

# Saanich Older Adult Activity Guide

# CONNECTIONS

Winter/Spring: January through May 2025



**General Registration  
for Saanich Winter/Spring  
programs opens  
December 4 at 6am.**

Other sites registration varies,  
please contact directly.



**PARKS, RECREATION  
& COMMUNITY SERVICES**

## **COMMUNITY SERVICES OLDER ADULT PROGRAMMERS**

Alison Chamberlain 250-475-5408  
Laura Van Dyk 250-216-6006  
Dior Wilsher 778-584-6812  
Kathleen Baker 778-584-6810

## **COMMUNITY RECREATION CENTRES**

Cedar Hill Recreation Centre 250-475-7121  
Gordon Head Recreation Centre 250-475-7100  
G.R. Pearkes Recreation Centre 250-475-5400  
Saanich Commonwealth Place 250-475-7600



## A YEAR TO EXPLORE!

2025 brings a whole new year to explore our community!

We hope you'll consider participating in one of the many upcoming special events in Saanich (this page). Winter and spring bring many celebrations and significant happenings in our community, such as the Lunar New Year (January), Black History Month (February), Trans Day of Visibility, International Women's Day, and Sikh Heritage Month (March), as well as Asian and Jewish Heritage Months (May).

Winter and spring are also great times to connect at social programs, stay informed at lectures (pg. 3), walk with others (pg. 7), or share your feedback on community topics (this page). You can move to music in new ways (pg. 4) and support your overall wellness (pg.5-6).

If costs are a concern, we encourage you to learn more about Saanich's new reCREATE grant. For qualifying adults 60yrs+, it can help supplement some activity costs (this page).

Wishing you a wonderful winter and spring season exploring our community!

*Alison, Community Programmer II, Older Adult Services, Community Services Division District of Saanich*

## FREE Community Events

### WELCOME DAY CELEBRATION

Monday, February 17, 11am-3pm  
Saanich Commonwealth Place

 #35, #72

This free, family friendly event connects newcomers and recent immigrants with organizations and groups that serve them. Come connect with us and each other, share and gain information, enjoy performances and more! Contact [jason.jones@saanich.ca](mailto:jason.jones@saanich.ca), 250-475-5427, for more information.



Photo by Tracy Guinchard/Mohit Verma



### FAMILY ARTS FESTIVAL

Monday, February 17, 11am-3pm  
Cedar Hill Arts and Recreation Centre


 #24, #8

Those young at heart and kids of all ages will enjoy a wide variety of activities led by Arts Centre staff and guest instructors from Greater Victoria's arts community.



### SAANICH EARTH DAY FESTIVAL

Saturday, April 19, 11am-3pm  
Saanich Municipal Hall

 #70, 71, 72, 75

Celebrate Earth Day by learning about the different ways we can care about our planet, decrease our carbon footprint, and minimize our overall impact on the climate. Watch [saanich.ca/earthdayfestival](http://saanich.ca/earthdayfestival) or contact [sarah.faria@saanich.ca](mailto:sarah.faria@saanich.ca), 250-475-5558, for more information

### MOTHER'S DAY PICNIC IN THE PARK

Sunday, May 11, 2-4pm  
Playfair Park

 #6, 6A, 6B

The rhododendrons will be in bloom, the playground bustling, and music from the Reynolds Alumni, Senior, and Jazz Bands will be filling the air. Bring your family and some folding chairs and settle in for a delightful afternoon. Visit [saanich.ca/mothersdayconcert](http://saanich.ca/mothersdayconcert) for more info.

 Bus Logo indicates a suggested bus route to access program/event. Regular bus fares apply.

## Accessing Saanich Programs

### NEW! RECREATE 60yrs+ GRANT

Are fees for your program a barrier to participating? Learn more about new grants for qualifying individuals. If you are fortunate to not have financial barriers, consider donating to help others access more of the programs they love. Call 250-475-5422 or contact [financialassistance@saanich.ca](mailto:financialassistance@saanich.ca)

### FREE OLDER ADULT ASSISTANCE CARD

Don't let balance, mobility, or other barriers prevent you from participating! Apply for an Older Adult Assistant Card to bring someone along with you to assist you in programs and activities for free! For more information or to apply, visit a Saanich recreation centre.

