

# CONNECTIONS

# Older Adult Activity Guide

Fall: September through December 2025



**General registration  
for Saanich Fall programs  
opens August 13 at 6am.**

Other sites registration varies,  
please contact directly.

## 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



**PARKS, RECREATION  
& COMMUNITY SERVICES**

# Free Events in Saanich

## LEKWUNGEN (LƏK'WƏŃƏŃ) TERRITORY TOURS <sup>R</sup>

Wednesday, September 10,  
9am-1pm

Sunday, September 28,  
9am-1pm

### PKOLS (MOUNT DOUGLAS PARK)

This registered tour is family friendly, guided, and takes you through the traditional lands of the Lekwungen Peoples with stops at significant locations to discuss history, land use, and stories. You will need transportation to move between sites. Tour begins at PKOLS (Mount Douglas Park) and instructions on next site will be provided along the way. Two dates available this fall; register by calling any Saanich recreation centre. For more information call 250-475-5427.



## SAANICH REMEMBRANCE DAY CEREMONY

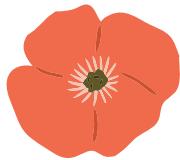
Tuesday, November 11

10:45-11:30am

### Saanich Cenotaph

 32, 70, 71, 72, 75

Commemorate and acknowledge those who have served and are serving our country during times of war, conflict and peace. Some seating available, or you may bring your own. Visit [saanich.ca/remembranceday](http://saanich.ca/remembranceday) for more information.



## AUTUMN LANTERN FESTIVAL

Saturday, September 13, 5-8:30pm  
Lambrick Park

 27, 28

Enjoy lantern displays, live cultural entertainment and other seasonal activities. Enjoy viewing the lanterns, try making one at our lantern station (small fee), or even bring your own battery-powered lantern. At twilight, stroll the Lantern Loop. Rain or shine.

Visit [saanich.ca/autumnlanternfestival](http://saanich.ca/autumnlanternfestival) for more information.



## INDIGENOUS ARTISAN HOLIDAY MARKET

December 4 & 5

### Victoria Native Friendship Centre

 21, 22, 28, 29, 66, 99

Shop local! Explore wares from 50 Indigenous artisans. Street parking, no ATM on site. For more information call VNFC 250-384-3211.

## UPTOWN LIGHT UP

November (date TBA)

### Uptown Centre

 26, 30, 37, 32, 70, 71, 72, 75

See a multicultural celebration of winter holidays and lights. Learn about the many cultural celebrations that take place in November and December in our region. Date to be announced, see [saanich.ca/lightup](http://saanich.ca/lightup) for more information.

## Gallery Exhibitions

FREE

### Cedar Hill Recreation & Arts Centre

3220 Cedar Hill Road,  Bus 24 (60m)

SEPTEMBER 17 - OCTOBER 5

*Under the Sea*, an immersive, inclusive and interactive driftwood art experience incorporating sound, sight, and touch. Artist: Tanya Bub



OCTOBER 8 - NOVEMBER 2

### Chris Ice Bear's Artwork

This 25-year retrospective connects the importance of the artist's culture, spirituality, and the respect he holds for our Mother Earth and the role she plays in our lives.



NOVEMBER 4 - DECEMBER 1

### Celebrating the Artist in Every Child -

Explore art created by children throughout schools in the Saanich School District and Saanich First Nations Communities, shared by artsREACH.

DECEMBER 2, 2025 - JANUARY 6, 2026

Lauren Fox, Erica Messing and Monique Knightley's group exhibition *That's How the Light Gets In*, explores how light emerges through imperfection and vulnerability.



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

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

<sup>i</sup> Unless otherwise noted, for more information call 250-475-5422

# Free Easy Walks

**Mondays 1:30-2:30pm** (except holidays)

**Walk leader - Penny Stevens** ❤️

Drop-in and join us on one-hour, social walks through different parks and neighbourhoods, on pavement and smooth trails, avoiding steep hills where possible. To accommodate all abilities, some short standing pauses are included and walking pace may vary. Please wear supportive footwear.

