

CONNECTIONS Older Adult Activity Guide

Winter/Spring 2026

*More ways to reach connection
and belonging (pg. 9)!*

NEW

**General registration
for Saanich Winter/Spring
programs opens
December 3 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

EARTH DAY FESTIVAL

Saturday, April 18, 11am-3pm

Saanich Municipal Hall

 #70, 71, 72, 75

Celebrate Earth Day by learning how to care for our planet, decrease our carbon footprint, and minimize our climate impact through everyday sustainability.

Join us rain or shine for free activities, vendors and live music! Visit saanich.ca/earthdayfestival or contact sarah.faria@saanich.ca, 250-475-5558 for more information.

MOTHER'S DAY PICNIC IN THE PARK

Sunday, May 10, 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 or contact sarah.faria@saanich.ca, 250-475-5558 for more information.



FAMILY ARTS FESTIVAL

Monday, February 16, 11am-3pm

Cedar Hill Recreation Centre  #24, 8

This fun-filled, all-ages event celebrates imagination, creativity, and discovery, with activities. More information at saanich.ca/familyartsfestival or contact sarah.faria@saanich.ca, 250-475-5558 for more information.



SPEED FRIENDING 55yrs+

Tuesday, February 10, 148735

Silver Threads Saanich  #8, 9, 21, 22

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. Please register.



2SLGBTQIA+ SPEED FRIENDING 55yrs+

Tuesday, May 12, 149721

Gordon Head Recreation Centre  #27, 28

For 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. Please register.

Gallery Exhibitions

FREE

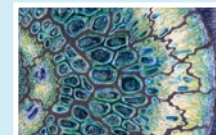
Cedar Hill Recreation & Arts Centre

3220 Cedar Hill Road,  Bus 24 (60m)

JANUARY 7 - FEBRUARY 1

Sydnie Johnson - Cellular Forest

Explore an in-depth interpretation of microscopic cells repeated as patterns in ceramic form. Come walk amongst a forest of ceramic trunks reaching upwards as they showcase the cellular structure of various trees.



FEBRUARY 4 - MARCH 1

Natalie Shumka & Selina Jorgensen - Walking Distance

A reminder to slow down and appreciate the natural beauty around us—especially as green spaces shrink and cities grow. An invitation to stay connected to the places we call home. Join in on February 16 for an art-making activity to celebrate Family Day.



MARCH 4 - 29

Susan Teece - Textured Landscapes

Textured Landscapes features images of West Coast trees in the form of large wall hangings created using tiny scraps of upcycled cotton fabric.



Programs and Services at Saanich Recreation Centres

DROP-IN: Adult \$7.75 | **60yrs+** \$7

Single admission for drop-in activities and programs.

CONTINUOUS ACCESS PASS

ADULT First Month \$66.75 After \$44.95

60yrs+ First Month \$50 After \$34.70

DROP-IN 90yrs+ **FREE**

Lifetime 90yrs+ free access to many drop-in activities! Contact a centre for more information!

OLDER ADULT ASSISTANCE CARD **FREE**

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).

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 or call 250-475-5407.

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 Centres is also included. To see if you qualify, apply at any recreation centre or call 250-475-5407.



FREE Easy Walks

Mondays 1:30-2:30pm Walk leader - Penny Stevens

Drop-in, slower-paced, one-hour guided walks through parks and neighbourhoods, on pavement and smooth trails. Steep hills avoided where possible. Rests and pace varies to ensure comfort of all walkers. Please wear supportive footwear. No pets - guide dogs only please.

Legend:  = All Easy Walks are rated low intensity. Pace is group-determined and includes some short standing pauses. Routes avoid steep hills where possible.

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

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 saanich.ca/trailsandtreks, or call 250-475-5422.



Jan 12 - Lambrick Park/ Mount Douglas Cross Road
Meet near front entrance, Gordon Head Recreation Centre, off Feltham Avenue; 4100 Lambrick Park Way.  27, 28 (250m).

Jan 19 - McMinn Park/Broadmead Area
Meet by entrance to McMinn Park, off Sunnymead Way and Cordova Bay Road; 4830 Maplegrove Street.  32, 39 (950m).

Jan 26 - Playfair Park/Braefoot Area
Meet in Playfair Park main parking lot, on Rock Street, off Quadra Street; near 1140 Rock Street.  6, 6A, 6B (225m).

Feb 2 - Beckwith Park/High Quadra Area
Meet in Beckwith Park, off Quadra Street; 857 Beckwith Avenue.  6, 6A, 6B (300m).

