

# CONNECTIONS

Saanich Older Adult Activity Guide

JANUARY – MAY 2023



PARKS, RECREATION  
& COMMUNITY SERVICES

Community Services  
Older Adult Programmer  
Alison Chamberlain  
250-475-5408

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

# Free Community Events in Saanich



## AMBASSADOR TOURS AT RECREATION CENTRES

Ongoing occurrences, please visit [saanich.ca/register](http://saanich.ca/register). Join our Welcome Ambassadors as they show the ins-and-outs of our facilities! With a bit of history and fun along the way, these tours are wheelchair, walker, and all-ages friendly! Visit [saanich.ca/register](http://saanich.ca/register) and search “ambassador” or call your recreation centre (page 8) to enroll.



## SAANICH EARTH DAY FESTIVAL Saturday April 22

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



## BEAT THE FRAUDSTER! SAFETY SERIES

With the help of Saanich Police, empower yourself with practical techniques to increase your financial and technological safety skills to protect yourself and loved ones. This is an ongoing series, join in at any time. Although this information is especially useful for older adults, all ages are welcome to attend! Visit [saanich.ca/register](http://saanich.ca/register) and search “saftey series” or call 250-475-5422 to enroll for free today.

### CEDAR HILL RECREATION CENTRE

Thu, Jan 5 & May 4, 1:30-2:30pm, Multipurpose Room

### G.R. PEARKES RECREATION CENTRE

Tue, Feb 7 & Jun 6, 1-2 pm, LAM Room



## MOTHER'S DAY CONCERT Sunday May 14, 2-4pm Playfair Park

Bring a chair or blanket and enjoy a relaxing afternoon at beautiful park while listening to music played by the Reynolds School Band, in honour of all the wonderful mothers in our community.



## POETRY READINGS With Planet Earth Poetry, Cedar Hill Recreation Centre

Planet Earth Poetry invites you to stop by to enjoy the newly launched “Little Free Poetry Library” and free monthly poetry readings by local poets. Watch [saanich.ca/eventscalender](http://saanich.ca/eventscalender) for poetry readings, events will be listed as they are scheduled. or call 250-475-5557.

### GORDON HEAD RECREATION CENTRE

Tue, Mar 7, 1:30-2:30 pm, Multipurpose Room

### SAANICH COMMONWEALTH PLACE

Tue, Apr 4, 9:30-10:30 am, Arbutus Room

## Opportunities to Contribute - Volunteer Information Sessions

### PARKS, RECREATION & COMMUNITY SERVICES

Learn about our many volunteering opportunities! Sign-up for a volunteer info session by calling 250-475-5502, or visit [saanich.ca/volunteers](http://saanich.ca/volunteers) for more information.

**Saanich Commonwealth Place:** Wed, Jan 25, 6:30-7:30pm

**Cedar Hill Recreation Centre:** Wed, Feb 22, 6:30-7:30pm

**Gordon Head Recreation Centre:** Wed, Mar 29, 6:30-7:30pm

### SAANICH EMERGENCY PROGRAM

Are you interested in helping your community during an emergency? We are recruiting for: Emergency Support Services, Emergency Radio Communications and Neighbourhood Emergency Preparedness volunteers. Training provided. Come find out more!

**Cedar Hill Recreation Centre:** Tue, Jan 31, 7-8pm

**Saanich Commonwealth Place:** Mon, Mar 6, 7-8pm

**G. R. Pearkes Recreation Centre:** Tue, May 30, 7-8pm



# Saanich Outdoors Opportunities

Start of Winter/Spring 2023 schedule, to see full listings anytime, visit [saanich.ca](http://saanich.ca) and search "Trails and Treks" or call 250-475-5422.

## WALKING ROUND THE PARK **FREE**

**EASIEST**  
You set the pace and distance

Walk and talk your way around the park multiple times, or take the whole hour to do one loop, resting at benches along the way. Ideal for walking sticks, poles, rolling walker or other mobility aids. *Walking Round the Park begins in Spring.*