## Sep 8 - Gordon Head West

Meet outside main entrance of Gordon Head Recreation Centre; 4100 Lambrick Park Way off Feltham Avenue.

🚌 Bus 27, 28 (250m).

## Sep 15 - Hyacinth/Glanford Parks

Meet at Hyacinth Park; 800 Marigold Road. 🚌 Bus 8, 9, 21 (200m).

## Sep 22 - University of Victoria Alumni Chip Trail

Meet by covered bike storage in Henderson Recreation Centre parking lot; 2291 Cedar Hill Cross Road.

🚌 Bus 4, 7, 15 (396m).

## Sep 29 - Burnside/Helmcken

Meet outside Tim Hortons, Eagle Creek Village Shopping Centre; 31 Helmcken Road. 🚌 Bus 22, 39 (140m).

## Oct 6 - Braefoot to PKOLS (Mount Douglas Park)

Meet near Lacrosse Box, Braefoot Centre Park; 1359 McKenzie Ave.

🚌 Bus 25, 26 (10m).

## Oct 20 - Royal Oak Ramble

Meet near main entrance of Saanich Commonwealth Place; 4636 Elk Lake Drive. 🚌 Bus 35, 72, 75 (100m).

## Oct 27 - Vantreight Park/Glencoe Cove

Meet at Vantreight Park, park on Vantreight Drive or along Leyns Road; 4590 Vantreight Drive, off Ferndale Road. 🚌 Bus 27 (800m).

## Nov 3 - Broadmead in Fall

Meet/park at Emily Carr Park; 4500 Emily Carr Drive. 🚌 Bus 6A (10m).

## Nov 10 - Cedar Hill Recreation Centre/Bowker Creek

Meet near the main entrance to Cedar Hill Recreation Centre; 3220 Cedar Hill Road. 🚌 Bus 8 (160m), 24 (80m).

## Nov 17 - Montague Park/Arbutus Area

Meet at Montague Park, on Hazelton Place, off Lexington Avenue and Arbutus Road; entrance near 2268 Hazelton Place. Mainly street parking along Hazelton Place. 🚌 Bus 27 (300m).

## Nov 24 - Swan Lake/Quadra Area

Meet/park at end of Nelthorpe Street, street parking near 3223 Nelthorpe. 🚌 Bus 51 (350m).

## Dec 1 - Copley/Layritz Parks

Meet/park at Copley West Park, Parkridge Street, off Vanalman Avenue; 598 Parkridge Street. 🚌 Bus 30 (100m).

## Dec 8 - Lambrick/Sierra Parks

Meet outside main entrance of Gordon Head Recreation Centre; 4100 Lambrick Park Way off Feltham Avenue.

🚌 Bus 27, 28 (250m).

## Dec 15 - Cadboro Bay/Telegraph Cove

Meet/park by washroom block, Cadboro-Gyro Park; 2600 Sinclair Road. 🚌 Bus 11 (260m).



Easy Walks may cancel for an emergency or in the case of inclement weather, (very hot, or icy). If you would like to see if a walk has been cancelled, one hour prior to walk visit the site, [saanich.ca/trailsandtreks](http://saanich.ca/trailsandtreks), or call 250-475-5422.

**Legend:** ❤️ = All Easy Walks are rated as one heart. Where possible routes avoid steep hills, some short standing pauses and group paced.

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

## Accessing Programs Saanich Recreation Centres

### 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. Contact [financialassistance@saanich.ca](mailto:financialassistance@saanich.ca) or call 250-475-5407.

### FREE OLDER ADULT ASSISTANCE CARD

Don't let balance, mobility, or other barriers prevent you from participating! Bring someone along with you to assist you in programs and activities! To apply, visit one of our Saanich recreation centres (see back cover).

### FREE DROP-IN 90yrs+

Saanich residents 90yrs+ are invited to enjoy free drop-in access to many popular recreation centre activities:

- Drop-in swimming, hot tub, sauna and steam room
- Drop-in fitness, basic yoga and indoor cycling classes
- Drop-in waterfit
- Drop-in weight room
- Drop-in adult sports
- 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 Silver Threads, Cordova Bay 55+ or Goward House (pg.8) is also included. To see if you qualify, apply at any recreation centre or call 250-475-5422.



