CONNECTIONS Saanich Older Adult Activity Guide JUNE – AUGUST 2023





COMMUNITY SERVICES OLDER ADULT PROGRAMMERS

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

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

FREE Community Events in Saanich

Bring a chair or blanket to the outdoor events! Washrooms on site and food available for purchase.



July 4 - Goward House Impulse Response (Funky Soul/Pop)

July 11 - Majestic Park Younger Than Yesterday (British, Classic Rock)

July 18 - Beckwith Park BackBeat (60's, British Invasion)

July 25 - Hyacinth Park Rock of Ages (60-80's Classic Rock)

MUSIC IN THE PARK CONCERT SERIES

Tuesdays, 6-8pm July through August

Enjoy evenings of music in local parks all summer long! To see the full schedule of bands closer to the date, visit saanich.ca, choose the "Parks, Recreation and Community Services" tab and then "Events".

Aug 1 - Brydon Park Freeze Frame (80's Cover Tunes) Aug 8 - Rutledge Park Chick Wagon Band (Country/Folk) Aug 15 - Rutledge Park Demographix (Classic Rock) Aug 22 - Rudd Park Tight Hair (Disco)



SAANICH STRAWBERRY FESTIVAL

Saturday, July 8, 11am-3pm | Beaver Lake



A variety of performers entertain on the main stage surrounded by multi-generational activities. Of course, the afternoon wouldn't be complete without the traditional serving of strawberries and ice cream from 1-3pm for only \$1.



UPTOWN MULTICULTURAL FESTIVAL

Saturday, July 15, 11am-4pm I Uptown Shopping Centre Saanich is excited to support the Uptown Multicultural Festival again this year. Celebrate our diversity with many local vendors, info booths and a variety of food and music.



CADBORO BAY FESTIVAL

Sunday, August 6, 11am-3pm | Cadboro-Gyro Park Enjoy an afternoon at the picturesque Cadboro-Gvro

Enjoy an afternoon at the picturesque Cadboro-Gyro Park with live music and food and fun for all ages. Join in or cheer on the three-legged and potato sack races and giant lawn games.



IYAKT INDIGENOUS MUSIC FESTIVAL

Friday, July 28, 6-8:30pm Saturday, July 29, 4-9pm Hampton Park

A celebration of local Indigenous performers with a variety of genres including folk, rock, country and hip hop. Performers will include Lost Talkers, Paint the Town Red, Nate Harris and many more.



MUSIC IN THE BAY CONCERT SERIES

Thursdays, 6-7pm | Cadboro-Gyro Park

These intimate community concerts showcase a diverse array of local performers with the beautiful backdrop of Cadboro Bay. Level terrain and nearby accessible parking. June 15, 22 & 29 | July 6, 13, 20, 27 August 3, 10, 17, 24, 31

EXPLORING THE NEEDS OF 2SLGBTQI+ OLDER ADULTS

Thursday, June 15, 1:30-3:30pm | Gordon Head Recreation Centre (Indoors)

Join us to explore the needs of Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex, Older Adults with Dr. Robert Beringer! He is an Assistant Professor in the School of Public Health and Social Policy, at the University of Victoria, and the purpose of this session is to share and discuss the findings from the recent BC 2SLGBTQI+ Older Adults Needs Assessment. Join us to share your thoughts, feedback, concerns or suggestions! Everyone welcome! Please register if interested.

Saturday headliner, Nate Harris

FREE Saanich Outdoors Opportunities

June-August 2023 schedule, to see full listings anytime, visit saanich ca and search "Trails and Treks" or call 250-475-5422