### FREE SAANICH RECREATION CENTRE DROP-IN 90yrs+

Sign up at any Saanich recreation centre for our Lifetime 90yrs+ rate and enjoy free access to many drop-in activities:

- Drop-in swimming, hot tub, sauna and steam room
- Drop-in fitness, basic yoga and indoor cycling classes
- Drop-in waterfit classes
- Drop-in weight room
- Drop-in adult sports and drop-in skating (skate rentals extra)

### LEISURE INVOLVEMENT FOR EVERYONE (LIFE)

LIFE provides low-income Saanich residents access to all Greater Victoria recreation centres and a variety of discounts for Saanich recreation programs.

For those 55yrs+, an annual membership to one Saanich older adult centre is also included. To see if you qualify, apply at any recreation centre or call 250-475-5422.



# Saanich Fitness, Wellness & Social Opportunities

## FREE SOCIAL OPPORTUNITIES

### FREE R BRAEFOOT BOOK SWAP AND SOCIAL 55+

Discover your next favourite read! Bring a book you're ready to trade and enjoy an afternoon of exploring new subgenres, sharing recommendations and connecting with fellow book lovers. Light refreshments are provided. Everyone will leave with a gently used book to dive into.



BRAEFOOT PARK CENTRE

127141 FICTION Sa Jan 18 1-3pm FREE

127161 NON-FICTION Sa Apr 12 1-3pm FREE

### FREE SOCIAL DROP-IN 55yrs+

Rediscover connections or cultivate new friendships at our older adult social drop-ins. At Cedar Hill, enjoy board or card games, knitting, stitching, and a monthly group activity. At Gordon Head, G.R. Pearkes, or Saanich Commonwealth Place, enjoy table tennis or pool, board and card games, chatting, and other activities. Does not run on statutory holidays. Most sites do not run March 17-28.

CEDAR HILL RECREATION CENTRE

127184 F Jan 10-Jun 27 1-3pm FREE

G.R. PEARKES RECREATION CENTRE

127932 M Jan 13-Jun 9 9:30-11:30am FREE

127935 W Jan 15-Jun 11 9:30-11:30am FREE

GORDON HEAD RECREATION CENTRE

127698 Tu Jan 14-Mar 11 1-2:30pm FREE

128409 Tu Apr 1-Jun 10 1-2:30pm FREE

SAANICH COMMONWEALTH PLACE

127686 M Jan 13-Jun 9 10-11:30am FREE



### FREE R INDIGENOUS DRUMMING WORKSHOP 50yrs+

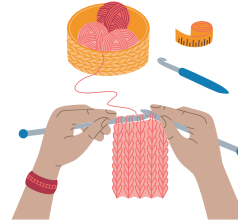
An opportunity to learn about and enjoy Indigenous drumming together.

CEDAR HILL RECREATION CENTRE

131827 Th Mar 6 2:45-4pm FREE

### FREE SOCIAL KNITTING 50yrs+

Join us for social knitting where we create beautiful blankets in support of community members in need of warmth. Bring your knitting supplies and work alongside others, including Blankets for Canada Society knitters, as we make a difference together, in our community.



SAANICH COMMONWEALTH PLACE

128410 M Jan 13-Jun 16 12:30-3pm FREE

### FREE TRANS AND GENDER NONCONFORMING SOCIAL 40yrs+

Come join this monthly social! Sip coffee or tea, savor light snacks, enjoy conversation and activities (pool, table tennis, foosball, card or board games and more) alongside others, 40yrs+ who identify as trans or gender nonconforming. First Friday of each month.

GORDON HEAD RECREATION CENTRE

129140 F Jan 3 6-7:30pm FREE

F Jan 10-Jun 6 10:30am-12pm FREE

### FREE R 2SLGBTQIA+ SPEED FRIENDING 55yrs+

For those older adults who identify as 2SLGBTQIA+. An opportunity to engage with new people in a welcoming, safe and fun environment! Meet up to 11 other adults one-on-one, connect, share a laugh and maybe spark a friendship. Refreshments provided.