# Free Opportunities



## **FREE** SOCIAL DROP-IN 55yrs+

Rediscover connections or cultivate new friendships at our older adult social drop-in! Participate in a variety of board, card, or tile games, chat with others, knit, stitch, draw, or play table tennis or pool (most sites). Come join us and enjoy free refreshments!

CEDAR HILL RECREATION CENTRE  
145011 F Sep 19-Dec 12 1-3pm

G.R. PEARKES RECREATION CENTRE  
144521 M Sep 15-Dec 8 9:30-11:30am  
144522 W Sep 17-Dec 10 9:30-11:30am

GORDON HEAD RECREATION CENTRE  
145124 Th Sep 18-Dec 11 10-11:30am

SAANICH COMMONWEALTH PLACE  
145122 M Sep 15-Dec 8 10-11:30am

## **FREE** TRANS AND GENDER

### **NONCONFORMING SOCIAL 40yrs+**

For trans and gender nonconforming folks over 40 and family and friends who want to accompany them. Enjoy a coffee or tea, light snacks, and games and activities while connecting with others. For more information, contact Nicole 672-974-9738.

GORDON HEAD  
RECREATION CENTRE  
145439 First Friday/Month  
10:30am-12pm



## **FREE** REPAIR CAFÉ IN OUR REGION

Let local fixers explore ways to mend, repair, or sharpen many different items, or troubleshoot tech issues for you. Questions? Contact [repaircafenorthsaanich@gmail.com](mailto:repaircafenorthsaanich@gmail.com).



DEEP COVE ELEMENTARY SCHOOL  
10975 W SAANICH RD.  
Third Saturday, Sep-Nov 10am-1pm

## **FREE** **R** LECTURE 50yrs+

### **THE GOLDEN AGE OF THE DETECTIVE NOVEL**

Are you a mystery lover? Explore the "golden age" of the English detective novel including; Agatha Christie, Dorothy Sayers, G.K. Chesterton - and of course, their forbearer, Sir Arthur Conan Doyle.

CEDAR HILL RECREATION CENTRE  
146199 Th Nov 6 3-4:15pm

## **FREE** CRAFT & CONNECT DROP-IN

A free drop-in where community members of all ages can come and work on existing projects or try something new. Basic craft supplies and refreshments provided!

Email Mia, [community@luthercourt.org](mailto:community@luthercourt.org), with any questions.

LUTHER COURT SOCIETY  
Thursdays 3-4pm

## **ELDERS AND SENIORS CONNECTIONS**

Join us for Elder and Seniors Tech Time, tea socials, or Bead Circle. Grow your knowledge at the Bruce Parisian Library or in our Community Action and Learning Program. To learn more contact Victoria Native Friendship Centre (pg. 8).



## **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.

SAANICH POLICE BUILDING  
146224 W Oct 1 7-9pm

G.R. PEARKES RECREATION CENTRE  
146005 Th Nov 6 10-11:30am

SAANICH COMMONWEALTH PLACE  
148212 W Dec 3 2:30-4pm

## **FREE** **R** BRAEFoot BOOK SWAP AND SOCIAL

### **- FICTION 55yrs+**

Bring a book you're ready to trade and enjoy an afternoon of connecting with fellow book lovers. Light refreshments provided. Everyone will leave with a new gently used book to dive into.

BRAEFoot PARK CENTRE  
145123 Sa Sep 27 1-3pm



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

# Low-cost

## **R** INDIGENOUS DRUMMING CIRCLE 50yrs+

Come explore and learn about the cultural significance of drumming with Scott Sam. Participants will be provided with their own drum and drum stick and will learn some traditional drum beats.

CEDAR HILL RECREATION CENTRE  
145645 Th Sep 18 2:30-4pm \$8



## **R** STEPS TO CONNECT 55yrs+

Do you wonder about how, what, and where to participate in activities in your community? Identify your interests, learn new skills and try a variety of activities in a fun, supportive environment. Email [laura.vandyk@saanich.ca](mailto:laura.vandyk@saanich.ca) for more information or register directly at 250-475-7100.