**Mondays: 11am-12pm**

**Apr 17 - Horner Park** Meet in main parking lot, Palo Alto St., off Cedar Hill X Rd.

**Apr 24 - Sierra Park** Meet/park on San Juan Ave., near crosswalk at Sierra Park.

**May 1 - McMinn Park** Meet at entrance to parking area on Maplegrove St., off Sunnymead Way and Cordova Bay Rd.

**May 8 - Layritz Park** Meet at Layritz Park parking lot on Layritz Ave., off Glyn and Wilkinson Rds.

**May 15 - Rutledge Park** Meet/park on Scotia St. beside Rutledge Park.

**May 29 - Glanford Park** Meet in parking lot on Kenneth St., off Glanford Ave.

## **R** WALKERS WITH WALKERS 65yrs+

Bring your walker or walking poles on this safe, friendly walk with a certified fitness instructor. Focusing on proper posture, balance, strengthening, stamina and breathing we will start with a chair warm up, do a loop outside and then return indoors. Caregivers and partners welcome to attend as assistants at no cost.

**CEDAR HILL RECREATION CENTRE**

**Fridays, 10:30-11:30am**

**Jan 13-Feb 24, 7/\$43**

**Mar 3-Apr 28, 8/\$49**

**May 5-Jun 23 8/\$49**

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

## EASY WALKS **FREE**

Hour long group pace, avoids steep hills

Walk with us on pavement and groomed trails through parks and interesting neighbourhoods. Routes avoid steep hills and busy trails where possible. Please wear supportive shoes.

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

**Jan 9 - Blenkinsop Valley** Meet on Lochside Trail beside Lochside Elementary School.

**Jan 16 - Viaduct Flats** Meet/park in Viaduct Flats gravel parking lot on Interurban Rd., opposite intersection with Viaduct Ave. West.

**Jan 23 - Braefoot Rural Route** Meet in Braefoot Centre parking lot, on Mackenzie Ave, by lacrosse box.

**Jan 30 - UVic/Henderson** Meet in Henderson Recreation Centre parking lot, beside covered bike parking shelter.

**Feb 6 - Broadmead/Royal Oak** Meet/park on Emily Carr Dr., by cross-walk to Emily Carr Park.

**Feb 13 - Swan Lake and Area** Meet/park at end of Nelthorpe St., off Mackenzie Ave.

**Feb 27 - McMinn Park and Sunnymead** Meet/park by entrance to McMinn Park, on Maplegrove St., off Sunnymead Way & Cordova Bay Rd.

**Mar 6 - Hyacinth/Glanford/Panama Flats** Meet in Hyacinth Park parking lot, Marigold Rd.

**Mar 13 - Lambrick/Fairburn** Meet near main entrance of Gordon Head Recreation Centre, off Feltham Rd.

## WALK AND TALK **FREE**

Chip or gravel trails, some steep sections

Enjoy fresh air, a friendly chat and gentle exercise as we take different walks through Saanich parks and trails. Walks follow mainly chip or gravel trails but may have some steep sections.

**Tuesdays & Thursdays: 9:30-11am**

**Jan 3 - Rosedale Park to Marigold Park** Meet at Rosedale Park on Santa Anita Ave. by tennis courts.

**Jan 5 - Swan Lake, Reynolds, Playfair Parks** Meet at end of Nelthorpe, off McKenzie Ave.

**Jan 10 - Reynolds Park to Bow Park** Meet at Reynolds Park parking lot; Prestwood Dr. off Union Rd.

**Jan 12 - Gorge Waterway** Meet at Gorge Water Waterway Park near Victoria Canoe Club off Tillicum Rd.

**Jan 17 - Copley Park /Royal Oak Area** Meet at Copley Park parking lot; 598 Parkridge St. off Vanalman Ave.

**Jan 19 - Rithet's Bog to Brydon Park** Meet at kiosk on Dalewood Ln., off Chatteron Way.

**Jan 24 - Lambrick Park to Haro Woods** Meet at Gordon Head Recreation Centre entrance, 4100 Lambrick Way, off Feltham Rd.

**Jan 26 - Blenkinsop Valley** Meet at Lochside Elementary School, corner of Royal Oak Ave. & Lochside Dr. on trail.

**Jan 31 - Cadboro-Gyro Park – Ten Mile Point Area** Meet at Cadboro Gyro Park end of Sinclair Rd. beside washrooms.

## SUNDAY HIKES **FREE**

Some steep rough trails

Discover the beauty and variety of Saanich Parks. Please wear sturdy footwear as walk routes sometimes include steep, rough trails. Bring drinking water.

**Sundays: 1:30-3:30pm**

**Jan 22 - Gordon Head East**

Meet at Sierra Park, by crosswalk on San Juan Ave.