SAANICH COMMUNITY SERVICES AT OAKLANDS

COMMUNITY ASSOCIATION

128370 Sa Feb 8 1-3pm FREE

**R** = Registration is required for this program.  
Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

### FREE R SPEED FRIENDING 70yrs+

An opportunity to engage with new people in a welcoming, safe and fun environment! Meet up to 13 other adults one-on-one, connect, share a laugh and maybe spark a friendship.

GORDON HEAD RECREATION CENTRE

129246 Th Apr 10 1-3pm FREE

## LEARNING OPPORTUNITIES

### 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. Please call 250-382-3151 for more details.

SAANICH SILVER THREADS

M 10-11:30am \$2/members, \$5/non-members

### FREE R BEAT THE FRAUDSTER SAFETY SERIES 50yrs+

Empower and protect yourself and your loved ones with practical techniques to increase your financial and technological safety. In partnership with Saanich Police's Community Engagement Division, this free monthly series covers different aspects of financial and personal safety.

GORDON HEAD RECREATION CENTRE

129151 Th Feb 6 1:30-3pm FREE

SAANICH POLICE DEPARTMENT, 760 VERNON AVENUE

129489 W Mar 5 7-9pm FREE

CEDAR HILL RECREATION CENTRE

129585 Th Apr 17 1:30-3pm FREE





# Saanich Fitness, Wellness & Social Opportunities



## FOCUS ON DANCE

Explore these different ways to move to music and the many social and wellness benefits that come with them!

### R BALLET WITH EASE 55yrs+

A gentler ballet class for older adults or those with mobility issues wanting to experience ballet. Explore a combination of movements while standing or while seated. We will learn simple and elegant movements accompanied by classical piano music.

CEDAR HILL RECREATION CENTRE  
128204 W Jan 8-Mar 12 10-11am 10/\$120  
128205 W Apr 2-Jun 18 10-11am 12/\$144

### R HULA HAWAIIAN DANCE

The Hula is accompanied by music or traditional chant. Hands tell a story while hips sway to keep the rhythm of the dance. Easy and light, yet great for core muscles and joints.

What a fun way to stay in shape!

SAANICH COMMONWEALTH PLACE  
128543 Th Jan 9-Feb 27 2-3pm 8/\$76  
128717 Th Mar 6-Apr 24 2-3pm 8/\$76  
128718 Th May 1-Jun 19 2-3pm 8/\$76



### R NULINE DANCING - NEW BEGINNERS

Learn a variety of routines for all music genres: latin, jazz, rock and more. Enjoy a low-impact physical and mental workout while learning to dance. No experience or partner necessary. Tuesdays from 7:30-9pm and Thursdays from 2:45-4:15pm. Please call centre for details.

CEDAR HILL RECREATION CENTRE

### R LINE DANCING

Learn basic dance patterns and put them together into a line dance. No partner required. Enjoy beginner-level line dances for those who are familiar with basic steps. Drop-in available for \$9.

CORDOVA BAY 55+ ASSOCIATION  
129529 F Jan 10-Feb 28 10:15-11:30am 8/\$64  
129530 F Mar 7-May 2 10:15-11:30am 8/\$64  
129531 F May 9-Jun 27 10:15-11:30am 8/\$64

## ARTS, MUSIC & SOUND

### FREE R GALLERY INFORMATION SESSION

All artists and arts, culture, and community groups interested in exhibiting in Saanich gallery spaces are invited to this information session. Learn about general exhibit processes, what to expect, and considerations for a well-rounded proposal. A Q&A will follow. Information about the Saanich exhibition program can be found at [saanich.ca/exhibitions](http://saanich.ca/exhibitions).

CEDAR HILL RECREATION CENTRE  
129188 Tu May 20 6-7:30 FREE

### WATERCOLOURS: WATER AND SKIES

Learn how to create seascapes, referencing photos (preferably your own) of water and skies. Please call for more details.

SAANICH SILVER THREADS  
F 9:30-11:30am



### FREE R ART HIVE 55 (FREE)

Explore art and craft making in this relaxed, supportive and social environment! Experiment with diverse available materials or bring your own supplies and works in progress. No experience required. Supported by the Victoria Foundation's Community Grants Program.