GORDON HEAD RECREATION CENTRE  
145127 Th Oct 9-Nov 20 1-2:30pm 7/\$10

## **R** GROW YOUR OWN GROCERIES 50yrs+

Struggling with grocery costs? This beginner-friendly, veggie growing crash course covers soil health, site selection, seeds, easy plants, and more. Led by Kayla Siefried of Victoria Compost Education Centre, it's perfect for new and experienced gardeners alike.

G.R. PEARKES RECREATION CENTRE  
145283 F Oct 17 12:30-2:30pm \$22

## **R** DISCOVER YOUR WRITING VOICE

Curious about the imaginative world of creative writing? Join our workshop for beginner writers!

CEDAR HILL RECREATION CENTRE  
144527 Su Oct 19 2-3:30pm \$25

## **R** FOOD PRESERVATION BASICS 55yrs+

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.

G.R. PEARKES RECREATION CENTRE  
144592 Th Sep 18 10am-12pm \$22

## **R** PICKLEBALL - ADULT DROP-IN

Drop-in pickleball sessions at Saanich Commonwealth Place run Monday to Friday. Participants must check-in at the lower reception desk before proceeding to the gym. No sessions will be held on stat holidays.

SAANICH COMMONWEALTH PLACE  
144686 M-Sa Sep 15-Dec 30 6-8:30am  
\$7.75/per drop-in.

## **R** QIGONG - BEGINNERS

Join us for gentle breathing and movement exercises to boost energy, vitality, and overall health. Whether you're a beginner or experienced, all basics will be covered, offering a great review for those familiar with Aung Medical Qigong.

GORDON HEAD MIDDLE SCHOOL  
146965 M Nov 3-Dec 1 6-7:30pm 5/\$10

## **R** DYNAMIC DISCUSSIONS

In an open-minded and welcoming environment, share and learn together as we discuss a wide variety of topics such as world events, travel, societal changes, creativity, healthy living, and wisdom. Cost: \$2 members, \$5 non-members.

SAANICH SILVER THREADS | VICTORIA SILVER THREADS  
M 10-11:30am | Tu 10-11:30am

## **R** HORSESHOE PITCHING

A great way to meet new people, includes additional social occasions throughout the year, and cornhole.

Contact 250-727-2543 or [gvhpa@shaw.ca](mailto:gvhpa@shaw.ca) for more information.

We look forward to pitching with you!

GREATER VICTORIA HORSESHOE  
PITCHING ASSOCIATION, 620 KENNETH STREET



## **R** MEN'S GROUP (GHOTH)

This Men's Group—also known as GHOTH (Get Him Out of the House!)—goes on monthly excursions to local places of interest followed by a nutritious lunch at a nearby pub. Questions? Please contact Dave Doherty, 250-658-5558. CORDOVA BAY 55+

## **R** GOWARD HOUSE HOLIDAY CRAFT FAIR

Featuring gift items by local artisans, including toys, art, cards, jewelry, candles, canned food, books and more, in a beautiful heritage house setting. Tea Room offers hot lunches and beverages.

GOWARD HOUSE  
Sa & Su Nov 15-16 10am-4pm \$5/both days

## **R** WORKSHOP 50yrs+ ART FOR WELLBEING

Join us with Silver Threads Service to explore art's transformative power. Guided by artist and therapist Dr. Lucille Proulx, discover featured artist Tanya Bub's work, reflect, discuss, and create art to enhance wellbeing, relaxation, and connection. Supplies included.

CEDAR HILL RECREATION CENTRE  
145812 W Oct 1 10am-12pm \$15



# Health

## **R** BEYOND CANCER (ONLINE)

It's common to feel stuck, out of sorts, or easily stressed after cancer. In Class 1, join us to develop a framework to support your coping and recovery. Community resources will be reviewed. In Class 2, you will learn and practice several skills to calm your body, mind and emotions. For more information, call Kristy Webster, 250-475-7600.