**Feb 26 - Gorge Waterway Full Loop**

Meet at main parking lot for Gorge Park, Gorge Road West, opposite Orillia St. (Not the parking lot near the playground).

**Mar 26 - Beckwith Park/Christmas Hill/Swan Lake** Meet at Beckwith Park 857 Beckwith Ave. No dogs please.

**Apr 23 - Hyacinth Park to Knockan Hill** Meet at Hyacinth Park, on Marigold Rd.

**May 28 - Layritz/Mountain Road Forest** Meet at Layritz Park parking lot on Layritz Ave, off Glyn and Wilkinson Rds.

## **R** BIRD WATCHING FOR BEGINNERS

Do you love birds? Want to know more about local species? Our expert birders will introduce you to the basics of birding including identification, sounds and great locations to view in Victoria. Each week features a different location to view different types of birds. Phone 250-475-7600 to register.

**BECKWITH PARK, Wednesdays, 9-10:30am, Apr 5-26, 4/\$45**

**R** **SOCIAL CROQUET 55yrs+** Remember the fun of playing croquet with friends? Rekindle the joy, get some fresh air and meet new friends. No equipment or experience needed. Cancelled if raining by 9:30am. Register by calling G.R. Pearkes 250-475-5400.  
**BURNSIDE LAWN BOWLING CLUB, Wednesdays, Apr 12-Jun 28, 10-11:30am 12/\$35**

# Saanich Fitness, Wellness & Social Opportunities

## FREE PROGRAMS & ACTIVITIES

### **R** **FREE EXERCISE INTRODUCTION 50yrs+**

We are excited to meet you in this one-time small group class where you will be introduced to a few basic functional exercises and how to do them safely. Done regularly, these exercises will help you maintain your muscle mass, promote bone health and prevent falls. You will receive a description of the exercises we cover as well as a list of Saanich programs that are being offered nearby to continue your exercise routine at home or in a friendly group setting.

G.R. PEARKES RECREATION CENTRE  
Mondays, Jan-Jun 11:30am-12pm

### **FREE OLDER ADULT SOCIAL DROP-IN 60YRS+**

Come and connect with friends or meet new ones while having a weekly morning coffee/tea, snack and chat. Our table-tennis table and pool table will be set up and ready for play for those who want to.

G.R. PEARKES RECREATION CENTRE  
Wednesdays, Jan 11-Jun 21 9:30-11am  
No session Mar 22 or 29.

### **R** **FREE BEGINNER SWIM LESSONS FOR OLDER ADULTS 60YRS+**

Whether you are a beginner, or just want to brush up on technique, join our experienced instructors during a quieter time in the pool for 45 minutes of tips and tricks in this small group setting.

GORDON HEAD RECREATION CENTRE  
Mondays, Jan 9-Mar 13 2:30-3:15pm

### **R** **FREE WEIGHT ROOM ORIENTATIONS 60yrs+**

Learn about the equipment in your local recreation weight room, feel more confident and practice with one of our certified weight room instructors in these small group orientations.

HELD AT ALL SAANICH RECREATION CENTRES

Contact your centre of interest for more information.

### **FREE ART HIVE 55**

Have a weekly creative break with peers! No experience necessary, bring things you have in progress or start something new as we all explore art and craft making together.

CEDAR HILL RECREATION CENTRE  
Fridays, Jan 20-Mar 17 10-11:30am  
Fridays, Apr 14-May 26 10-11:30am

## GENERAL HEALTH, WELLNESS, FITNESS & ARTS

### **R** **ART - URBAN SKETCHING LEVEL 2**

Want to push your sketching skills to a higher level? We will establish focal areas, re-visit and push perspective rules and try out different sketching tools while working outdoors and from photos. Previous drawing experience required. Supply list online, or call centre for details.

CEDAR HILL RECREATION CENTRE  
Sundays, May 7-Jun 11 1-3:30pm 6/\$128

### **R** **ART AND NATURE**

Explore the synthesis of art and nature. Learn about land art and nature-based practices. Try various ways of depicting nature in your art, both figuratively and thematically. We will focus on drawing and painting, but may explore other mediums based on student's interests. Supplies included.