CEDAR HILL RECREATION CENTRE  
127176 F Jan 10-Feb 28 10-11:30am FREE  
127177 F Apr 4-May 9 10-11:30am FREE  
127178 F May 23-Jun 27 10-11:30am FREE

### R ADULT PIANO (SEMI-PRIVATE)

Have you always wanted to learn piano but never had a chance, or want to revisit your pianistic skills again? This is the class for you! A creative and fun approach to learning about music, rhythm, note reading and composing skills. Classes range in weeks. Please contact centre for more information.



### R FIBRE ARTS - BIG STITCH 50yrs+

Participants will have fun with threads, yarns, cord and open or loose weave fabric and large, user-friendly needles. Play with texture, colour and stitch to create a unique fabric collage or 3D object. All supplies provided.

CEDAR HILL RECREATION CENTRE  
128775 Su May 4 1-4pm \$42

### R MEMORY CAFÉ VICTORIA

A music and arts-based social program for people living with memory loss and their care partners. Engaging arts and music activities are led by professionals with a focus on creativity, connection and fun. Care partners must attend. Registration is limited to seven groups of two.

GORDON HEAD RECREATION CENTRE  
129155 M Jan 13-Feb 24 10am-12pm 6/\$120  
129156 M Mar 3-Apr 28 10am-12pm 6/\$120  
129842 M May 5-Jun 9 10am-12pm 6/\$120  
SAANICH COMMONWEALTH PLACE  
129534 Tu Jan 7-Feb 11 10am-12pm 6/\$120  
129536 Tu Feb 18-Mar 25 10am-12pm 6/\$120  
129537 Tu Apr 1-May 6 10am-12pm 6/\$120  
129538 Tu May 13-Jun 17 10am-12pm 6/\$120

### R POUND ROCKOUT WORKOUT

Become the music with constant drumming to loud, let-loose music. POUND is an energizing, infectious, sweat-dripping workout that combines cardio, Pilates, isometric movements, and plyometrics. Designed for all fitness levels, POUND provides the perfect atmosphere for toning up and rocking out!

BRAEFoot PARK CENTRE  
130950 Sa Jan 4-25 9-10am 4/\$60  
130951 Sa Feb 1-22 9-10am 4/\$60  
130952 Sa Ap 5-26 9-10am 4/\$60  
130953 Sa May 3-31 9-10am 4/\$60  
130954 Sa Jun 7-28 9-10am 4/\$60

R = Registration is required for this program.  
Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

# Saanich Fitness, Wellness & Social Opportunities

## WELLNESS

### FREE <sup>R</sup> CHOOSE TO MOVE ONLINE

Available to residents of B.C., join this empowering online experience that equips you with the knowledge and confidence to lead a more physically active and socially connected life. This is not a physical activity class but an opportunity to connect with like-minded peers and work closely with a knowledgeable activity coach who cheer you on in creating lasting lifestyle changes. Please call 604-875-4111 ext. 21787 for details. ZOOM, ONLINE



### <sup>R</sup> SENIOR FITNESS TOOL KIT <sup>®</sup> 50yrs+

This program will show you how to manage some common medical conditions using exercise. You will come away with a toolkit of safe and effective exercises and stretches to help you live your best life!



GORDON HEAD RECREATION CENTRE  
 129207 W Jan 8-Feb 26 10:15-11:15am 8/\$100  
 129208 W Mar 5-Apr 23 10:15-11:15am 8/\$100  
 129209 W Apr 30-Jun 11 10:15-11:15am 7/\$87.50

<sup>R</sup> = Registration is required for this program.  
 Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

### <sup>R</sup> OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT CLASS

A fun and welcoming social and movement class for all older adults including those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. Led by an older adult fitness instructor. First-time registrants, please call 250-216-6006 to determine if this program is a good fit.

SAANICH COMMONWEALTH PLACE  
 127661 W Jan 8-Mar 12 12:30-2:30pm 10/\$100  
 127684 W Apr 2-Jun 4 12:30-2:30pm 10/\$100

### <sup>R</sup> MOVING BEYOND CANCER

Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two group fitness classes per week will empower you to feel your best while improving your strength, cardio, balance and flexibility in a supportive community environment. Modifications will be shown.