Feb 9 - Tillicum/Swan Creek Meet at foot of steps up to Silver City Cinema, Tillicum Mall; 3130 Tillicum Road.  8, 11 (104m).

Feb 23 - Swan Lake Area
Meet at end of Nelthorpe Street, off McKenzie Avenue; street parking near 3223 Nelthorpe Street.  51 (350m).

Mar 2 - Cordova Bay and Area
Meet at Lochside Park at the end of Lochside Drive, off Cordova Bay Road; near 5391 Lochside Dr.  32 (350m).

Mar 9 - Strawberry Vale Area
Meet at Rosedale Park parking lot, near Strawberry Vale Elementary School; 4100 Santa Anita Ave.  22 (200m), 39 (350m).

Mar 16 - Blenkinsop Valley
Meet on Lochside Trail beside Lochside Elementary School. Parking at school or Lochside Drive, north of Royal Oak Drive; 1145 Royal Oak Drive.  32, 39 (150m).

Mar 23 - Marigold Park/Welland Heritage Orchard
Meet at Marigold Park, off Grange Road; 1080 Iris Avenue.  22, 22A (375m).

Mar 30 - Viaduct Flats/Interurban Area Meet/park in gravel parking lot for Viaduct Flats, Interurban Road across the street from 495 Viaduct Avenue West.  21, 83 (100m).

Apr 13 - Shelbourne/Camosun Area
Meet in north east corner of Hillside Centre parking lot, Shelbourne Street and North Dairy Road; across from 3187 Shelbourne Street.  8, 22, 27, 28 (100m).

Apr 20 - Colquitz Circle
Meet at Copley Park West; 598 Parkridge Street, off Vanalman Avenue.  30 (120m).

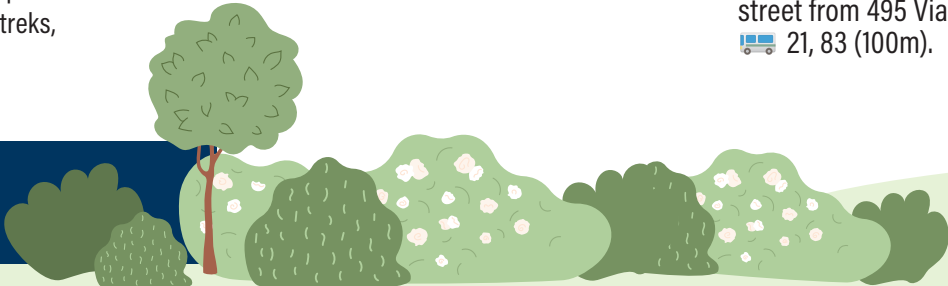
Apr 27 - The Gorge - Upper Waterway
Meet by main entrance of Esquimalt Gorge Park Pavilion; 1070 Tillicum Road.  26 (10m).

May 4 - Layritz Park/Quick's Bottom
Meet in Layritz Park parking lot, off Glyn and Wilkinson Roads; 4344 Layritz Avenue.  21, 39, 83 (Bus access at opposite end of park from start location, use trails, 500m).

May 11 - Broadmead South Loop
Meet/park at Emily Carr Park; 4500 Emily Carr Drive.  6A (26m).

May 25 - Lambrick/Tyndall Parks
Meet near front entrance to Gordon Head Recreation Centre, off Feltham Avenue; 4100 Lambrick Way.  27, 28 (350m).

Outdoors



 = Low-cost

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

 **DIRT TO DISH - TOGETHER WE GROW GROCERIES 60yrs+**
Looking to grow your own groceries but don't have space? Join our small community plot! Collaborate on costs, workload, and rewards. Gardeners must have experience, and be available mornings, frequently throughout the week April-October. Contact Alison 250-475-5408 for more information. SAANICH SENIORS GARDEN PLOT 151223 Apr-Oct 9-11am \$140

  **WALK AND TALK**
Moderate-paced, social guided walks for one and a half hours. Explore a variety of interesting outdoor routes, enjoy fresh air, beautiful nature and safe connection! Register by calling any Saanich recreation centre or at saanich.ca/register. SAANICH PARKS, TRAILS AND NEIGHBOURHOODS Tuesdays or Thursdays Jan-Jun 9:30-11am

 **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, the morning of. BURNSIDE LAWN BOWLING CLUB 153157 Wednesdays May 20-Jun 24 10-11:30am 6/\$42

 **SATURDAY MORNING NATURE WALK**
Join Naturalist Kristine in uncovering hidden wonders, from flourishing fungi to wildlife blending into the landscape. Explore, learn and connect with nature. Dress for weather and trail walking. Register by contacting a Saanich recreation centre or at saanich.ca/register. SAANICH PARKS, TRAILS AND NEIGHBOURHOODS Saturdays Apr 11-Jun 27 10-11:30am \$5/walk



Free Opportunities



FREE R ALMOST RETIRED? LET'S TALK

Supported by a UVic research project on belonging, we invite people navigating retirement to join this six-week program. Together we will share experiences, explore shifting social identity and connection, and create outputs that will be featured in a public community exhibition to promote awareness of this life transition.