CEDAR HILL RECREATION CENTRE  
Tuesdays, May 16-Jun 20 1-3:30pm 6/\$150

### **R** **FIBRE ARTS - MINDFUL STITCH WORKSHOP**

Explore using stitch and textiles as a mindful practice. In this workshop we will create small fabric collage pieces as a form of moving meditation. Interest in sewing is a plus, but no experience is necessary. All tools and supplies provided, however feel free to bring materials from home.

CEDAR HILL RECREATION CENTRE  
Sunday, Jan 15 1-3:30pm 1/\$30

### **R** **POTTERY - GARDEN SCULPTURES**

Celebrate the arrival of spring while creating playful sculptures to display in your garden. In this four-part, multi-level class, participants will use a variety of handbuilding techniques to design and create sculptural garden items such as gnomes, bird houses, garden stakes and bird baths. Students should be prepared to have fun and get creative! This course is suitable for all levels, and includes a half bag of clay.

CEDAR HILL RECREATION CENTRE  
Saturdays, Mar 4-Mar 25 12-2:30pm 4/\$134

### **R** **COOKING - PLANT-BASED FLAVOURS FOR FAMILIES**

In this class, Chef Heidi Fink will demystify the ingredients and techniques needed to create mouthwatering vegetables, grains, fruits and legumes. Borrowing inspiration from every corner of the world, you will walk away with a better understanding of how to cook well and stay healthy, with a collection of recipes that will WOW your friends and family. Contact Saanich Commonwealth Place to register.

ROYAL OAK MIDDLE SCHOOL  
Tuesday, Jan 31 6-9:30pm 1/\$89

### **CONVERSATION CIRCLE**

Peer to Peer conversation group based on a monthly topic.

SILVER THREADS, SAANICH CENTRE  
Tuesdays, Jan 10, Feb 14, Mar 14 1-2:30pm  
\$2 members/\$5 non-members per circle

### **R** **CEDAR HILL SOCIAL FRIDAYS 55yrs+**

Enjoy a variety of games and sport activities including carpet bowling, badminton, table tennis, card and board games and of course, social time! Access the lending library, meet friends, or make new ones. Register by month, each afternoon costs \$2. Visit [saanich.ca/register](http://saanich.ca/register) or call 250-475-7121.

CEDAR HILL RECREATION CENTRE  
Fridays, Jan 6-Jun 30 12:30-3pm \$2

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

**R** = Option of exercising while seated

# Saanich Fitness, Wellness & Social Opportunities

## **R** **SOCIAL BRIDGE 55yrs+**

Bridge is a great way to pass an afternoon! Join a Drop-In group for experienced Bridge players at Cedar Hill Recreation Centre, or an all levels welcome group at Saanich Commonwealth Place.

CEDAR HILL RECREATION CENTRE  
M, W, Sa, Starts Jan 4 1-4pm \$3.50/afternoon  
SAANICH COMMONWEALTH PLACE  
M, Tu, Thu, Starts Jan 9 1-3pm \$3.50/afternoon

## **SILVER THREADS SINGERS**

Mixed, non-auditioned choir performing in community settings.

SILVER THREADS, SAANICH CENTRE  
Tuesdays, Starting Jan 9:30-11am  
\$2 members/\$5 non-members per circle

## **R** **BUDDHIST MEDITATION**

Happiness is a calm, clear and peaceful mind. Discover the power of meditation to decrease stress, think more positively and creatively in the face of problems, and respond more openly towards others. Ideal for everyone, on chairs or mats.

CEDAR HILL RECREATION CENTRE  
Tuesdays, Jan 17-Feb 28 12-1pm 7/\$69  
Tuesdays, Mar 7-Apr 25 12-1pm 7/\$69  
Tuesdays, May 2-Jun 6 12-1pm 6/\$58

## **R** **FOOTCARE CLINICS**

This is a one-on-one foot care appointment with a Foot Care Nurse; especially for individuals who have difficulty reaching their feet. Appointment includes the following services: education and assessment, nail cut/file, corn, nail fungus and callous care, gentle foot rub and a referral if necessary. Please arrive 15 minutes before your appointment time.

CEDAR HILL RECREATION CENTRE  
250-475-7121 to book.



