

CONNECTIONS

Saanich Older Adult Activity Guide
Fall 2024: September through December



**General
registration for Saanich
Fall programs opens
August 14 at 6am**

Other sites registration varies,
please contact directly.



**PARKS, RECREATION
& COMMUNITY SERVICES**

**COMMUNITY SERVICES
OLDER ADULT PROGRAMMERS**

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

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 welcome to fall and opportunity for input!

Saanich's Community Services Older Adult team provide some of the programs and opportunities in this guide and we are interested in what is important to you! You can share your input and connect with our team by phone (cover) anytime, or join me this fall at our Older Adult Input Session, being held September 25, from 1-2:30pm, at Saanich Commonwealth Place (see details on this page).

As always, the activities and events listed in *Connections* are just a few of the many ways to come together and explore new ideas and interests in our community. Fall is the perfect time to keep moving, motivated and engaged.

Is it time for you to try something new? If you haven't yet visited one of Saanich's older adult centres, (pg. 8), I think you'll find that they are a friendly and welcoming gateway to the many activities and programs for older adults in our community.

If the programs in our centres and community are new to you, Saanich staff and community organizations are great resources to help you get started and answer questions. Plan a call or visit today!

Wishing you many happy connections this fall season and we hope to hear from you!

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



FREE Community Events

AUTUMN LANTERN FESTIVAL SATURDAY, SEPTEMBER 14

5-8:30PM | LAMBRICK PARK
Enjoy this glowing neighbourhood outdoor celebration of light and community with cultural entertainment, lantern displays, lantern-making, food trucks and more.



SOUTH ISLAND POWWOW MONDAY, SEPTEMBER 30 GATES OPEN AT 10AM ROYAL ATHLETIC PARK

Join the Songhees Nation for an opportunity to recognize Survivors and their families in the spirit of reconciliation. Through song and dance, celebrate traditional Indigenous cultures and resiliency. Stand together on National Day for Truth and Reconciliation. For more information please call Songhees Nation, 250-386-1043.



OLDER ADULT INPUT SESSION WEDNESDAY, SEPTEMBER 25

1-2:30PM
SAANICH COMMONWEALTH PLACE
Saanich Parks, Recreation and Community Services is engaged in the promotion of older adult programs, services and activities. We invite you to join us to learn more and share your input with our staff team. Snacks and refreshments provided.



SAANICH REMEMBRANCE DAY MONDAY, NOVEMBER 11 10:45-11:30AM

SAANICH MUNICIPAL HALL CENOTAPH
Commemorate and acknowledge the people who have served and continue to serve our country during times of war, conflict and peace. Following a military parade, active and retired service members, police, fire fighters and local community members will lay wreaths at the Cenotaph. Some seating provided, you are welcome to bring your own.



Accessing Saanich Programs

FREE OLDER ADULT ASSISTANT CARD

Don't let balance, mobility, or other impairments 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 any Saanich recreation centre.
ALL SAANICH RECREATION CENTRES

FREE DROP-IN FOR 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)

ALL SAANICH RECREATION CENTRES

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.
ALL SAANICH RECREATION CENTRES

GALLERY EXHIBITIONS

Cedar Hill
Recreation Centre
Main Gallery

SEPTEMBER 28 - OCTOBER 6, 2024

Carol Bednarski is a self-taught impressionist and abstract artist whose land and seascapes, florals and still lifes are characterized by bold brush work and a loose intuitive approach, fearless use of colour, and richly layered texture.

OCTOBER 9 - NOVEMBER 3, 2024

Kathy Daley paints with bright, bold, and thick impasto oil. In *Brave New World*, she coaxes optimism into a world threatened by climate change. "I'm trying to imagine a way forward that saves not only the planet but the young souls who have yet to experience life's full potential."

NOVEMBER 6 - DECEMBER 1, 2024

Group exhibit of four experienced painters who embody a deep appreciation for the natural environment of Vancouver Island. Claire Christine, Rory MacDonald, Deborah Czernecky, and Kathleen Schmalz all work to develop intimacy for the forms of the landscape.

To find out more, email shantael.sleight@saanich.ca or visit: saanich.ca/exhibitions

Saanich Fitness, Wellness & Social Opportunities

FREE

SOCIAL DROP-IN 55YRS+

Connect with others while you enjoy a coffee or tea. At Cedar Hill, enjoy board games, knitting, stitching, or a monthly group activity. At Gordon Head, G.R. Pearkes, or Saanich Commonwealth Place, enjoy table tennis or pool, board and card games, and other activities.