SAANICH COMMONWEALTH PLACE
152131 F Feb 6-Mar 13 3-4:30pm FREE

FREE R BEAT THE FRAUDSTER 50yrs+

Empower and protect yourself and your loved ones with practical techniques to increase your safety. In partnership with Outsmart the Scammer Fraud Prevention Society, this session covers aspects of financial, technological and community safety.

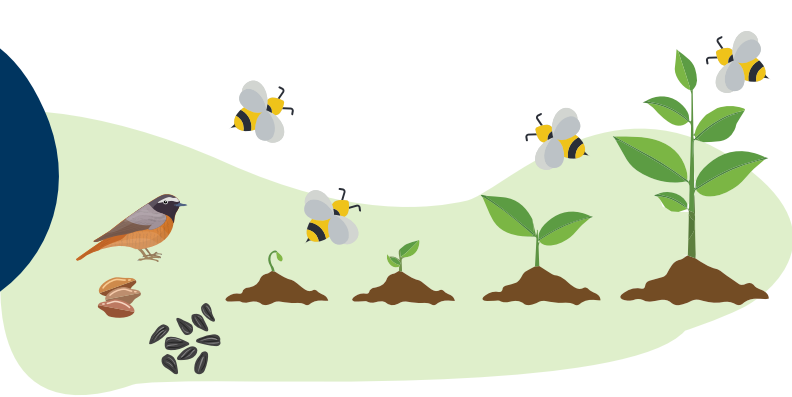
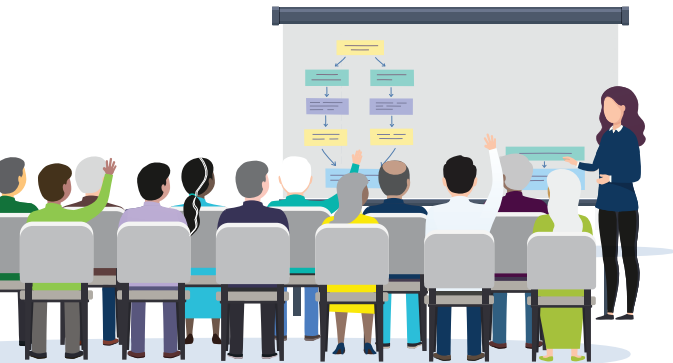
SAANICH POLICE BUILDING
151421 W Jan 14 7-9pm FREE

New name March onwards:

"Outsmart the Scammer Presentation 50yrs+"

GORDON HEAD RECREATION CENTRE
152107 Th Mar 5 1-2:30pm FREE

SAANICH COMMONWEALTH PLACE
152133 W Apr 29 7-9pm FREE



LECTURES 50YRS+

FREE R AN INTRODUCTION TO NATURESCAPING

Join a Saanich Environmental Educator to learn about the Naturescape initiative and its importance. Discover how you can create a wildlife-friendly yard that supports biodiversity and reduces water use.

CEDAR HILL RECREATION CENTRE
150363 Th Apr 16 2:30-3:45pm FREE

FREE R WHAT IS A COMMUNITY CONNECTOR?

Social Prescribing helps you explore community services and activities that can support you to improve your health, wellbeing, and independence. Emma, a local community connector will present on participant eligibility, how to apply and the benefits of this program.

CEDAR HILL RECREATION CENTRE
148452 Th Jan 22 2:30-3:45pm FREE

FREE R SLEEP ISSUES & REMEDIES

Many older adults find it difficult to get enough sleep; this workshop explores common issues and remedies. Presented by Debra Swain, a volunteer from the Seniors' Health & Wellness Institute.

CEDAR HILL RECREATION CENTRE
149612 Th Mar 12 2:30-3:45pm FREE



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
148475 F Jan 16-Jun 26 1-3pm FREE

G.R. PEARKES RECREATION CENTRE*
150426 M Jan 12-Jun 8 9:30-11:30am FREE
150427 W Jan 14 -Jun 10 9:30-11:30am FREE

GORDON HEAD RECREATION CENTRE*
149764 Th Jan 15-Jun 11 10-11:30am FREE

SAANICH COMMONWEALTH PLACE*
149765 M Jan 12-Jun 8 10-11:30am FREE



FREE CHINESE COMMUNITY DROP-IN

An opportunity to enjoy a social visit, play cards or table tennis, or sing with the choir. Hosted in the Social Centre/Youth Centre.