Julie August 2020 Sel	icuale, to see fair iistings any time, visit	Juanoniou			10 01		7661
WALK & ROLL AROUND THE PARK	EASY WALKS	WALK & TALK*	Tues 9:30-11 Thurs 9:30-1	, ,)		
Ideal for walking sticks, poles, rolling walkers, wheelchairs, or other mobility aids. Everyone	Group-paced, one hour social walks. Most walks start near bus stops. Please wear supportive shoes.		h air, beautiful s alks. Sorry, dog			at and exercise	as we take
welcome! Mondays, 11am-12pm	Mondays, June, 1:30-2:30pm Jun 5 - Swan Lake/Cloverdale Meet at end	Outterbridge	i nn to Kentwood - (some hills, unpa	aved trails)	(hills,	- Arbutus Cove to , beach, pavemer	nt) Meet at
Jun 5 - Lambrick Park Meet beside main entrance to Gordon Head	of Nelthorpe St., off Mackenzie Ave. Jun 12 - Royal Oak Ramble Meet near	at Lochside I	n Park at 4820 Ma Dr. t's Bog Park to D a		Cove	tus Cove Park, er E, off Gordon I 1 - Braefoot Park	Head Rd.
Recreation Centre off Feltham Rd. Jun 12 - Copley Park West Meet at	main entrance to Saanich Commonwealth Place, Elk Lake Dr.		of Dalewood Rd		(Mou	nt Douglas Park) parking lot; 1359	Meet Braefoot
Copley Park West on Parkridge St. off Vanalman Ave. Jun 19 - Majestic Park Meet/park	Jun 19 - Bowker Creek/Saanich Panhandle Meet at corner of Queenston and Townley Sts. Park along Queenston.	Rec Centre I	Park Meet at Gor obby, 4100 Lamb		Stone	3 - Beckwith to M eywood Parks (hil	ls, pavement)
near Majestic Park tennis court on Majestic Dr.	Jun 26 - Gorge: Upper Waterway Meet in Gorge Park, Gorge Rd. West, opposite		ro. I LS (Mount Dougl Meet at PKOLS		Beck	: by washroom bu with Park off Bec 8 - Layritz Park to	kwith Ave.
Jun 26 - Brydon Park Meet/park at end of Vanguard PI. off Mann Ave.	Orillia St. (This is not the parking lot by the playground).	Park) parkin	g lot by washroor	n.	Park	Meet at Layritz P lyn Rd.	
near entrance to park. Jul 3 - No walk (holiday)	Mondays, July & August, 9:30-10:30am	Meet at Cad	boro-Gyro Park. beside washrooi	End of	Loch	0 - Blenkinsop Va side Elementary	School, corner
Jul 10 - Rutledge Park Meet at park entrance on corner of Scotia and Rutledge. On street parking only.	Jul 3 - No walk (holiday) Jul 10 - Horner Park/University of Victoria	Trails Meet a	ibert Holmes Par at Silver City Cine		Loch	oyal Oak Dr. & Lo side Trail.	
Jul 17 - Horner Park Meet in main parking lot, Palo Alto St., off Cedar	Meet at entrance to Horner Park, Palo Alto St.		parking lot. 100e Cove (some reight Park, on V		Wood	5 - Cadboro-Gyro Is Park Meet at C parking lot at wa	adboro-Gyro
Hill Cross Rd. Jul 24 - McMinn Park Meet near	Jul 17 - Cuthbert Holmes Park Meet in Tillicum Mall parking lot, by steps up to entrance of Silver City Cinema.	off Ferndale	-	-	Sincl	air Rd. 7 - Cadboro Bay t	
main parking area off Maplegrove St. On street parking if parking lot is full.	Jul 24 - Broadmead/Kentwood Meet/park on Emily Carr Dr., by Emily Carr Park.		at Layritz Park P		Cadb	and pavement support Gyro Park er ashrooms.	
Jul 31 - Majestic Park Meet by entrance to playground, main parking lot on Majestic Dr.	Jul 31 - PKOLS (Mount Douglas Park) Lower Trails Meet by washroom block, main parking lot, by intersection of Cordova	(steep hills) Recreation (Tolmie & Finnert Meet at Henders Centre parking lot	on t.	Aug 1 Outer	1 - Rithet's Bog Park rbridge Park Mee wood Lane,	
Aug 7 - No walk (holiday)	Bay and Ash Rds.		nth Park to Pacifi at Hyacinth park		off Cl	hatterton Way.	
Aug 14 - Brydon Park Meet/park by entrance to Brydon Park, Vanguard Pl., off Mann Ave.	Aug 7 - No walk (holiday) Aug 14 - Royal Oak/Colquitz Meet at entrance to Royal Oak Shopping Centre, behind Country Grocer, at Viewmont Ave.		d Rd., by tennis c	courts	uneve of Via	B - Calvert Park to en trail surface) Me aduct Ave W., off In	eet at far west end terurban Rd.
Aug 21 - Lambrick Park Meet by	opposite Greenlea Dr.			,		s visit saanich.ca and se	,
main entrance to Gordon Head Recreation Centre off Feltham Rd.	Aug 21 - Lambrick/Mt. Doug X Road Meet near main entrance to Gordon	INTENSITY LEVEL GUIDE	V Individual Pace Set your own pace, circle the	Easy Group Paragraphic Concentration of the second seco	p-	♥♥ Moderate Group Pace One and a half	♥ ♥ ♥ Moderate Pace & Uneven Terrain
Aug 28 - Sierra Park Meet/park by Sierra Park at intersection of San Juan Ave. and Chartwell Dr.	Head Recreation Centre, off Feltham Ave. Aug 28 - Hyacinth Park, Swan/Colquitz Creeks Meet at Hyacinth Park parking lot, Marigold Rd.	Trails & Treks Free Guided Walking Program	park multiple times, or take the whole hour to do one loop, resting at benches along the way. Wide, level paved or well-groomed	on pavement ar smooth trails through parks and interesting neighbourhood Some short sta pauses. Where possible routes	s. nding	hour, group- paced social walks on chip or gravel trails which may have some steep sections.	One and a half* to two hour** group-paced social walks, on routes that may include rual trails with steep rough sections.