CEDAR HILL RECREATION CENTRE
122107 F Sep 20-Dec 13 1-3pm
G.R. PEARKES RECREATION CENTRE
121169 M Sep 16-Dec 9 9:30-11:30am
121172 W Sep 18-Dec 11 9:30-11:30am
GORDON HEAD RECREATION CENTRE
122008 Tu Sep 24-Dec 10 1-2:30pm
SAANICH COMMONWEALTH PLACE
122009 M Sep 23-Dec 9 10-11:30am

CHINESE COMMUNITY DROP-IN

An opportunity to enjoy a social visit, play cards, table tennis or sing with the choir.

GORDON HEAD RECREATION CENTRE
120682 W Sep 11-Dec 18 9-11am
SAANICH COMMONWEALTH PLACE
120685 Tu Sep 24-Dec 17 12:30-2:30pm

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
122011 W Sep 18 10:15-11:45am
SAANICH COMMONWEALTH PLACE
122012 W Oct 23 9:30-11am
CEDAR HILL RECREATION CENTRE
122013 Th Nov 21 1:30-3pm
G.R. PEARKES RECREATION CENTRE
122014 F Dec 13 1-2:30pm

R = Registration is required for this program.
Visit saanich.ca/register or call the facility.



EMERGENCY PREPAREDNESS 100 SPEAKER SERIES

Learn from professionals on a variety of topics to gain emergency preparedness insights. Each session covers a different topic that could include the hazards that surround us, the utilities we use, or a different perspective related to emergencies and events in our community.

SAANICH COMMONWEALTH PLACE
119610 Tu Sep 24 7-8pm
GORDON HEAD RECREATION CENTRE
124049 M Nov 4 7-8pm

TRANS & GENDER NONCONFORMING SOCIAL 50YRS+

For trans and gender nonconforming folks over 50 and family and friends who want to accompany them. Enjoy a coffee or tea, light snacks, and games and activities while connecting with others. Hosted in the Youth and Community Centre. Register or drop-in available.

GORDON HEAD RECREATION CENTRE
122010 F Sep 6, Oct 4, Nov 1, Dec 6 10:30am-12pm



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
122061 M Sep 16-Dec 16 12:30-3:30pm

TRAFFIC SAFETY UPDATE

Empower yourself with increased safety on the road as a driver, pedestrian, cyclist or mobility aid user. In partnership with Saanich Police's Community Engagement Division, discuss traffic circles, bike lanes, trails, transportation and various safety updates for getting around safely in Saanich.

SAANICH COMMONWEALTH PLACE
122532 W Oct 16 1-2:30pm

BRUCE PARISIAN LIBRARY

Thousands of items in the library have Indigenous content or are written by Indigenous authors. Membership costs \$1 per year. Any interested member of the public may join. Items may be borrowed from the library for three weeks. Email, call, or visit in-person to become a member, library@vnfc.ca, (250) 384-3211, ext. 2292 231 Regina Avenue.

VICTORIA NATIVE FRIENDSHIP CENTRE
M-F, 9am-4pm or online at librarycat.org/lib/vnfc.

LECTURE 50YRS+

ROOTS OF INDIGENOUS AND SETTLER RELATIONS

Thursday, September 26, 3-4pm

CEDAR HILL RECREATION CENTRE

This learning opportunity explores the history of some local and lesser-known treaties involving the Indigenous peoples of Turtle Island (North America) and colonial settlers who arrived from Europe and elsewhere after 1500.

Saanich Outdoor Fitness, Wellness & Social Opportunities

FREE

ART HIVE 55

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
121853 F Sep 20-Oct 18 10-11:30am
121854 F Nov 1-Dec 6 10-11:30am

WELCOME DESK COMMUNITY SHARING

Visit the lobby welcome desks in our Saanich recreation centres over these dates. Pick up more specific information about events and programs in our community serving:

Indigenous Older Adults Sep 16-27
Newcomer Older Adults Dec 16-18
Transgender Older Adults Nov 13-18

TRY IT FOR FREE! CARPET BOWLING

Are you 55 years or older and interested in trying indoor carpet bowling? Join us this fall for a free try. Fridays starting September 20!

Please call 778-584-6812 for more information.