## **R** **TAKE HEART AND BREATHE WELL PROGRAM**

In partnership with Island Health. The Take Heart Program is a safe, medically guided program for people who have had a cardiac event, chronic illness or who need supervised exercise for cardiac prevention or the management of chronic illness. Please arrange for an assessment (\$65) prior to signing up by calling Lisa Banks at 250-475-7619. Program runs Wednesday and Friday 11:30am-1pm. Maintenance program also available, 1:30-3pm.  
SAANICH COMMONWEALTH PLACE

## **R** **EASY FIT 50yrs+**

This class will take you slowly and safely back into a gentle fitness routine after being less active during the pandemic. 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  
Mon or Wed, Starts Jan, 10:30-11:15am 7/\$43, 8/\$49, 9/\$57  
SAANICH COMMONWEALTH PLACE  
Tue or Thur, Starts Jan, 12:45-1:30pm 8/\$49  
CEDAR HILL RECREATION CENTRE  
Thursdays, Starts Jan, 11:30am-12:15pm 6/\$37  
GORDON HEAD RECREATION CENTRE  
Fridays, Starts Jan, 1-1:45pm 3/\$18, 4/\$24, 5/\$30

## **R** **STRENGTH TRAINING – BEGINNER 50yrs+**

Learn the components of a well-balanced strength training program. Use weight room equipment safely and effectively to develop muscular strength and endurance. Class takes place in the weight room.

CEDAR HILL RECREATION CENTRE  
Sundays, Jan 8-Feb 26 10:15-11:15am 7/\$61  
Sundays, Mar 5-Apr 30 10:15-11:15am 8/\$70  
Sundays, May 7-Jun 25 10:15-11:15am 7/\$61

## **R** **MINDS IN MOTION®**

Minds in Motion® is 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. The program is 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. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a prorated registration fee if space available.

GORDON HEAD RECREATION CENTRE  
Mondays, Jan 16-Feb 13 1-2:30pm 5/\$25  
Mondays, Feb 27-Apr 3 1-2:30pm 6/\$30  
Mondays, Apr 24-Jun 19 1-2:30pm 8/\$40

## **R** **NEURODIVERSITY SOCIAL & MOVEMENT CLASS 55yrs+**

Celebrating all older adults! This is a fun, welcoming, social and movement class including those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. This class is led by an older-adult fitness instructor and program assistant, so rest assured your loved one is safe while in class. Please call Alison at 250-475-5408 prior to registering if you are new to our program to determine if it is a great fit!

SAANICH COMMONWEALTH PLACE  
Wednesdays, Jan 11-Mar 15 12:30-2:30pm 10/\$80  
Wednesdays, Apr 5-Jun 7 12:30-2:30pm 10/\$80

## **R** **AQUA STRENGTH AND STRETCH**

Use the resistance of the water to stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, pilates, strength and flexibility exercises.

SAANICH COMMONWEALTH PLACE  
Tue or Thur, Starting Jan 10 9:45-10:45am 8/\$74

## **R** **LIVING FIT 50yrs+**

Improve core and abdominal strength, and increase flexibility and stability important for almost everything you do in this fun informative class! Light weights, tubing and balance equipment will be used to simulate functional movements and daily tasks.

SAANICH COMMONWEALTH PLACE  
Wednesdays, Jan 11-Mar 1 2:30-3:30pm 8/\$70  
Wednesdays, Mar 8-Apr 26 2:30-3:30pm 7/\$61  
Wednesdays, May 3-Jun 21 2:30-3:30pm 8/\$70

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

**R** = Option of exercising while seated



# Saanich Fitness, Wellness & Social Opportunities

## **R** TIME

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

### GORDON HEAD RECREATION CENTRE

|                          |                 |          |
|--------------------------|-----------------|----------|
| Wed & Fri, Jan 4-Feb 3   | 11:45am-12:45pm | 10/\$102 |
| Wed & Fri, Feb 8-Mar 3   | 11:45am-12:45pm | 8/\$82   |
| Wed & Fri, Mar 8-Mar 31  | 11:45am-12:45pm | 8/\$82   |
| Wed & Fri, Apr 5-Apr 28  | 11:45am-12:45pm | 7/\$72   |
| Wed & Fri, May 3-May 26  | 11:45am-12:45pm | 8/\$82   |
| Wed & Fri, May 31-Jun 16 | 11:45am-12:45pm | 6/\$61   |

## **R** CHAIR YOGA

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

### CEDAR HILL RECREATION CENTRE

Tuesdays, Starts Jan 11:45am-12:45pm  
Thursdays, Starts Jan 10:45-11:45am

### GORDON HEAD RECREATION CENTRE

Mondays, Starts Jan 11:30am-12:30pm  
Wednesdays, Starts Jan 11am-12pm

## **R** WALKING GROUP (INDOOR)

An indoor program at the Save-On-Foods Memorial Centre! Please pre-register by calling 250-388-4268.