GORDON HEAD RECREATION CENTRE
146001 W Jan 7-Jun 10 9-11am FREE

SAANICH COMMONWEALTH PLACE
146002 Tu Jan 6-Jun 16 12:30-2:30pm FREE

More social opportunities exist in our region, please contact the organizations (pg. 8) for more!

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

Low-cost

IPHONE AND IPAD - FACEBOOK MARKETPLACE

Are you looking to buy and/or sell items online, but not sure where to start? Bring your iPhone or iPad and your Facebook account, and we will explore how to post items for sale, search for items to buy, and more.

SAANICH COMMONWEALTH PLACE
153555 Tu Jun 2 12-2pm \$39

INDIGENOUS DRUMMING CIRCLE 50 yrs+

Come explore and learn about the cultural significance of drumming with Nicole Mandryk. Participants will have their own drum and drumstick and will learn three drum beats and how to sing a traditional song.

154682 Th Jan 29 2:30-3:45pm \$10
154683 Th Feb 19 2:30-3:45pm \$10

DANCE

Have fun while you connect with others and yourself! Explore these offerings in our region.

Examples:

GORDON HEAD RECREATION CENTRE

- Intermediate Jive (East Coast Swing)
- Intro to Argentine Tango
- Intro to Salsa
- Nuline Dancing - Level 2
- Wedding Dance Dancing
- Social Ballroom Dance - Level 2

CORDOVA BAY55+

- Line Dancing

CEDAR HILL RECREATION CENTRE

- Nuline Dancing - New Beginners and Level 1, 2 and Jamboree
- Ballet - Level 1, 2, 3 and Silver Slippers 55yrs+

SAANICH COMMONWEALTH PLACE

- Social Ballroom Dance - Level 1, 2 & 3, Pre-Bronze, Beyond Bronze
- Hula Hawaiian Dance

ABOUT US - WRITING REAL AND FICTIONAL RELATIONSHIPS

Relationships drive creative change in our lives and stories. Dive into character dynamics and write stories "about us"- from fictional duos to the real-life connections that shaped us most.

CEDAR HILL RECREATION CENTRE
152911 Su Feb 22 2-3:30pm \$32

SOCIAL BRIDGE

All skill levels welcome. No partner needed to participate. First drop-in free, then annual membership is required in addition to \$4 drop-in fee.

GOWARD HOUSE
M, Th 12:30-4pm

MONTHLY SOCIALS

An afternoon of building connections, creating friendships, enjoying refreshments and engaging in the Silver Threads community. \$2 for members and non-members.

SILVER THREADS VICTORIA CENTRE:
Tu Jan 20, Feb 17, Mar 17 1:30-2:30pm
SILVER THREADS SAANICH CENTRE:
Tu Jan 27, Feb 24, Mar 24 1:30-2:30pm

LEARN TO PLAY WESTERN MAHJONG

Learn how to play this popular tile-based game of skill, strategy, and luck. You will be led by an experienced facilitator in this fun and social six-part session. \$24 for members, or \$42 for non-members.

SILVER THREADS SAANICH CENTRE:
F Jan 9-Feb 13 10am-12pm
F Feb 20-Mar 27 10am-12pm

HEART AND SOLE - MONTHLY DANCE WORKSHOP

Step into a space where rhythm meets freedom, and every move comes from the heart. This unique class blends the flow of freeform dance with just enough structure to guide your body. Runs Jan 18, Feb 22, Mar 29, Apr 26, May 24, \$12/class. Please register for each date you plan to attend.

CEDAR HILL RECREATION CENTRE

AFRO DANCE FOR WOMEN

Experience the vibrant and dynamic energy of diverse African dance styles that invigorate both body and spirit. Enhance your body awareness, boost your confidence, and develop appreciation for your body through movement and isolation techniques.

CEDAR HILL RECREATION CENTRE
153041 W Jan 7-Feb 18 9-10:15am 7/\$132
153047 W Apr 15-May 27 9-10:15am 7/\$132



Contact centres (pg.8) for more offerings and details! Many organizations in our region also provide dance, please contact them for more details (pg. 8).