CEDAR HILL RECREATION CENTRE

R = Registration is required for this program.
Visit saanich.ca/register or call the facility



LOW-COST

LECTURE 50YRS+ ACCEPTING & LIVING WITH AGING

Learn to embrace changes in ability for yourself or loved ones with practical tips and tricks. Discover new tools to navigate challenges and communicate effectively. Join us for an inspiring presentation to live your best life with laughter and learning.

CEDAR HILL RECREATION CENTRE
121995 Th Nov 14 3-4pm \$5

FOOD PRESERVATION BASICS 40YRS+

Learn the basics of how to preserve this season's abundance! We will touch on hot water bath canning, dehydrating, freezing, storing and fermenting. Preserve the taste of summer and foster food security in this two hour workshop. Led by Kayla Siefried, Victoria Compost Education Centre's steward and main educator.

SAANICH COMMONWEALTH PLACE
123020 F Sep 20 1-3pm \$18

BASICS OF SOUP

We all enjoy a tasty homemade soup. Join us for some added creativity in the kitchen using seasonal fresh ingredients making homemade soup. Learn how to flavour with fresh herbs from your garden. This program is in partnership with The Cridge Centre for the Family Brain Injury Services. We are not able to accommodate food allergies at this time.

CEDAR HILL RECREATION CENTRE
123654 Tu Oct 1 6-8pm \$35



CARPET BOWLING 55YRS+

Reconnect with familiar faces or forge new friendships at our recreational carpet bowl. We offer beginner-friendly instructions for those new to the game. It's not just about physical activity; it's a fantastic opportunity to engage both body and mind.

CEDAR HILL RECREATION CENTRE
121996 F Sep 20-Oct 25 12:30-2pm \$31.50
121997 F Nov 1-Dec 13 12:30-2pm \$36.75

DROP-IN SOCIAL BRIDGE 55YRS+

Play bridge with friends and meet others that love the game! Join for a small drop-in fee of \$3.50, or purchase a punch pass. Please note: this program is for experienced bridge players.

CEDAR HILL RECREATION CENTRE
M, W, Sa Sep 4-Dec 21
1-4pm \$3.50/afternoon



SOCIAL CHAIR FITNESS 55YRS+

Engage your brain and your body with our active, fun and social class! This fitness class combines 45 minutes of seated and standing exercises with engaging music and memory work, followed by 15 minutes of social connection.

CEDAR HILL RECREATION CENTRE
121846 Tu Sep 17-Oct 29 1:30-2:30pm \$35
121847 Tu Nov 5-Dec 10 1:30-2:30pm \$30

TECHNOLOGY LEARNING/SUPPORT

Contact the older adult clubs (pg. 8) who have iPad & iPhone Club (Goward House), one-on-one computer support or Apple & Group Learning (Silver Threads). Low-cost membership rates apply, as well as club and/or session rates, please enquire for more details. (pg. 8).



NEW

Learn new ways to find and register for programs with the new Saanich Recreation App, and the new option for online sign up and registration at Silver Threads! Questions? Call 250-475-5408.

Saanich Fitness, Wellness & Social Opportunities

REGISTERED PROGRAMS

R NORDIC POLE WALKING – INTRODUCTION

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

SAANICH COMMONWEALTH PLACE
 122125 Sa Nov 9 1-2:30pm \$15
 122126 Sa Nov 9 2:30-4pm \$15

R PAINTING THE IMPRESSIONISTS

Learn how to emulate paintings by prominent French artists from the last half of the 19th century.

SAANICH SILVER THREADS
 W Sep 11-Oct 16 9:30-11:30am
 W Oct 23-Nov 27 9:30-11:30am
 \$60/members, \$80/non-members

R PARLEZ VOUS FRANCAIS?

An ideal conversation group for people with an intermediate or higher knowledge of French.

SAANICH SILVER THREADS
 W Sep 11-Oct 16 11am-12pm
 W Oct 23-Nov 20 11am-12pm
 \$24 members/\$42 non-members

Call centres to learn more about programs for: archery, martial arts, iPhone and iPad (pg 8.)

R = Registration is required for this program. Visit saanich.ca/register or call the facility

INTERGENERATIONAL PROGRAMS

Intergenerational connection is powerful and engaging for all participants. Please reach out to learn more and get involved in intergenerational programs.

INTERGENERATIONAL PRESCHOOL PROGRAMS

CEDAR HILL RECREATION CENTRE
 Dior Wilsher, preschool, 778-584-6812

INTERGENERATIONAL SCHOOL-AGED PROGRAMS

G.R. PEARKES RECREATION CENTRE
 Kathleen Baker, school-age, 778-584-6810

R TAI CHI

Learn Cheng Man Ching short style Tai Chi in this beginner class.