### SILVER THREADS, VICTORIA CENTRE

Tuesdays, 9-10am, Cost: \$2 members, \$5 non-members

## **R** OSTEOFIT LEVEL 1

An ongoing program focused on fall prevention and reducing the 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. Various dates. Please enquire for more details. 10:15-11:15am.

CEDAR HILL RECREATION CENTRE 250-475-7121

SAANICH COMMONWEALTH PLACE 250-475-7600

## QIGONG - ONGOING DROP-IN

Learn the fundamentals of Aung Medical Qi Gong. Become aware of the circulation of Qi (vital energy) throughout your whole being—body, mind and spirit. This introductory class focuses on breathing patterns. We'll also practice some gentle movement exercises. Register through Gordon Head Recreation Centre 250-475-7100.

### GORDON HEAD MIDDLE SCHOOL

Wednesdays, Jan 18-Mar 29 6-7:30pm Drop-In/\$2

## **R** TRX SUSPENSION TRAINING WORKOUT

Looking for a body-weight resistance system that is easily modified for all fitness levels? This program will give you total body strengthening in an innovative and fun format.

### SAANICH COMMONWEALTH PLACE

|                        |               |        |
|------------------------|---------------|--------|
| Fridays, Jan 13-Mar 3  | 10:30-11:20am | 8/\$86 |
| Fridays, Mar 10-Apr 28 | 10:30-11:20am | 6/\$65 |
| Fridays, May 5-Jun 23  | 10:30-11:20am | 8/\$86 |

## **R** FALL PREVENTION AND BALANCE CLASS

Balance exercises to improve strength, coordination, stability, mobility and aid in fall prevention. Light weights, tubing and balance equipment used to simulate functional movements and daily tasks.

### CEDAR HILL RECREATION CENTRE

|                        |          |        |
|------------------------|----------|--------|
| Fridays, Jan 13-Feb 24 | 9-9:55am | 6/\$52 |
| Fridays, Mar 3-Apr 28  | 9-9:55am | 8/\$70 |
| Fridays, May 5-Jun 23  | 9-9:55am | 8/\$70 |

## **R** ONLINE FULL BODY WORKOUT

This 60-minute full body workout includes an eclectic mix of cardio, strength, balance, core, and stretch and is offered in a virtual format. Equipment will be a mat, optional dumbbells, and yourself! Beginners to advanced welcome. Register monthly.

ONLINE, CALL 250-475-7600 to register

Sundays, Jan-Jun 9:15-10:15am 4/\$27

## **R** PICKLEBALL- LEARN TO PLAY

Interested in learning how to play Pickleball? This beginner-level class will cover the basics of Pickleball, including techniques, tactics, scoring and positioning. No previous playing experience necessary. Please provide your own paddle if possible.

### CEDAR HILL RECREATION CENTRE

|                          |          |         |
|--------------------------|----------|---------|
| Tuesdays, Feb 21-Mar 28  | 2:30-4pm | 6/\$102 |
| Saturdays, Mar 11-Apr 15 | 3-4:30pm | 6/\$102 |

## **R** MEDITATION

Amid the lingering pandemic and all the environmental, political and economic instability swirling around our heads, Monday afternoon meditation provides an oasis of serenity. Those attending on a regular basis report feeling refreshed and restored, with greater patience, perspective and compassion in their daily lives.

GOWARD HOUSE, CALL 250-477-4401

\$100/year membership rate, \$84/year renewals

## **R** YOGA AND MOBILITY FOR 55yrs+

Gentle Hatha Yoga combined with creative Somatic movements to encourage and enhance 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. Various dates, please call for more information. Starting Jan 10.

### SAANICH COMMONWEALTH PLACE

Tuesdays 11:45am-1pm or Thursdays 2-3:15pm

## **R** CHRONIC PAIN/MILD MOVEMENT CLASS

Join other people living with chronic pain, fibromyalgia or those people just looking for a gentle class. If you are already mildly active this is the class for you. Chair exercises provided as alternatives.