= Low-cost



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

\$ R SOCIAL CHAIR FITNESS 55yrs+

Engage your brain and your body in this 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				
148468 Tu	Jan 6-Feb 24	1:30-2:30pm	8/\$40	
148469 Tu	Mar 3-Apr 28	1:30-2:30pm	9/\$45	
148471 Tu	May 5-Jun 30	1:30-2:30pm	9/\$45	



\$ 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				
150430 M	Jan 19-Feb 23	1-2:30pm	5/\$40	
150431 M	Mar 9-Apr 27	1-2:30pm	6/\$48	
150432 M	May 4-Jun 15	1-2:30pm	6/\$48	
G.R. PEARKES RECREATION CENTRE				
150495 W	Jan 21-Feb 25	1-2:30pm	6/\$48	
150498 W	Mar 11-Apr 29	1-2:30pm	7/\$56	
150499 W	May 6-Jun 17	1-2:30pm	7/\$56	

\$ = Low-cost
R = Registration is required for this program.
Visit saanich.ca/register or call the facility

R OLDER ADULT NEURODIVERSITY SOCIAL AND MOVMENT CLASS 55yrs+

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 for you!

SAANICH COMMONWEALTH PLACE				
150380 W	Jan 21-Mar 11	12:30-2:30pm	8/\$80	
152136 W	Apr 8-Jun 10	12:30-2:30pm	10/\$100	

FREE R CHOOSE TO MOVE

A free three-month motivational coaching program discussing ways to incorporate more physical activity into your life. Not a physical activity class.

SAANICH COMMONWEALTH PLACE				
150746 Tu	Feb 10-May 5	3-4:30pm	FREE	

R ACTIVAGE™

A group-led physical activity class that reinforces your commitment to incorporate fitness into daily life. Free if registered in Choose to Move, otherwise \$132 for 12 classes.

SAANICH COMMONWEALTH PLACE				
150747 Th	Feb 12-May 7	2-3pm	FREE/\$132	

AQUA STRENGTH AND STRETCH

Use the resistance of the water to stretch, strengthen, and stabilize your entire body a combination of yoga, Pilates, strength and flexibility. Registered multi-week programs available (\$9.50/class), drop-in if space permits (\$13/class). Tuesdays and Thursdays, 10-11am, please contact Saanich Commonwealth Place for information.



R QIGONG & MOBILITY AND YANG TAI CHI FORM 50yrs+

Open your joints and connect to your breath with moving meditations and mobility exercises. First drop-in is free, then annual membership is required in addition to \$8 drop-in fee (good for one or both classes).

GOWARD HOUSE				
Th	9-9:30am & 9:30-10:15am			

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 about these opportunities or get help creating your online volunteer account: volunteer@saanich.ca or 250-475-5502.



RECREATION CENTRE VOLUNTEERING

We offer social drop-ins for older adults, preschool classes, art classes, and more! Volunteers help us deliver quality programs while enjoying community connection.

SPECIAL EVENT VOLUNTEERING

Join our mailing list to learn about upcoming opportunities to volunteer at our vibrant community gatherings.



HANDS-ON ECOSYSTEM RESTORATION

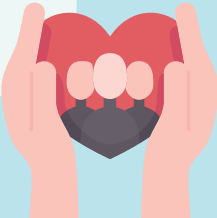
Remove invasive plants with other Pulling Together volunteers so our parks can remain beautiful, biodiverse spaces for generations to come. Many projects include gentle stewardship activities appropriate for all fitness levels – drop by, give it a try, and go at your own pace!



OTHER OPPORTUNITIES

Please reach out to:
Swan Lake Stewardship:
swanlake.bc.ca/volunteer

Inter-Cultural Association
Donations for social programs:
rajesh.parekh@icavictoria.org