SAANICH SILVER THREADS
 W Sep 11-Oct 16 2-3:15pm
 W Oct 23-Dec 4 2-3:15pm
 \$60/members, \$80/non-members

R SOUND BATH

Join Janette, Sound Healer and Reiki practitioner, for a purely relaxing experience. Bathe in Reiki-infused sounds. Please bring a yoga mat or chair if sitting is easier, and anything else that will make you comfy (pillow, blanket, bolster etc.).

GORDON HEAD RECREATION CENTRE
 123284 W Sep 18 7-8pm \$30
 123285 W Oct 9 7-8pm \$30
 123286 W Nov 6 7-8pm \$30
 123287 W Dec 18 7-8pm \$30

R TRAVEL & LIFESTYLE PRESENTATIONS

Enjoy a range of travel and helpful lifestyle presentations at Goward House. Membership rates apply, please contact centre for more information.

R 55+ DANCE FUSION

Designed to awaken creativity, promote physical wellness and provide a supportive environment for dancers of all levels. Learn principles of flexibility, strength and balance in addition to dance styles including jazz, contemporary, swing and more. Embrace the freedom of expression through movement and dance your way to vitality and happiness!

BRAEFoot PARK CENTRE
 120536 W Sep 18-Oct 23 7:30-8:30pm \$72
 120668 W Nov 6-Dec. 11 7:30-8:30pm \$72



Opportunities to Contribute

Interested in contributing your time to community programs, events and more?
 Email volunteer@saanich.ca or call 250-475-5502.

SOCIAL PROGRAM VOLUNTEERS

Are you passionate about ensuring that adults 55yrs+ have free social opportunities in our recreation centres? If you would like to help create a welcoming social space for others, get in touch!

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), please email or call number listed above.

LANTERN MAKING AND DECORATIONS PREPARATION VOLUNTEERS

Join our team of makers, crafters and artists to prepare for the magic of the Autumn Lantern Festival! Create new lanterns, repair existing lanterns, and prepare lighting and displays before the big day. Several weekday shifts available from late August to mid-September.

Saanich Registered Fitness Programs

For even more fitness classes, including reserved drop-in programs, visit saanich.ca/recreation or call recreation centres for more details.

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

Registration is required for these programs. Visit saanich.ca/register or call the facility

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.
Easy Fit PK M 11:15am-12:15pm SCP Tu 1:15-2:15pm PK Tu 11:15am-12:15pm PK W 11:15am-12:15pm CH Th 11:30am-12:30pm Gentle Fit CH Tu 10:30-11:30am Chair Fit PK Th 11:15am-12:05pm Aqua Strength & Stretch SCP Tu&Th 10-11am Yoga for Healthy Aging GH M,W,F 8:30-9:30am Chair Yoga GH M 11:30am-12:30pm PK Tu 1-2pm GH W 11:30am-12:30pm GH F 10:30-11:30am	Nia Fitness and Dance CH Th 1-2:15pm Yoga for Healthy Aging II GH M 9:45-10:45am GH Th 8:30-9:30am Walkers with Walkers 65YRS+ <i>(Partially outside)</i> CH F 10:30-11:30am Minds in Motion® 50YRS+ <i>(Those with dementia and caregivers)</i> GH M 1-2:30pm PK W 1-2:30pm Aging Backwards GH Tu 11:30-12:30pm SCP Th 9:15-10:15 am Body Shop SCP F 7:30-8:30pm Boxing 50+ SCP Su 8:15-9:15am Full Body Workout <i>(Virtual/Internet required)</i> Su 9-10am Stretch and Strength 50YRS+ CH Tu 9-10am SCP M,W,F 11:30am-12:30pm 20-20-20 SCP M 2:15-3:15pm Zumba Gold CH M 10-11am Yoga and Mobility for 55+ SCP Tu 11:45am-1pm SCP Th 2-3:15pm Functional Fitness Circuit CH M&W 8:45-9:45am CH M&W 10-11am	Weight Room Circuit - Small Group CH M 12-1pm CH W 12-1pm CH F 12-1pm <i>*New day</i> Take Heart / Breathe Well <i>(Those with cardiac/chronic illness)</i> <i>*Assessment Required</i> SCP W&F 11:30-1pm & 1:30-3pm Circuit Training Small Group 50YRS+ SCP M&W 10:15-11:15am Fundamental Weight Training GH Tu&Th 10:05-11:05am Silver Weight Training GH Tu&Th 11:15am-12:15pm Coping with Exercise - Adults CH Su 2:15-3:15pm	Balance Booster SCP Tu 1-1:50pm Balance and Strength CH Th 10:30-11:30am SCP F 2:15-3:15pm Yoga - Bend it Like Peckham Gentle SCP W 5:15-6:30pm Yoga Strength and Ease SCP Tu 10:15-11:30am SCP F 11:45-1pm Flexibility and Core GH Tu 1-2pm SCP Tu 5:45-6:40pm SCP F 12:45-1:45pm Older Adult Neurodiversity 50YRS+ <i>(Those with dementia/Parkinson's/Alzheimer's)</i> SCP W 12:30-2:30pm	Build Better Bones CH W 10:15-11:15am Chronic Pain/Mild Movement SCP Tu&Th 11:30-12:30pm Hips, Core and Pelvic Floor SCP M 12:45-2pm Moving Beyond Cancer SCP M&W 1-1:45pm Osteofit Level 1 CH M 10:15-11:15am CH F 9:15-10:15am Osteofit for Life CH M 9-10am CH W 9-10am CH F 10:30-11:30am TIME® 50YRS+ <i>(Those with stroke/brain injury/MS)</i> CH M&W 1:30-2:30pm GH W&F 11:45-12:45pm Pilates - Restorative GH Tu 9:30-1:30 Yoga Roll and Release GH Th 9:45-10:45am Senior Fitness Tool Kit® GH W 10:15-11:15am