ONLINE VIA ZOOM

146339	F	Nov 14	10am-12pm	\$50
146341	F	Nov 21	10am-12pm	\$50

## **R** 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

146230	M	Sep 8-Oct 20	1-2:30pm	6/\$48
146231	M	Nov 3-Dec 8	1-2:30pm	6/\$48

G.R. PEARKES RECREATION CENTRE

146225	W	Sep 10-Oct 22	1-2:30pm	7/\$56
146228	W	Nov 5-Dec 10	1-2:30pm	6/\$48

## **R** SPINAL FITNESS

Enjoy exercises to strengthen your spine and increase mobility with facilitator, Dr. Sehmi. Moderate spinal mobility necessary, not intended for people with severe balance or spinal issues.

GORDON HEAD MIDDLE SCHOOL

143971	Tu	Sep 9-Oct 28	6:30-7:30pm	7/\$76
143972	Tu	Nov 4-Dec 16	6:30-7:30pm	6/\$66

## **COMMUNITY CONNECTOR 55yrs+**

Explore community services and activities that can support your health, wellbeing, and independence with the support of a Community Connector. Learn more with Emma!

Visit [OakBayVolunteers.org](http://OakBayVolunteers.org), email, [connector@oakbayvolunteers.org](mailto:connector@oakbayvolunteers.org) or call 672-974-2323..

## **MACULAR DEGENERATION/LOW VISION GROUP**

Meet monthly for guest presentations, refreshments, and connection. Third Wednesdays Sep-Dec, 2-3:30pm. Contact Saanich Volunteer Services Society for more information (pg. 8).

## **R** WALK AND TALK

One-and-a-half-hour guided walks Tuesdays and Thursdays 9:30-11am, through a variety of interesting Saanich parks, trails and neighbourhoods. Walk passes available to purchase from any Saanich recreation centre, or call Alison to try one for free 250-475-5408.

145443	Sep 2-Dec 18	10x Punch Pass	10/\$50
145444	Sep 2-Dec 18	Unlimited Pass	30/\$105

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

## OPPORTUNITIES TO CONTRIBUTE

Give back, stay active, and connect to community as a volunteer with Saanich Parks, Recreation and Community Services! Contact us to learn more or get help creating your online volunteer account, [volunteer@saanich.ca](mailto:volunteer@saanich.ca) or 250-475-5502.



## VOLUNTEER

### RECREATION CENTRES

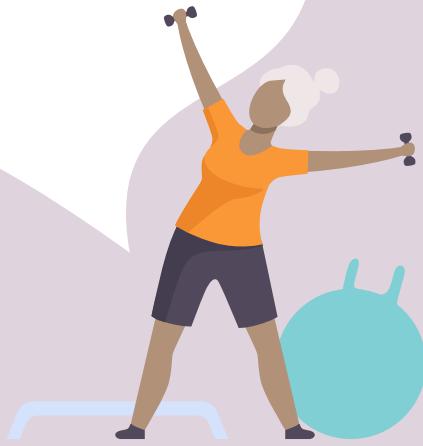
We offer programs for preschoolers, art classes, social activities for seniors, and more! Volunteers help us deliver quality programs while enjoying community connection. Opportunities vary seasonally.

### SPECIAL EVENTS

Whether you're preparing decorations for Autumn Lantern Festival, handing out skates at Ice Festival, or helping lead crafts at Family Arts Festival, you are bound to have a memorable volunteer experience at these vibrant community gatherings.

### PULLING TOGETHER

Do you love being outdoors and giving back to nature and your community? You can help remove invasive plant species, plant native trees and shrubs, and improve wildlife habitat in Saanich parks. Many projects include gentle stewardship activities appropriate for all fitness levels - drop by, give it a try, and go at your own pace! Also seeking Lead Steward volunteers at Beckwith Park and Playfair Park.



# Saanich Recreation - Registered Fitness Programs

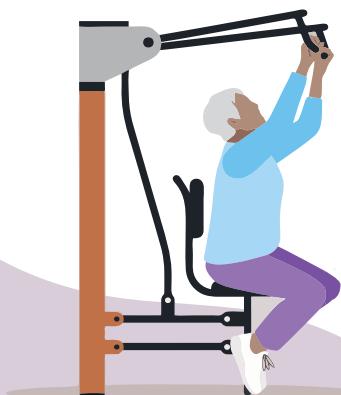
For start and end dates for these programs, please call one of the centres for more information. **Registration is required for all programs listed on this grid.**

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



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) to explore the many more offerings we have in our community.

