructor will assist you with your own project-Fit a pattern, pattern alterations and finishing details. Lots of one on one instruction. Thursday 9:30-11:30am Please call ahead to make an appointment with our

instructor Members \$1.25 Non-members \$4.00

FITNESS

Strength & Stretch

Starting with a warm-up, the focus is on exercise using tubing, free weights and gentle stretching to tone and strengthen your muscles. Monday & Thursday 10-11am
Members \$2.25 Non-members \$5.00 These classes will resume in September.

Tai Chi Chuen

Develop health balance and grace while having fun learning self-defence, fist form, weaponry and grappling.
Tuesday 7-8:30pm Members \$4.00 Non-members \$7.00

Table Tennis

Wednesday/Thursday Drop in 1:00-3:00pm
Bring a friend and challenge them to a game.
Members 1.25 Non members \$4.00

MEAL PROGRAMS/FOOD SERVICES

Guess Who's Coming To Dinner? Program

Monthly Dinner & Entertainment at 5:00pm. These dinners are held at Saanich *Silver Threads*. Transportation provided by volunteer drivers if available and needed. Cost \$11.00
By reservation 388-4268. This program will resume its regular time schedule in September on the 1st & 3rd Wednesday's of each month.

Lunch Soup Program

Homemade Soup Monday's 11:30-1:00. This is a self-serve soup bar. Cost \$2.50 per bowl
This service will continue in September.

Homemade Frozen Chicken or Beef meat pies can be purchased from our kitchen for \$3.00