SAANICH COMMONWEALTH PLACE  
 126873 M and W Jan 13-Apr 2 12:45-1:45pm 23/\$150  
 130008 M and W Apr 7-Jun 18 12:45-1:45pm 20/\$130



### <sup>R</sup> MINDS IN MOTION 50yrs+

A fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. Offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

GORDON HEAD RECREATION CENTRE  
 125320 M Jan 20-Feb 24 1-2:30pm 5/\$40  
 125321 M Mar 10-Apr 14 1-2:30pm 6/\$48  
 125322 M May 5-Jun 9 1-2:30pm 5/\$40  
 G.R. PEARKES RECREATION CENTRE  
 127773 W Jan 22-Feb 26 1-2:30pm 6/\$48  
 127775 W May 7-Jun 25 1-2:30pm 8/\$64  
 129145 W Mar 12-Apr 16 1-2:30pm 6/\$48

### <sup>R</sup> TIME<sup>®</sup>

T.I.M.E. is an exercise class for individuals with balance and mobility challenges from conditions such as stroke, acquired brain injury or Multiple Sclerosis. This specialized circuit-style fitness class is offered in partnership with Island Health. Participants must be able to independently walk 10 metres with, or without, walking aid.

CEDAR HILL RECREATION CENTRE  
 131977 M and W Jan 13-Feb 26 1:30-2:30pm 16/\$147  
 131978 M and W Mar 3-Apr 30 1:30-2:30pm 15/\$147  
 131979 M and W May 5-Jun 25 1:30-2:30pm 12/\$169  
 GORDON HEAD RECREATION CENTRE  
 127805 W and F Jan 8-Feb 28 11:45am-12:45pm 16/\$180  
 127806 W and F Mar 5-Apr 25 11:45am-12:45pm 15/\$169  
 127807 W and F May 7-Jun 13 11:45am-12:45pm 12/\$135

## Opportunities to Contribute

Contact us: email, [volunteer@saanich.ca](mailto:volunteer@saanich.ca) or call 250-475-5502.

### SOCIAL PROGRAM VOLUNTEERS

Help ensure that adults 55yrs+ have free social opportunities in our recreation centres! If you would like to take on a leadership role in creating a welcoming social space for others, contact us.

### DROP-IN PARK RESTORATION VOLUNTEERS

Do you love being outdoors and giving back to nature and your community? We are seeking drop-in volunteers for the Pulling Together Program to help remove invasive species, plant native trees and shrubs, and improve wildlife habitat in Saanich parks. For a list of parks currently accepting drop-in volunteers (as well as meeting dates and times), contact us.

### SPECIAL EVENT VOLUNTEERS

Whether you're leading a craft at Family Arts Festival, spreading awareness about sustainability at Earth Day, or serving up ice cream at Strawberry Festival, you are bound to have a memorable volunteer experience at our vibrant community gatherings. To apply to our volunteer interest list for 2025, contact us.





# Saanich Recreation Registered Fitness Programs

Registration is required for all programs listed on this grid. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility.

CH= Cedar Hill Recreation Centre PK= G.R. Pearkes Recreation Centre SCP= Saanich Commonwealth Place GH= Gordon Head Recreation Centre