gravel surfaces.

avoid steep hills.

There are more ways than ever to stay active and connected for life in Saanich!

The activites listed below are just some of the many programs offered.

Consult the Saanich Summer Activity Guide (online at saanich.ca/recreation) or call or visit any of our community recreation centres (contact information on covers).

FREE

🚯 🖟 🗊 🖽 EXERCISE INTRODUCTION 50vrs+ 🎔

In this one-time small group class, explore exercises that can help you maintain muscle mass, promote bone health and prevent falls. Learn about Saanich programs that can support these goals offered near you! Registration required. G.R. PEARKES RECREATION CENTRE Mondays, 11:30am-12pm | Call 250-475-5400 SAANICH COMMONWEALTH PLACE Fridays, 1:15-1:45pm | Call 250-475-7200

🚯 🖪 EREE WEIGHT ROOM ORIENTATION 60yrs+ 🎔

With a certified weight room instructor, in a small group, learn about the equipment and feel confident! Contact the recreation centre of your choice to register. (Phone numbers listed on the front cover). ALL SAANICH RECREATION CENTRES

Image: SUNDAY HIKES ♥ ♥ ♥

Open to anyone who enjoys longer invigorating walks, may include rural trails with steep rough sections, please wear sturdy footwear and bring drinking water.

CEDAR HILL/BRAEFOOT | Sun Jul 16, 1:30-3:30pm Meet on Garnet Ave., by Nellie McLung Library. FORESTS AND VIEWS OF ROYAL OAK Sun Aug 13, 1:30-3:30pm Meet in front of Starbucks, Broadmead Village Shopping Centre.

(B) (FREE) SENIORS LINE DANCING

Join us for a social get-together to practice your line dancing skills. Note: this is not an instructional program. Reserve your spot starting at 8:30am seven calendar days in advance. GORDON HEAD RECREATION CENTRE Wednesdays Jul 12-Aug 30, 1:30-2:30pm

GREE APRIL REGISTRATION PREPARATION WORKSHOP 50yrs+

Join Saanich staff and volunteers to learn key aspects of registering for programs, including how to register (in person, on the phone or online), navigate Saanich program guides (Older Adult Connections Guide or Activity Guides), as well as what "wait lists", "wish lists" and "reserved vs. non-reserved drop-ins" are all about. Staff on hand to assist exploring programs and events. Interested? Call to reserve your spot with any recreation centre phone number listed below.

GORDON HEAD RECREATION CENTRE Apr 11, 2-4pm CEDAR HILL RECREATION CENTRE

Apr 13, 1-3pm

GREE AMBASSADOR TOURS OF RECREATION CENTRES!