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.**

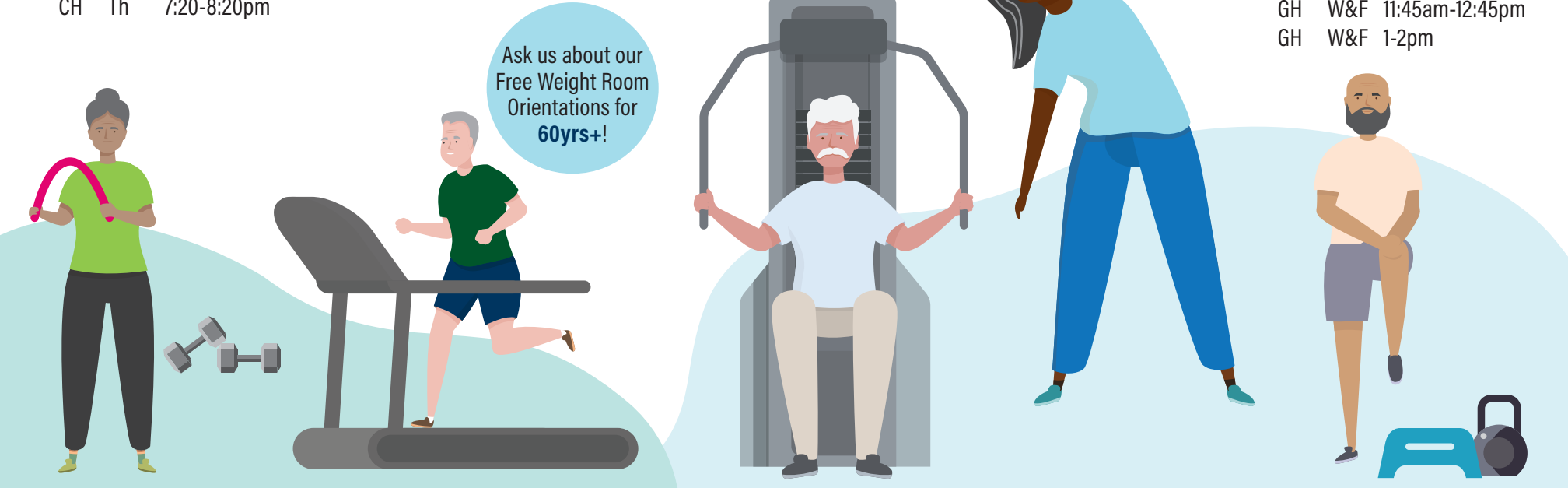
CH = Cedar Hill Recreation Centre
250-475-7121

PK = G.R. Pearkes Recreation Centre
250-475-5400

GH = Gordon Head Recreation Centre
250-475-7100

SCP = Saanich Commonwealth Place
250-475-7600

GETTING STARTED	CONTINUE MOVING	WEIGHT ROOM	MINDFUL MOVEMENT	RESTORATIVE
For beginners or those returning to fitness.	For those with some fitness routines already.	All fitness levels; located in the weight room or functional fitness studios.	Focus on gentle movement, balance and wellbeing.	For those maintaining ongoing health conditions.
Cardio Fun Virtual W 9:15-10:15am	Aging Backwards GH Tu 11:30am-12:30pm SCP Th 9:15-10:15am	Take Heart Breathe Well (Persons with cardiac/chronic illnesses) *Assessment required SCP W&F 9:30-11am W&F 11:30am-1pm W&F 1:30-3pm	Balance and Strength CH Th 10:30-11:30am SCP F 1:15-2:15pm	Build Better Bones 1 CH M,F 10:15-11:15am SCP M,W 2-3pm
Chair Fit CH Tu 10:15-11:15am PK Th 11:15am-12:15pm GH Tu 11-12pm	Boxing 50yrs+ SCP Su 8:15-9:15am		Yoga - Bend It Like Beckham Gentle SCP W 5:15-6:30pm	Build Better Bones 2 CH M,F 9-10am
Easy Fit CH Th 11:30am-12:30pm PK M,T,W 11:15am-12:15pm SCP Tu 12:45-1:45pm GH Tu 12:15-1:15pm	Full Body Workout Virtual Su 9:15-10:15am	Weight Training - Beginner 50yrs+ CH Su 1-2pm PK M 10:15-11:15am	Yoga - Chair Yoga CH Tu 11:30am-12:25pm SCP W 1-2pm	Chronic Pain/Mild Movement Class SCP Tu, Th 11:30am-12:30pm
FREE Getting Started with Exercise 50yrs+ CH F 1:30-2:15pm GH W 11:30am-12:30pm PK Tu 12:15-1pm SCP F 2:30-3:15pm	Nia Fitness and Dance CH Tu 5-5:55pm CH Th 1-2:15pm	Weight Training - Small Group CH M,W,F 12-1pm GH Th 9-10am SCP M,W 10:15-11:15am SCP Tu, Th 11:30am-12:30pm SCP F 10:30-11:30am	Yoga for Fitness Virtual M 9:30-10:30am	F.A.M.E. (stroke recovery) SCP Tu&F 1:15-2:15pm
Meditation - Buddhist CH Tu 12:15-1:15pm	Weight Training 70yrs+ SCP F 11:45am-12:45pm	Weight Training - Small Group Fundamentals GH Tu & Th 10:05-11:05am PK Th 4-5pm	Yoga - Flow and Restorative SCP Tu 5:15-6:15pm	Moving Beyond Cancer SCP M,W 12:45-1:45pm
Yoga - Slow Flow CH Th 7:20-8:20pm	Total Body Workout GH F 10:15-11:15am SCP F 9:10-10:10am		Yoga-Pelvic Floor Braefoot Tu 6:15am-7:15pm SCP M 12:45-2pm	Osteofit Level 1 CH W 10:15-11:15am
	Zumba Gold CH M 10-11am			Osteofit for Life CH W 9-10am
				T.I.M.E. (stroke, brain injury, MS) CH M&W 1:30-2:30pm GH W&F 11:45am-12:45pm GH W&F 1-2pm