Ask us about FREE weight room orientations for adults 60+!

Ask us about this FREE program: Getting Started with Exercise for adults 50YRS+!

PK M 11:15-12:05pm
 GH W 11-12pm*
 CH F 9:30-10:15am
 SCP F 1:15-2pm

*in weight room



Fitness and wellness journeys are personal and unique to each individual. These categories are presented as guidelines. We recommend speaking to a fitness programmer prior to registration if you have questions or wish to know if a program is suitable for you.

Walking in Saanich

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. Open to everyone 55+.

VARIOUS SAANICH PARKS

108442 W Oct 2-Oct 23 9-10:30am \$55

R WALK & TALK

Purchase a pass from saanich.ca/register or any of our four recreation centres to join us! 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. Dogs not permitted.

VARIOUS SAANICH PARKS, TRAILS & NEIGHBOURHOODS

122113 Jul 2-Dec 19 Walk & Talk 25x Punch Pass \$125

122114 Jul 2-Dec 19 Walk & Talk Unlimited Punch Pass \$149

Tuesdays & Thursdays, 9:30-11am | Leaders: Dianne & John

R FREE BRAIN INJURY WELLNESS WALK AND TALK

If you or someone you know is a survivor of brain injury, join us the last Friday of every month for a short presentation and an opportunity for fresh air and socialization with others. Please register for this free program to confirm your attendance. Please call Cedar Hill for more details.

CEDAR HILL RECREATION CENTRE

123434 F Sep 27 4-5pm

123435 F Oct 25 4-5pm

123436 F Nov 29 4-5pm

R WALKERS WITH WALKERS 65YRS+

Bring your walker or walking poles and enjoy a safe, friendly walk outdoors. In the first class, we will review your poles and check out your walker to ensure your setup is correct.

Emphasis on proper posture, balance and breathing.

Caregivers or partners may attend as assistants at no cost, but must register.

CEDAR HILL RECREATION CENTRE

122964 F Sep 6-Oct 25 10:30-11:30am \$58

122965 F Nov 1-Dec. 13 10:30-11:30am \$51

FREE EASY WALKS

Enjoy easy, social one-hour group walks on pavement and smooth trails as staff facilitators lead participants through a variety of interesting parks, trails and neighbourhoods in Saanich. Where possible, routes avoid steep hills. Please wear supportive shoes. Dogs not permitted.

Call 250-475-5408 for more details!

VARIOUS SAANICH PARKS, TRAILS & NEIGHBOURHOODS Mondays, 1:30-2:30pm (fall hours) | Leader: Penny

Sep 9 - Lambrick/Tyndall Parks

Meet outside main entrance to Gordon Head Recreation Centre.

Sep 16 - Gorge - Upper Waterway

Meet at Gorge Park parking on Gorge Road West, opposite Orillia Street. (not Canoe/Kayak Club parking).