Familiarize yourself with recreation facilities on a tour with a bit of history and fun along the way! Register with each centre (phone numbers listed on front cover). G.R. PEARKES RECREATION CENTRE Wed, Jul 12, Aug 16, 2:30-3:30pm SAANICH COMMONWEALTH PLACE Fri Jun 9, Sat Jul 15, Sat Aug 12, 11-12pm GORDON HEAD RECREATION CENTRE Wednesdays, Jul 19 & Aug 23, 10-11am CEDAR HILL RECREATION CENTRE Sat Jun 17, Thur Jul 13, Thur Aug 17, 11am-12pm

GREE OLDER ADULT ASSISTANCE 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. (phone numbers listed on cover).

TREE DROP-IN FOR FREE 90yrs+

Sign up at any Saanich recreation centre for our Lifetime rate and enjoy free access to Saanich recreation centres and many dropin activities and programs:

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

GREE DISC GOLF

Try a new, inexpensive sport, that is low impact, and fun for all ages! Our, free, drop-in 9-hole disc golf course sits among small bolder outcrops in in Layritz Park and makes for a fun outing. Enjoy a walk and some fresh air as you putt and toss your discs. Play with your own discs or call ahead of time to enquire, Monday - Friday, 8:30am - 4:30pm, 250-475-5427, DISC GOLF PARK, LAYRITZ PARK

OUTDOORS

B SOCIAL CROQUET 55yrs+♥

Remember the fun of playing croquet? Rekindle the joy, get some fresh air and meet new friends. No equipment or experience needed. Cancelled if raining by 9:30am. Registration required, 250-475-5400.

REGISTRATION

FOR MANY

PROGRAMS LISTED

BEGINS

APRIL 19

AT 6AM.

BURNSIDE LAWN BOWLING CLUB

93162 W Jul 5-Aug 30 10-11:30am \$35/9

LAWN BOWLING ¥

Bowl at one of these great bowling sites, enjoy the social and fun atmosphere. Some clubs have additional activity options, call to confirm as prices vary. BURNSIDE LAWN BOWLING CLUB. 250-381-5743

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

LAKE HILL LAWN BOWLING CLUB, 250-590-8125.

GARDEN GROUP 60vrs+

Do you face barriers in growing your own food? This garden group is for experienced gardeners who may now find gardening on their own difficult. This social program creates small teams to utilize a Saanich growing plot in a partnership with a local Garden Association. There is no program fee, but participants must be prepared to purchase and supply all their own growing supplies (seeds, mesh/equipment, additives, etc.) and should enjoy working cooperatively with their team and Saanich staff. If interested, please contact Alison by Apr 7 at 250-475-5408. In-peron interviews will be conducted to determine participants SAANICH PLOT - April-October

= Registration is required for this program. Visit saanich.ca/register or call the facility (page 8)

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we've listed the intensity level beside the class. Modifications can be shown in all classes.

Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for those who are already active.

🕈 🎙 🕈 Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



Cedar Hill Recreation Centre 250-475-7121 | G.R. Pearkes Recreation Centre 250-475-5400 | Gordon Head Recreation Centre 250-475-7100 | Saanich Commonwealth Place 250-475-7630

Low Income? Apply for LIFE. LIFE (Leisure Involvement for Everyone) is available to low-income residents in Saanich! LIFE includes a number of free dropin admissions valid at all Greater Victoria recreation centres as well as a variety of discount coupons for Saanich recreation programs. For those who are 55+ an annual membership to one of the Saanich Older Adult Centres is also included for free. To see if you qualify, apply at any one of our four recreation centres or, for more information, please call the Financial Assistance Programmer by phoning 250-475-5407 or emailing financialassistance@saanich.ca.



ARTS

BOTANICAL DYE WORKSHOP

Learn how to use plants to make natural colorants and prints on fabric and paper. SILVER THREADS VICTORIA CENTRE Wednesdays, Jun 21 & 28, 1:30-3pm 2/\$15 members, 2/\$20 non-members

(B) INDIGENOUS BOOK CIRCLE

Meet and greet with Indigenous authors seasonally over Zoom. Enjoy hearing from authors like Richard Van Camp, Monique Grey Smith and others as they share their words.