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.
<p><b>Cardio Fun</b> Virtual W 9:15-10:15am</p> <p><b>Chair Fit</b> PK F 11:15am-12:15pm</p> <p><b>Easy Fit</b> CH Th 11:30am-12:30pm PK M,T,W 11:15am-12:15pm SCP Tu 1:15-2:15pm</p> <p><b>Gentle Fit</b> CH Tu 10:15-11:15am</p> <p><b>FREE</b> Getting Started with Exercise <b>50yrs+</b> CH F 1:30-2:15pm GH W 11:30am-12:30pm PK Tu 12:15-1pm SCP F 2:30-3:15pm</p> <p><b>Meditation - Buddhist</b> CH Tu 12:15-1:15pm</p> <p><b>Yoga - Slow Flow</b> CH Th 7:20-8:20pm PK Th 7:45-8:45am</p>	<p><b>Aging Backwards</b> GH Tu 11:30am-12:30pm SCP Th 9:15-10:15 am</p> <p><b>Boxing 50yrs+</b> SCP Su 8:15-9:15am</p> <p><b>Full Body Workout</b> Virtual Su 9:15-10:15am</p> <p><b>Nia Fitness and Dance</b> CH Tu 5-5:55pm Th 1-2:15pm</p> <p><b>Total Body Workout</b> GH F 10:15-11:15am SCP F 9:10-10:10am</p> <p><b>Yoga and Mobility</b> SCP Tu 11:45am-1pm SCP Th 2-3:15pm</p> <p><b>ZUMBA Gold®</b> CH M 10-11am</p>	<p><b>Take Heart and Breathe Well</b> (Persons with cardiac/chronic illnesses) *Assessment required SCP W &amp; F 9:30-11am W &amp; F 1:30-3pm W &amp; F 11:30am-1pm</p> <p><b>Weight Training - Beginner</b> CH Su 1-2pm PK M 10:15-11:15am</p> <p><b>Weight Training - Small Group</b> CH M,W,F 12-1pm GH Th 9-10am SCP M,W 10:15-11:15am SCP Tu, Th 11am-12pm SCP F 10:15-11:15am</p> <p><b>Weight Training- Small Group Fundamentals</b> GH Tu &amp; Th 10:05-11:05am PK Th 4-5pm</p>	<p><b>Balance Booster®</b> SCP Tu, Th 1-1:50pm</p> <p><b>Balance and Strength</b> CH Th 10:30-11:30am SCP F 1:15-2:15pm</p> <p><b>Yoga - Bend it Like Peckham Gentle</b> SCP W 5:15-6:30pm</p> <p><b>Yoga - Pelvic Floor</b> PKS F 11:15am-12:30pm SCP M 12:45-2pm</p>	<p><b>Build Better Bones</b> SCP M, W 2-3pm</p> <p><b>Chronic Pain/Mild Movement Class</b> SCP Tu, Th 11:30am-12:30pm</p> <p><b>NEW FAME</b> (Persons with stroke recovery) SCP Tu &amp; F 1:15-2:15pm</p> <p><b>Osteofit Level 1</b> CH M, W, F 10:15-11:15am</p> <p><b>Osteofit for Life</b> CH M, W, F 9-10am</p> <p><b>T.I.M.E.®</b> (Persons with stroke/brain injury/MS) CH M &amp; W 1:30-2:30pm GH W &amp; F 11:45am-12:45pm</p>



Ask us about our Free Weight Room Orientations for **60yrs+**!



# 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

8,11,21,22,24,25,26 (300m)

#### 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

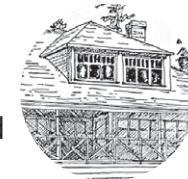
2495 Arbutus Road

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



### 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.

### ISLAND HEALTH COMMUNITY ACCESS LINE

1-888-533-2273

Support to live safe and independently.