GETTING STARTED	CONTINUE MOVING	WEIGHT ROOM	MINDFUL MOVEMENT	RESTORATIVE
For those new to fitness or wanting to return to exercise and movement.	For those with some fitness routines already.	All experience levels welcome. These programs take place in one of our four recreation centre weight rooms.	Programs include gentle movement, breathing exercises, fall prevention, social elements, balance, and general wellbeing.	These programs assist you with pre-existing physical health conditions in your daily life.
<b>Easy Fit</b> PK M 11:15am-12:15pm SCP Tu 1:15-2:15pm CH Th 11:30am-12:30pm  <b>Gentle Fit</b> CH Tu 10:30-11:30am  <b>FREE Getting Started with Exercise 50+</b> GH W 11:30-12:30pm CH F 9:30-10:15am SCP F 2:30-3:15pm  <b>Intro to Aging Backwards</b> Westcoast Academy of Performing Arts Tu 1:30-2:30pm  <b>Meditation-Buddhist</b> CH Tu 12:15-1:15pm  <b>Yoga - Slow Flow</b> CH Th 7:20-8:20pm	<b>Aging Backwards</b> SCP Tu 9:15-10:15am GH Tu 11:30-12:30pm SCP Th 9:15-10:15 am  <b>Boxing 50+</b> SCP Su 8:15-9:15am  <b>Full Body Workout</b> Virtual Su 9:15-10:15am  <b>Nia Fitness And Dance</b> CH Th 1-2:15pm  <b>Total Body Workout</b> CH Th 9:15-10:15am GH F 10:15-11:15am  <b>Walkers with Walkers 65yrs*+</b> <i>*partially outside</i> CH F 10:30-11:30am  <b>Yoga and mobility for 55+</b> SCP Tu 11:45am-1pm SCP Th 2-3:15pm  <b>ZUMBA Gold®</b> CH M 10-11am	<b>Circuit Training</b> GH F 9-10am  <b>Take Heart and Breathe Well</b> SCP W & F 11:30-1pm W & F 1:30-3pm  <b>Weight Training - Beginner 50+</b> CH Su 1-2pm	<b>Balance Booster®</b> GH M 10-11am SCP Tu 1-1:50pm GH W 10-11am  <b>Balance and Strength</b> SCP F 1:15-2:15pm  <b>Yoga - Bend it Like Peckham Gentle</b> SCP W 5:15-6:30pm  <b>Flexibility and Core</b> GH Tu 1-2pm	<b>Build Better Bones</b> SCP M 2-3pm SCP W 2-3pm CH W 10:15-11:15am  <b>Chronic Pain/Mild Movement Class</b> SCP Tu 11:30-12:30pm SCP Th 11:30-12:30pm  <b>Hips, Core and Pelvic Floor</b> SCP M 12:45-2 pm  <b>Osteofit Level 1</b> CH M 10:15-11:15am CH F 9:15-10:15am  <b>Osteofit for Life</b> CH M 9-10am CH W 9-10am CH F 10:30-11:30am  <b>T.I.M.E®</b> CH M & W 1:30-2:30 GH W & F 11:45-12:45pm



Fitness and wellness journeys are personal and unique. These categories serve as guidelines. We recommend consulting a fitness programmer before registering if you have questions or want to ensure a program suits your needs. For even more fitness opportunities in our community, including reserved drop-in, drop-in programs and sports please visit [saanich.ca/recreation](http://saanich.ca/recreation), or call the recreation and community centres (pg. 8).

# Saanich Outdoor Opportunities

## FREE EASY WALKS

Enjoy easy, social one-hour guided group walks with Penny. Traverse pavement and smooth trails through a variety of interesting parks, trails and neighbourhoods in Saanich. Where possible, routes avoid steep hills. Please wear supportive shoes. No walks on statutory holidays. VARIOUS SAANICH PARKS, TRAILS AND NEIGHBOURHOODS

**Mondays, 1:30-2:30pm**

**Jan 13 - Beckwith to Lochside** Meet in Beckwith Park, Beckwith Ave., off Quadra St. 🚌 6, 6A, 6B (300m)

**Jan 20 - University of Victoria/Henderson** Meet by covered bike storage shelter at Henderson Recreation Centre parking lot, on Cedar Hill Cross Rd. 🚌 4, 7, 15 (396m)

**Jan 27 - Lambrick/Blenkinsop** Meet outside main entrance to Gordon Head Recreation Centre, off Feltham Ave. 🚌 27, 28 (350m)

**Feb 3 - McMinn/Outerbridge Parks** Meet by entrance to McMinn Park, on Maplegrove St., off Sunnymead Way and Cordova Bay Rd. 🚌 32, 39 (950m)

**Feb 10 - Hyacinth Park to Swan/Colquitz Creeks** Meet at Hyacinth Park parking lot, Marigold Rd. 🚌 8,21 (150m)

**Feb 24 - Braefoot Rural Route** Meet by lacrosse box, Braefoot Centre parking lot, on Mackenzie Ave. at Braefoot Rd. 🚌 26 (100m)

**Mar 3 - Bowker Creek/Saanich Panhandle** Meet at corner of Townley and Queenston St., off Richmond Rd. Street parking along Queenston. 🚌 22,27,28 (200-400m)