VICTORIA NATIVE FRIENDSHIP CENTRE Seasonal, everyone welcome, RSVP to lisa.m@vnfc.ca

(B) KNIT & CRAFTS CIRCLE

Everyone welcome to join and work on any craft project. Led by Indigenous Cultural Practitioners VICTORIA NATIVE FRIENDSHIP CENTRE On Zoom bi-weekly and in-person monthly, everyone welcome, RSVP to culture@vnfc.ca

B 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 94909 Wed Jul 5-Aug 23 11:30am-12:30pm 8/\$74

B LINE DANCING

Learn the basic line dance steps in this fun class. SILVER THREADS SAANICH CENTRE Mondays Jun 5-Jul 17 9:30-10:45am 6/\$42 members, 6/\$60 non-members. Call to register. Beginner-level line dances for those who are familiar with the basic steps. No partner required. CORDOVA BAY 55+ ASSOCIATION 94921 Fri Jul 7-Aug 18 10:15-11:30am 7/\$51

GENERAL HEALTH, WELLNESS & FITNESS

🚯 🛃 BALANCE AND STRENGTH 🔻

Learn strength-based exercises around a chair to help improve your balance, coordination and stability so you can enjoy your regular activities without fear of falling or injury.

SAANICH COMMONWEALTH PLACE 96984 Mon Jul 3-24 1-1:45pm 4/\$35

BUILD BETTER BONES ♥♥

Build & maintain your bone strength with instructor Shirley McCuaig, while working on fall prevention. Reduce your risk of fractures through development of core strength, balance exercises and proper posture. Participants are encouraged to attend at least two classes per week for best results.

SAANICH COMMONWEALTH PLACE

96995	Mon	Jul 3-Aug 28	2-3pm	8/\$70
96996	Wed	Jul 5-Aug 30	2-3pm	9/\$78

🚯 🛃 EASY FIT 50yrs+ 🕈

This class will take you slowly and safely back into a gentle fitness routine. It focuses on gradually improving your ability to move, as our professional fitness instructor guides the class through easy strengthening and balance building exercises. Become your best fit, whatever that is for you, in this supportive class.

G.R. PEARKES RECREATION CENTRE

97025 Wed Jul 5-Aug 30 10:30-11:25am 8/\$48 97024 Mon Jul 10-Aug 28 10:30-11:25am 6/\$36 CEDAR HILL RECREATION CENTRE 96925 Tue Jul 11-Aug 29 9-9:45am 8/\$50

B ESSENTRICS

A full-body workout that unlocks and decompresses joints by stretching and strengthening without impact to the body. Improves wellness, increases energy, and reduces pain. Enjoy fresh music playlists and new exercise sequences at each class. SILVER THREADS VICTORIA CENTRE Thursdays, May 25-29, 5-6pm 6/\$54 members, 6/\$78 non-members

B MEDITATION

The class aims to provide deeper insight into ourselves, our connection with others and the world. The peaceful environment provides an opportunity for reflection, insight and thoughtful discussion. GOWARD HOUSE

Mondays, 2:30-4pm, Membership required, Please contact Goward House (see back page) for details.

🚯 WALKERS WITH WALKERS 65yrs+ 🕈

Ideal for those using a walker or walking poles. Enjoy a safe, friendly walk outdoors with a recreation therapist and certified fitness instructor. Focusing on stamina, proper posture, balance and breathing. Caregivers and partners welcome to attend at no cost but must register.

CEDAR HILL RECREATION CENTRE

97242 Fri Jul 7-Aug 25 10:30-11:30am 7/\$49

B YOGA FOR HEALTHY AGING ▼

This yoga class is designed to support physical, mental, and emotional well-being as you age. With specialized training in Yoga for Healthy Aging, Arthritis and Osteoporosis, the instructor provides a welcoming and supportive environment to encourage mobility, strength, flexibility and balance. GORDON HEAD RECREATION CENTRE 96395 Mon Jul 10-31 9-10am 4/\$42

R = Registration is required for this program. Visit saanich.ca/register or call the facility (page 8)

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we've listed the intensity level beside the class. Modifications can be shown in all classes. ♥ Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants. ♥ ♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for those who are already active. ♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



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🚯 📢 CHAIR YOGA 💙

With emphasis on the breath combined with gentle postures, students will experience the many benefits of yoga: a calmer, more focused mind, increased flexibility, better balance and strengthened muscles and nervous system.