### SAANICH COMMONWEALTH PLACE

|                         |                 |        |
|-------------------------|-----------------|--------|
| Tuesdays, Jan 10-Feb 28 | 11:30am-12:30pm | 8/\$70 |
| Thursdays, Jan 12-Mar 2 | 11:30am-12:30pm | 8/\$70 |
| Tuesdays, Mar 7-Apr 25  | 11:30am-12:30pm | 8/\$70 |
| Thursdays, Mar 9-Apr 27 | 11:30am-12:30pm | 8/\$70 |
| Tuesdays, May 2-Jun 20  | 11:30am-12:30pm | 8/\$70 |
| Thursdays, May 4-Jun 22 | 11:30am-12:30pm | 8/\$70 |

## **R** AQUA ZUMBA

For those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. There is less impact on your joints. The water creates natural resistance, which means every step is more challenging and helps tone your muscles. Starting Jan 10.

### SAANICH COMMONWEALTH PLACE

Tuesdays, 7:15-8:15pm or Fridays 6-7pm, 7/\$79 or 8/\$90

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

 = Option of exercising while seated

# Saanich Fitness, Wellness & Social Opportunities

## **R** **BALLET WITH EASE 55yrs+**

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

CEDAR HILL RECREATION CENTRE

Tuesdays, Jan 17-Mar 7 1:30-2:30pm 8/\$95

Tuesdays, Apr 4-May 9 1:30-2:30pm 6/\$71

Tuesdays, May 16-Jun 27 1:30-2:30pm 7/\$83

## **R** **LINE DANCING AT CORDOVA BAY**

Learn some basic dance patterns which will be put together into an actual line dance. No partner required. Beginner level line dances for those who are familiar with the basic line dance steps. Drop-In's Welcome (\$9/session), register through Saanich Commonwealth 250-475-7600.

CORDOVA BAY 55 PLUS ASSOCIATION

Fridays, Starting Jan 13 10:15-11:30am 8/\$64

## **R** **SIT AND DANCE 55yrs+**

A gentler way to experience dance from a seated position for older adults and those with mobility issues. Learn dance moves with classic rock music from the 50's, 60's, 70's and beyond!

CEDAR HILL RECREATION CENTRE

Fridays, Jan 20-Mar 10 1-2pm 8/\$95

Fridays, Apr 14-Jun 9 1-2pm 9/\$107



## INTERGENERATIONAL

### **R** **ARCHERY - YOU AND ME 8yrs+**

Come out and enjoy this Archery class designed for an adult and the child in their life (8yrs+). Together, learn the basic skills of this great sport. Cost per person, both must register.

SAANICH COMMONWEALTH PLACE

Friday, Jan 6-Jun 23 5-6pm or 6-7pm

5 or 6 week sessions, 5/\$47 or 6/\$57

### **R** **FIGHT BACK FOR WOMEN - PART 1**

This class is available to anyone 16yrs+ and instructed by a woman for women. In this diverse class develop techniques to protect yourself in real world encounters alongside other women. Topics include: how to prevent an attack, situational awareness, the advantage of being a woman, and physical skills that are easy and retainable under stress.

SAANICH COMMONWEALTH PLACE

Saturday, Feb 25 9am-12pm \$79

### INTERGENERATIONAL PROGRAM AT CB55+

Members share their skills, knowledge and experience with students! Reading program has senior mentors with individual students listening to them read and providing a supportive environment to practice their skills. Drop-In program involves playing board games or supervising children as they enjoy playing with Lego or blocks during the lunch hour recess. In the spring a group of members will share their love of pickleball! Participation in the intergenerational program is limited to members of CB55+.

INFORMATION AT CORDOVABAY55PLUS.ORG

OR CALL 250-658-5558.

## ACCESSIBILITY PROGRAMS

**L.I.F.E.** (Leisure Involvement for Everyone) is available to fixed or low income residents in Saanich! LIFE includes either: 52 Drop-In admissions valid at 13 Greater Victoria recreation facilities, as well as a discount coupon for a registered Saanich recreation program, or, 50% off the regular price off of our annual recreation pass. For those who are 55+, an annual membership (Silver Threads, Goward House or Cordova Bay 55+) is also included. To see if you qualify, apply at any one of our four recreation centres or, for more information, please call 250-475-5422.