**Mar 10 - Saanich Core** Meet beside playground in Rutledge Park. Street parking along streets surrounding Rutledge Park, (Inverness Rd., Glasgow Ave. and Scotia St.). 🚌 6 (275m)

**Mar 17 - Cordova Bay** Meet in Lochside Park, on Lochside Rd., off Cordova Bay Rd. 🚌 32 (425m)

**Mar 24 - Layritz/Glendale** Meet in Layritz Park parking lot, on Layritz Ave., off Glyn and Wilkinson Rds. 🚌 21, 39, 83 (Vancouver Island Technology Park, 500m through park trails to Layritz Park parking).

**Mar 31 - Gorge/Tillicum** Meet at foot of steps up to Silver City Cinema, Tillicum Mall. 🚌 8,11 (104m), 24, 25 (200m)

**Apr 7 - Marigold/Garden City** Meet at Marigold Park, on Iris Ave. off Grange Rd. 🚌 22, 22A (375m)

**Apr 14 - Horner Park/University/Finnerty Gardens** Meet at Horner Park parking lot, on Palo Alto St. off Cedar Hill Cross Rd. 🚌 14 (225m), 27, 28 (450m)

**Apr 28 - Playfair/Cedar Hill (Loop 1)** Meet in main parking lot for Playfair Park, on Rock St. off Quadra St. 🚌 6,6A,6B (225m)

**May 5 - Cadboro Bay/Finnerty Cove** Meet/park on Maynard St., next to Maynard Park playground. 🚌 11 (75m)

**May 12 - Broadmead/Lohbrunner** Meet/park at Emily Carr Park, on Emily Carr Dr. 🚌 6A (26m)

**May 26 - Ten Mile Point** Meet/park by tennis courts at Wedgewood Park, Arbutus Rd. 🚌 11 (650m)

🚌 Suggested bus routes to meeting point. Distance from bus stop to meeting points are approximate.

## R WALK AND TALK PASSES

Purchase a pass online, or any of our four recreation centres, to join Dianne and John! Walks are 1.5-hour moderate paced, social, staff-led, group excursions, on trails with some uneven surfaces, through a variety of interesting parks, trails and neighbourhoods in Saanich. The schedule that comes with your pass allows you to choose from a variety of walks. Please wear supportive shoes.

VARIOUS SAANICH PARKS, TRAILS AND NEIGHBOURHOODS

Tu and Th 9:30-11am

128896 Jan 7-Jun 26 25x Punch Pass/\$125

129131 Jan 7-Jun 26 Unlimited Walk Pass/\$149

## R BEGINNER BIRDING 55yrs+

Do you love birds and want to know more about local species? Expert birders introduce you to tuning into the natural world and following the stories and clues birds offer, from different locations each week.

VARIOUS SAANICH PARKS

129711 W Apr 9-30 9-10:30am 4/\$55

## R GARDEN GROUP 70yrs+

Interested in growing your own food? Join this small team collectively gardening a single plot together. Collaborate on costs, workload, and rewards. Gardeners must be on site frequently during the week during the growing season. Gardeners may choose to spend more on seeds, soil and gardening materials as a group above the program cost.

Please contact Alison, 250-475-5408 for more information and to participate in an intake interview. Apr 1-Oct 31 \$100

## R WALKERS WITH WALKERS 65+

Bring your walker or walking poles and enjoy a safe, friendly walk outdoors. In the first class, we will review your poles or walker to ensure correct setup. Emphasis is on proper posture, balance and breathing. Caregivers/partners may attend as assistants at no cost, but must register.

CEDAR HILL RECREATION CENTRE

129022 F Jan 10-Feb 28 10:30-11:30am 8/\$58

129023 F Mar 7-May 2 10:30-11:30am 8/\$58

129024 F May 9-Jun 20 10:30-11:30am 7/\$51

## R SOCIAL CROQUET FREE DAY

Those 55+ are invited to try croquet or get a refresher before the spring season starts.

BURNSIDE LAWN BOWLING CLUB

127916 W Apr 30 10-11:30am

## R SOCIAL CROQUET 55yrs+

Remember the fun of playing croquet with friends? Rekindle the joy, get some fresh air and meet some new friends. No equipment or experience needed. Cancelled if raining by 8:30am.