CEDAR HILL RECREATION CENTRE

97240	Thu	10:15-11:15a	m Jul 6-Jul 27	4/\$42
GORDO	N HEAD) RECREATION	I CENTRE	
96747	Mon	Jul 10-24	11:30-12:30pm	3/\$32
96748	Mon	Aug 14-28	11:30-12:30pm	3/\$32
96749	Wed	Jul 5-26	11-12pm	4/\$42
96750	Wed	Aug 2-23	11-12pm	4/\$42

B YOGA AND MOBILITY FOR 55+ ♥

Gentle Hatha Yoga combined with creative somatic movements encourages and enhances mobility as dictated by students' individual needs. We'll explore balance and range of motion while building strength to move with ease. Students should be able to get up and down from the floor without issue. Meditation and relaxation techniques will be offered. SAANICH COMMONWEALTH PLACE

97134 Wed Jul 5-Aug 16 3:45-5pm 7/\$90

B TIME ♥

This specialized circuit-style fitness class is for individuals with balance and mobility challenges from conditions such as stroke, acquired brain injury or Multiple Sclerosis. Offered in partnership with Island Health. Participants must be able to walk on their own 10 metres with or without a walking aid. GORDON HEAD RECREATION CENTRE 97267 Wed,Fri Jul 5-Jul 28 11:45-12:15pm 8/\$70

B FULL BODY WORKOUT (ONLINE) ♥

This 60-minute full body workout includes an eclectic mix of cardio, strength, balance, core and stretching in a virtual format via Zoom. Participants require a computer or tablet with an internet connection, and a mat. Dumbbells are optional. Beginners to advanced welcome. Please register by contacting Saanich Commonwealth Place.

ONLINE Sun	Jul 9-30	9:15-10:15am	4/\$26	
ONLINE Sun	Aug 6-27	9:15-10:15am	4/\$26	

B FUNCTIONAL FITNESS 50yrs+ ♥♥

A group class that readies your body for daily activities. The class begins with a gentle warm up followed by exercises that are designed to prepare you for daily movements like bending, twisting, lifting, pushing, pulling, squatting and walking. G.B. PEABKES RECREATION CENTRE

97713	Thu	Jul 6-Aug 31	11:15am-12:15pn	n 8/\$70
97027	Tue	Jul 4-Aug 22	10:30-11:30am	7/\$61

B OSTEOFIT LEVEL 1 ♥

This beginner BC Women's Hospital lifestyle management program consists of fall prevention, education, strength, balance and coordination. The program is beneficial to anyone and especially safe for those with osteoporosis. Participants are encouraged to attend two classes per week for best results. CEDAR HILL RECREATION CENTRE

96943	Wed	Jul 5-26	10:15-11:15am	4/\$35	
96941	Mon	Jul 10-31	10:15-11:15am	4/\$35	
96944	Wed	Aug 2-30	10:15-11:15am	5/\$44	
96942	Mon	Aug 14-28	10:15-11:15am	3/\$26	

B SMALL GROUP CIRCUIT TRAINING 50yrs+♥

Circuit training is an efficient method of training to improve your cardiovascular system, strength, and endurance. This class is suitable for individuals with minor musculoskeletal issues who need to be active at their own pace. Extra stretching at the end. Located in the weight room.

SAANICH COMMONWEALTH PLACE

97189	Wed	Jul 5-26	10:15-11:15am	4/\$45
97187	Mon	Jul 10-31	10:15-11:15am	4/\$45
97190	Wed	Aug 2-30	10:15-11:15am	5/\$57
97188	Mon	Aug 14-28	10:15-11:15am	3/\$34

B STRENGTH AND CONDITIONING 50yrs+ ♥

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and dumbbells.