Sep 23 - Swan Creek/Mt. View

Meet/park by trailhead for Swan Creek Park on Jolly Place, off Glanford Avenue at McKenzie Avenue.

Oct 14 - McMinn/Doris Page Parks

Meet by entrance to McMinn Park, on Maplegrove Street, off Sunnymead Way and Cordova Bay Road.

Oct 21 - Gordon Head West

Meet/park by Majestic Park playground on Majestic Avenue.

Oct 28 - Layritz/Quick's Bottom

Meet at Layritz Park parking lot, Layritz Avenue, off Glyn and Wilkinson Roads.

Nov 4 - Broadmead Village/ Royal Oak Burial Park

Meet in front of Starbucks at Broadmead Village.

Nov 18 - Playfair Park/ Cloverdale

Meet in main parking lot for Playfair Park, Rock Street, off Quadra Street.

Nov 25 - Sierra/Arbutus Cove Parks

Meet/park near tennis courts at Sierra Park, on San Juan Avenue.

Dec 2 - Tillicum/Cuthbert Holmes Park

Meet by steps up to Silver City Cinema, Tillicum Mall.

Dec 9 - Shelbourne Valley/Cedar Hill

Meet at Horner Park parking lot, on Palo Alto Street, near Cedar Hill Cross Road.



Outdoors

R FREE SOCIAL CROQUET (FREE DAY) 55YRS+

Looking to try croquet or need a refresher before the fall season starts? Get some fresh air and meet some new people during this free session at the historic Burnside Lawn Bowling Club. Geared towards those who are 55+. No equipment or experience needed. Cancelled if raining by 8:30am.

BURNSIDE LAWN BOWLING CLUB

119850 W Sep 11 10-11:30am

HORSESHOE PITCHING

A great way to meet new people! Ask us about our other social occasions open to members throughout the year, including cornhole. Please contact 250-727-2543 or gvhpa@shaw.ca, we look forward to pitching with you!

GREATER VICTORIA HORSESHOE PITCHING ASSOCIATION, 620 KENNETH STREET

LAWN BOWLING

Enjoy the camaraderie of bowling outdoors at the following clubs:

BURNSIDE LAWN BOWLING 250-381-5743

GORDON HEAD LAWN BOWLING & CROQUET CLUB 250-479-0088

LAKE HILL LAWN BOWLING 250-590-8125

PICKLEBALL

Please call recreation centres (pg. 8) to learn more about indoor pickleball opportunities. For information on Saanich's outdoor courts, or the Pickleball Strategy for Victoria, Saanich, Oak Bay and Esquimalt, please see Parks, Trails and Amenities at saanich.ca or contact 250-475-5522, parks@saanich.ca.



Silver Threads also has a gentle walk group, and an indoor walking group, please contact for details (pg.8)

R = Registration is required for this program. Visit 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



GORDON HEAD RECREATION CENTRE

4100 Lambrick Way
250-475-7100



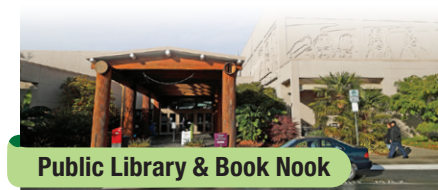
G.R. PEARKES RECREATION CENTRE

3100 Tillicum Road
250-475-5400



SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive
250-475-7600



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



CORDOVA BAY 55+ ASSOCIATION*

cordovabay55plus.org

1-5238 Cordova Bay Road
250-658-5558

Please enquire about
specific program times.



VICTORIA NATIVE FRIENDSHIP CENTRE

vnfc.ca

231 Regina Avenue
250-384-3211
elder.support@vnfc.ca
Monday-Friday
8:30am-4:30pm



GOWARD HOUSE SOCIETY*

gowardhouse.com

2495 Arbutus Road
250-477-4401
Monday-Friday
9am-4pm



*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



SAANICH VOLUNTEER SERVICES SOCIETY

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



INTER-CULTURAL ASSOCIATION OF GREATER VICTORIA

#102, 808 Douglas Street
250-388-4728



ALZHEIMER SOCIETY OF BC

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

PARKINSON WELLNESS PROJECTS

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

FAMILY CAREGIVERS OF BRITISH COLUMBIA

Caregiver Support Line 1-877-520-3267

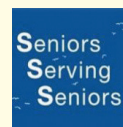
MS CANADA

MS Navigator
Support Line 1-844-859-6789



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.