BURNSIDE LAWN BOWLING CLUB

127917 W May 7-Jun 25 10-11:30am 8/\$48



**R** = Registration is required for this program. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility



# Saanich Older Adult Community Resources

## SAANICH RECREATION CENTRES

### CEDAR HILL RECREATION CENTRE

3220 Cedar Hill Road  
250-475-7121



Poetry Nook | 🚗 #8, 24

### GORDON HEAD RECREATION CENTRE

4100 Lambrick Way  
250-475-7100



Book Nook | 🚗 #27, 28

### G.R. PEARKES RECREATION CENTRE

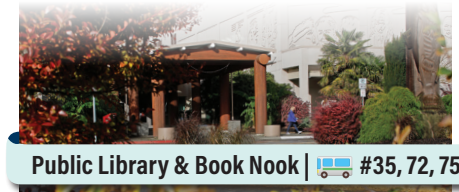
3100 Tillicum Road  
250-475-5400



Public Library | 🚗 #8, 11

### SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive  
250-475-7600



Public Library & Book Nook | 🚗 #35, 72, 75

Ask us about admission fees, Access Passes and 60yrs+ fees for drop-in programs and recreation. FREE drop-in admission for those 90yrs+ with the Lifetime rate!

## COMMUNITY CENTRES

### SILVER THREADS\*

silverthreads.ca  
SAANICH CENTRE:

286 Hampton Road, 250-382-3151  
Monday-Friday | 9am-3:30pm

### VICTORIA CENTRE:

1911 Quadra Street, 250-388-4268  
Monday-Friday | 9am-3:30pm  
🚗 #21, 22, 26



### CORDOVA BAY 55+ ASSOCIATION\*

cordovabay55plus.org  
1-5238 Cordova Bay Road  
250-658-5558  
Please enquire about specific program times.  
🚗 #32



### VICTORIA NATIVE FRIENDSHIP CENTRE

vnfc.ca  
231 Regina Avenue  
250-384-3211  
elder.support@vnfc.ca  
Monday-Friday  
8:30am-4:30pm  
🚗 #47, 48, 53, 61, 65



### GOWARD HOUSE SOCIETY\*

gowardhouse.com  
2495 Arbutus Road  
250-477-4401  
Monday-Friday  
9am-4pm  
🚗 #11



\*Ask about low-cost membership rates.

## COMMUNITY SERVICES

### SAANICH COMMUNITY SERVICES

Resources for older adult inclusion in recreation, leisure and community events.  
saanich.ca/communityservices  
🚗 #32, 70, 71, 72, 75



### SAANICH VOLUNTEER SERVICES SOCIETY

1445 Ocean View Road  
250-595-8008, Monday-Friday, 9am-4pm  
🚗 #24



### INTER-CULTURAL ASSOCIATION OF GREATER VICTORIA

#102, 808 Douglas Street  
250-388-4728  
🚗 #2, 3, 10, 5, 30



### ALZHEIMER SOCIETY OF BC

FirstLink® Dementia Helpline  
1-800-936-6033  
Monday-Friday, 9am-8pm  
🚗 #6B

### PARKINSON WELLNESS PROJECTS

#202-2680 Blanshard Street, 250-360-6800  
Monday-Friday, 8:30am-4:30pm  
🚗 #4, 9

### FAMILY CAREGIVERS OF BRITISH COLUMBIA

Caregiver Support Line 1-877-520-3267

### MS CANADA

MS Navigator  
Support Line 1-844-859-6789  
🚗 #30, 31, 32, 47, 48



BC SENIORS' GUIDE  
1-877-952-3181



SENIORS SERVING SENIORS  
250-413-3211

### VANCOUVER ISLAND CRISIS LINE

1-888-494-3888  
24hr, 365

### HealthLink BC

8-1-1  
Phoning 8-1-1 (Monday to Friday, between 9am and 5pm) can now connect you with a qualified exercise professional! Call 8-1-1 anytime, 24/7, for additional health advice.



### TALK SUICIDE CANADA

9-8-8

### BC 211

2-1-1  
Nonprofit connecting people in BC to help they need.