Saanich Older Adult Community Resources

SAANICH RECREATION CENTRES

CEDAR HILL RECREATION CENTRE

3220 Cedar Hill Road
250-475-7121



#8, 24

GORDON HEAD RECREATION CENTRE

4100 Lambrick Way
250-475-7100



#27, 28

G.R. PEARKES RECREATION CENTRE

3100 Tillicum Road
250-475-5400



#8, 11

SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive
250-475-7600



#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

#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

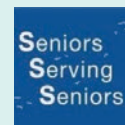
Support Line 1-844-859-6789

#30, 31, 32, 47, 48



BC SENIORS' GUIDE

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.



Introducing New Opportunities for Seniors in Greater Victoria

REACH, a new community initiative, is centred on increasing social participation and inclusion for seniors



Seniors and older adults in Saanich, Greater Victoria, and the West Shore are beginning to benefit from a new initiative from the Government of Canada. Through special funding from the New Horizons for Seniors Program, local organizations are increasing their programming and promotion to “REACH” seniors – especially those who may be isolated from family and friends.

The REACH initiative brings together government, community, and other not-for-profit organizations to address older adult isolation through new and expanded projects and programs tailored to the specific needs of older adults. Collectively, these initiatives help remove barriers, enable new and expanded programs, and share more information with the community.

An example of REACH expanding participation and inclusion is already in your hands – the expansion of the Connections Older Adult Activity Guide. In these new pages, you'll find more information about REACH partner organizations, new programs and events, and stories that aim to share the importance of social participation to overall wellness.

According to Statistics Canada, nearly 1 in 4 seniors report barriers to social participation, such as transportation, mobility, or lack of opportunities.

REACH Partner Organizations

- Capital Regional District
- City of Victoria
- Family Caregivers of British Columbia
- Greater Victoria Volunteer Society (Volunteer Victoria)
- Métis Nation of Greater Victoria
- Saanich Neighbourhood Place
- Saanich Parks, Recreation and Community Services
- Silver Threads Service
- Vancouver Island Counselling Centre for Immigrants and Refugees
- Victoria Native Friendship Centre
- West Shore Parks & Recreation

A 2022 University of Manitoba study associated seniors' frequent social participation with higher cognitive abilities, fewer depressive symptoms, and greater life satisfaction.

We invite you to read on and learn more about these important new REACH initiatives and the increasing number of ways you can participate – and encourage others to do the same.



Through REACH funding, the Capitol Regional District is working alongside a committee of service providers and community partners to develop a community campaign to promote connectedness.



- Loneliness is not an uncommon experience, affecting 19% of seniors aged 65+, with higher rates among women (23%) and those who are widowed, divorced, or living alone. (Statistics Canada, 2023).
- Social relationships can have significant health benefits, seniors with strong social bonds live longer and better (Population Reference Bureau with support from the National Institute on Aging, 2025).
- Social isolation is harmful to health and linked to increasing health risks (Global News & NIA, 2023) yet many people find taking the first step to build those connections can be quite daunting.

Through this project we hope to share practical tips for connection, support community builders and share stories of how others built community. Community member, Jason Motz was kind enough to share how he decided to take the first step.

"I grew up here, but moved away, not expecting to come back. When I did find myself back, humbled by Vancouver after fifteen years, I had friends scattered about the city. All of them with their own lives, families, and jobs which made finding time to spend together difficult. And while I consider these people my best friends, it was not enough. I needed to put more into my social life if I wanted to ensure my future years were less lonely.

Ditching large chunks of my shyness, a slew of my insecurities, and a smidge of my anxieties, I set to work adding more people to my life. I knew I couldn't be the only person in the city who felt a genuine desperation for more connection. Dabbling in online dating helped in a bit, as did finding a job with a big corporation, but neither filled the gap. Romance and work are two distinct needs, but what I needed was something more connective than either of those. I wanted to feel a part of something bigger.

All of us feel change in our lives as we age, lose people, friends, and family or become "professional homebodies". But meeting new people allowed me a new perspective and support, I could start building the new life I wanted."