SAANICH COMMONWEALTH PLACE

011	97194	Tue	Jul 4-25	1:45-2:45pm	4/\$35
\$26	97193	Thu	Jul 6-27	1:45-2:45pm	4/\$35
1	97695	Tue	Aug 1-29	1:45-2:45pm	5/\$44
\$26	97694	Thu	Aug 3-31	1:45-2:45pm	5/\$44

PICKLEBALL FOR BEGINNERS

This instructional program is designed to teach basic skills and rules of playing pickleball. Emphasis on proper movement, techniques, and play. SAANICH COMMONWEALTH PLACE 96946 Sat Jul 8-Aug 26 10:15-11:45am 8/\$136

SOCIAL

B SOCIAL COOKING: COOL AS A CUCUMBER 60yrs+

Beat the heat this summer with cooling, hydrating recipes along with heat resilience tips and tricks! Become aware of what foods are naturally hydrating, which ones have natural electrolytes and which ones can be frozen and then used when there is a bit of a heat wave to cool you down.

\$15

GORDON HEAD RECREATION CENTRE 96741 Mon Jun 5 3:15-5:45pm

MONTHLY SOCIAL

Join us for an afternoon of building connections, creating friendships, and engaging in the Silver Threads community! Enjoy refreshments and an opportunity to meet and socialize with others. SILVER THREADS SAANICH CENTRE Tue June 27 1:30-2:30pm \$2

CEDAR HILL SOCIAL FRIDAY

Enjoy a variety of games and sport activities including					
indoor	indoor bocce, ladderball, board games or cards and				
of cour	rse, s	ocial time! Acc	ess the lending	library,	
meet n	ew fr	iends or make	new ones.		
CEDAR HILL RECREATION CENTRE					
97121 Fri Jul 7-28 12:30-3pm 4/\$8					
97122	97122 Fri Aug 4-25 12:30-3nm 4/\$8				

BRIDGE AT SAANICH COMMONWEALTH PLACE (DROP-IN) *ALL LEVELS OF PLAY

Bridge is a great way to meet new people and exercise the brain. Bring your coffee and join other bridge players of all levels to play and practice this great card game.

SAANICH COMMONWEALTH PLACE Tue and Thu Jul 4-Aug 24 1-3pm \$3.50/Afternoon

Registration is required for this program. Visit saanich.ca/register or call the facility (page 8)

INTENSITY LEVEL GUIDE

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SOCIAL

CEDAR HILL SOCIAL BRIDGE (DROP-IN) *EXPERIENCED LEVEL OF PLAY

Join drop-in bridge at Cedar Hill. Play alongside your friends and meet others that love the game! CEDAR HILL RECREATION CENTRE Mon, Wed, Sat (No play on Holidays) Jul 3-Aug 28 12:30-3:30pm \$3.50/afternoon

GROUP BUS OUTING: HARTLAND LANDFILL AND RECYCLING FACILITY TOUR 70yrs+

Hartland Landfill and Recycling facility, owned and operated by the CRD, is located about 14 km northwest of Victoria. It is the only solid waste disposal facility in the Capital region, serving 432,000 people. Most calculations indicate that at present filling rates, current design capacity is expected to be reached in 2049. What can we do to slow this down? Come on our tour and find out! CEDAR HILL RECREATION CENTRE DEPARTURE

98357 Wed Jun 21 12:30-3pm \$10

(B) GROUP BUS OUTING: HORTICULTURE CENTRE OF THE PACIFIC 70yrs+

Join us for a guided tour of the beautiful Horticulture Centre of the Pacific! Learn about the cultural and ecological importance of WSÁNEĆ territory's native plants and ecosystems on the WSÁNEĆ Ethnobotany Trail and tour the garden at large. Participants will have additional time to tour the rest of the gardens or enjoy at beverage at the local cafe. CEDAR HILL RECREATION CENTRE DEPARTURE

98360 Wed Jul 12 9:30am-12pm \$25 (\$16 program registration plus \$9 own admission rate when at gardens)

Staying Cool this Summer!

We know that summer is a fantastic time for connecting with others, engaging in activities, and being outdoors! But if you are like me, you might find the heat challenging from time to time.