### **FREE** Older Adult Assistance

**Pass:** Don't let balance, mobility, or other impairments prevent you from participating. Apply for an Older Adult Assistant Card to bring someone with you to assist you in programs and activities for free! Assistants must stay with you to facilitate your visit and register for all programs also. If they would like to participate in a registered program requiring supplies they must pay the associated program and supply cost. Apply at any Saanich Recreation Centre.



### **FREE** 90yrs+ Drop-In

Use the Drop-In services of our four Saanich Recreation Centres for free if you are 90yrs+ with our "Lifetime" Pass! Drop-In includes dropping in for personal use of the weight room, pool, hot tub, sauna or steam room, as well as participating in some of the Drop-In fitness offered such as Basic Yoga, Indoor Cycling and Water Fit. Drop-In skate (skate rentals extra), Drop-In adult sports or open gym times are also included. Drop-In schedules can be found online at [saanich.ca/recreation](http://saanich.ca/recreation), or call the Recreation Centre of interest (page 8).



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

 = Option of exercising while seated



# Recreation and Community Centres in Saanich

## Popular Drop-In Programs

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



**Basic Yoga\***  
Sun, 9:30-10:30am  
**Strength & Stretch\***  
Tue & Thu, 10:15-11:15am  
**Art Hive 55+**  
Fri, 10-11:30am  
**Cedar Hill Social Bridge**  
Mon, Wed & Fri, 1-4pm  
(\$3.50/session any age).

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



**Cycle and Core\***  
Wed, 9:15-10:10 am  
**Basic Yoga\***  
Wed, 4-4:55pm  
**Body Fit\***  
Sat, 9:30-10:25am  
**Adult Skate and Coffee Social**  
Thu, 12-1:15pm

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



*Due to swim meets, schedules subject to change.*

**Drop-In Yoga**  
Fri, 5:30-6:30pm  
**Chinese Community Drop-In**  
Wed, 9:30-11am  
**Water Walking and Pool Time without Music**  
Please confirm schedule with centre.

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



*Due to swim meets, schedules subject to change.*

**55+ Badminton**  
Wed, 2:30-4pm  
**Shallow Water Walking**  
Mon, Wed & Fri, 12-1pm  
**Self Directed Water Walking**  
Daily, call for times!  
**Chinese Community Drop-In**  
Tue, 12:30-2:30pm

### CONTACT CENTRES FOR START DATES.

\* Means you may reserve a spot, as of 8:30am, seven calendar days in advance, contact centre.

More options available, contact us today!

**Drop-In Adult \$7.25**  
**60yrs+ \$6.30**  
**90yrs+ Free**



**SILVER THREADS:**  
**Saanich Centre**  
286 Hampton Road, 250-382-3151  
**Victoria Centre**  
1911 Quadra Street, 250-388-4268

**PHONE TO BOOK YOUR SPOT!**  
\$2 members  
\$5 non-members.  
Membership is \$55 per year

**GAMES:**  
Mondays: Mahjong 10-11:30am (Victoria Centre), Duplicate Bridge 12:30-3:30pm (Saanich Centre).  
Tuesdays: Euchre 1-2:30pm (Victoria Centre).  
Wednesday: Snooker 9:30-12:30pm (Saanich Centre).  
Thursday: Cribbage 1-3pm (Saanich Centre), Scrabble 1-3pm (Saanich Centre) & Mexican Train Dominoes (Victoria Centre) 1:30-3pm.

*Contact for more options!*



**CORDOVA BAY 55+ ASSOCIATION**  
1-5238 Cordova Bay Road  
250-658-5558

A vibrant volunteer-run association with over 30 activities and leisure interest groups contact directly for Drop-In opportunities\*  
Membership is \$40 for the year. Want to RSVP? Please contact centre.

*Contact for more options!*



**VICTORIA NATIVE FRIENDSHIP CENTRE**  
231 Regina Ave  
250-384-3211

**GUYS COFFEE BREAK** Chat with Indigenous Elders. A safe place to meet Elders and community on Zoom for brief chit-chat over coffee.  
RSVP to Elder.Support@vnfc.ca.

*Contact for more options!*



**GOWARD HOUSE SOCIETY**  
2495 Arbutus Road  
250-477-4401

**ONGOING SPEAKERS\***: Thur Feb 9 Dr. Andrew J. Weaver  
"Global Warming - Advancing climate policy in our parliamentary democracy." Want to RSVP? Please contact centre.  
Membership is \$100/year the first year and \$84 for renewals

*Contact for more options!*