Thank you Jason for sharing your journey with us! We all belong!



Vancouver Island Counselling Centre for Immigrants and Refugees (VICCIR)

Promoting intergenerational connection through fun, creative arts activities that support your mental health and well-being.

Hands & Hearts - Crafting & Connecting

Foster connection and personal well-being through hands-on creative activities, including clay hand-moulding, holiday-themed printmaking, poetry, and storytelling, where art serves as a metaphor for life's journey.

Beat the Winter Blues!

Join us for a lively session to discover uplifting tools to stay joyful through the cold, dark days. Learn, laugh, and leave with practical ways to overcome seasonal affective disorder and brighten your winter mood!

Contact Laura or Henry:
778-404-1777



Victoria Immigrant and Refugee Centre Society (VIRCS)

Empowering you and your family to navigate life with confidence and hope.

Digital Literacy for BIPOC Seniors

Enhance your digital literacy skills through our teaching program, facilitated by diverse intergenerational and intercultural youth volunteers who speak a number of different languages.

For more information contact Iman: 250-361-9433





Family Caregivers of British Columbia

Developing culturally relevant referral pathways and supports for caregivers through community liaisons, volunteer ambassadors, and peer groups and workshops. Contact Tara for more information: 250-384-0408.

Caregiver Support Line

Confidential, one-to-one emotional support, information, and referral to services. Staffed by trained specialists to help you navigate challenges, reduce isolation, and access resources tailored to your needs. Toll-free 250-384-0408, Monday to Friday, 8:30am to 4pm (closed statutory holidays).



Saanich Neighbourhood Place

Connecting isolated groups of seniors to one another through community cooking programs and community meals and building skills across the region for those interested in offering social kitchens.

Cooking Connections for Seniors

Make meals alongside others and a guide. Enjoy connecting over food and/or a community meal. Contact Tina: 250-360-1148



City of Victoria and West Shore Parks & Recreation

Working with 2STNB (Two-spirit, Transgender, Non-binary) and allies (LGBTQIA+) to assist with regional social program coordination, for older adults who identify as 2STNB. To participate or for more information, contact Bobbi Neal at bneal@wspr.ca or see wspr.ca for more info.



Silver Threads

Connecting with isolated seniors through on-site programs in rental or subsidized housing.

Isolated Seniors Project

Contact us to learn more about outreach program for individuals living in rental or subsidized housing. Call Sarah: 250-388-4268



Greater Victoria Volunteer Society (Volunteer Victoria)

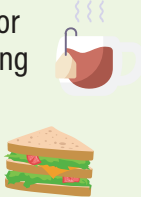
Bringing older adults and young people together through volunteerism helps others, builds connections, and provides a sense of purpose. Contact Emma: 250-386-2269



Métis Nation of Greater Victoria and Victoria Native Friendship Centre

Supporting Elders, older ones, and seniors. To participate or learn more, contact: executivedirector@mngv.ca.

Community Connection Events Winter/Spring

EVENT	ORGANIZATION	DETAILS	DATES	LOCATION
Meet a Stranger 	Meet a Stranger	One-hour conversations with a stranger, pairings selected randomly. 	2:15pm, January 17 2:15pm, February 21 2:15pm, March 21 2:15pm, April 18	Fairfield Gonzales Community Association, 1330 Fairfield Rd.
Craft & Connection 	Luther Court Community Health Centre	Drop-in craft group where participants can work on their own projects or try something new.	Thursdays from 3-4pm	Luther Court Society, 1525 Cedar Hill Cross Rd.
Speed Friending 55+  2SLGBTQIA+ Speed Friending 55+	District of Saanich	An opportunity to meet new people through a series of brief, platonic conversations with strangers. 	1-3:30pm, February 10 6:30-8:30pm, May 12	Silver Threads Saanich 286 Hampton Rd. Gordon Head Recreation Centre 4100 Lambrick Wy.
Community Meal Program 	Beacon Community Services	Weekly low-cost lunches for seniors 65+ who are seeking to make new connections in their community. 	12:30-1:30pm, Mondays and Thursdays	SHOAL Centre 10030 Resthaven Dr.
Soup Social 		Free hearty soup, activities and guest speakers offers a great way to connect and make friends.	12-2pm, 3rd Friday of each month	
Community Connectors Program	Oak Bay Volunteers	This program is now available for adults 55+ across Greater Victoria, helping to build meaningful connections and reduce isolation. 	Contact information: oakbayvolunteers.org 672-974-2323 connector@oakbayvolunteers.org	