I invite you to take advantage of the many activities and facilities Saanich offers for a break when temperatures rise. Check out Social Cooking: Cool as a Cucumber 60yrs+ (pg 6), where you can learn what food and beverages are naturally hydrating, visit Saanich Commonwealth Place or Gordon Head Recreation Centre for a cool dip in the pool, or pop into GR Pearkes Recreation Centre's arena as a spectator. We have many ways to help you cool down this summer!



Two of our Saanich recreation centres are attached to Greater Victoria Public Library branches, which provide air conditioning, plenty of seating and, of course, lots to read!

Additionally, many resources are widely available to help "beat the heat." A great example is BC Housing's *Extreme Heat Information for Tenants* (translated in 10 languages), which has links and suggestions for ways and places to stay cool at as needed (visit bchousing.org, select housing, tenant programs, resources and then select Extreme Heat Information for Tenants).

I hope that you have a wonderful and lovely summer! Stay cool and have fun,

- Alison, Programmer II, Older Adult Services, Community Services

Opportunities to Contribute

COMMUNITY AMBASSADORS NEEDED

Community Ambassadors are a welcoming and helpful addition to Saanich recreation centres, connecting the public to information about their community.

If you are passionate about the Tillicum neighbourhood, we are seeking a Community Ambassador for G.R. Pearkes Recreation Centre! If interested please call 250-475-5502 or email julie.vandenborn@saanich.ca.

ROLE FOR TECHNICAL VOLUNTEERS

Technical skills are always in high demand and Cordova Bay 55+ Association is seeking help automating some of the manual systems using their membership software. Please call if interested (short term and longer-term positions available). CORDOVA BAY 55+ ASSOCIATION

SOCIAL PROGRAM VOLUNTEERS MAKE A DIFFERENCE

Are you passionate about ensuring that adults 50yrs+ have social dropin opportunities in our recreation centres? We are seeking volunteers who would like to join us at our social programs and host, helping everyone have an enjoyable time. If interested, please contact 250-475-5502 or julie.vandenborn@saanich.ca.

Recreation and Community Centres in Saanich

CEDAR HILL RECREATION CENTRE 3220 Cedar Hill Road 250-475-7121



Facility Hours Jan	2-Jun 30, 2023		
Monday-Friday	6:30am-10pm		
Saturday	8am_0nm		

Saturday	8am-9pm	
Sunday	8am-9pm	
Facility Hours Jul 2-Sep 3, 2023		
Monday Eriday	70m 9nm	

Monday-Friday7am-8pm Saturday8am-4pm Sunday8am-4pm

Stat Holidays

Jul 1 - Canada Day	CLOSED
Aug 7 - BC Day	CLOSED
Sep 4 - Labour Day	CLOSED

Ask about our Access Passes for monthly access to many of our drop-in services! FREE Drop-in Admission for those 90yrs+ with the "Lifetime" rate!

GORDON HEAD RECREATION CENTRE 4100 Lambrick Way 250-475-7100

Air Conditioned

Facility Hours June 1-June 18, 2023 Monday-Friday6am-10pm Saturday6am-9pm Sunday6am-9pm

Reception:

Monday-Friday6am-9pm Saturday & Sunday6am-8:30pm *Note: Annual shut down June 19-July 3*

Facility Hours July 4, 2023 Monday-Friday6am-9pm Saturday8am-8pm

Stat Holidays - See website

G.R. PEARKES RECREATION CENTRE 3100 Tillicum Road 250-475-5400



Facility Hours June Monday-Friday6am-9pm Saturday7am-6pm Sunday7am-8pm

Stat Holidays - See website

SAANICH COMMONWEALTH PLACE 4636 Elk Lake Drive 250-475-7600



Stat Holidays - See website



SILVER Threads

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

1-5238 Cordova Bay Road 250-658-5558

Please enquire about specific program times, Book Club, Art Group, Pickleball and Ping Pong head outdoors, join us this summer!



VICTORIA NATIVE FRIENDSHIP CENTRE

231 Regina Ave 250-384-3211 Monday-Friday 8:30am-4:30pm



GOWARD HOUSE SOCIETY

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