

# CONNECTIONS

**Saanich's Older Adult Activity Resource  
SEPTEMBER & OCTOBER 2021**

**Join us, we would  
love to see you!**

*See page 2:  
NEW Activity Talks!*



**PARKS, RECREATION  
& COMMUNITY SERVICES**

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

**Cedar Hill Community Recreation Centre 250-475-7121**

**G. R. Pearkes Community Recreation Centre 250-475-5400**

**Gordon Head Community Recreation Centre 250-475-7100**

**Saanich Commonwealth Place 250-475-7600**

**NEW**

**Activity Talks! Call 250-475-5408 to book a time to speak with a Saanich representative about: how to register, different types of programs, assistance with finding programs online & more!**

# HOW TO REGISTER

## Community Recreation Centres

**Cedar Hill Community Recreation Centre:**  
(250-475-7121, 3220 Cedar Hill Road)

**Gordon Head Community Recreation Centre:**  
(250-475-7100, 4100 Lambrick Way)

**G.R. Pearkes Community Recreation Centre:**  
(250-475-5400, 3100 Tillicum Rd.)

**Saanich Commonwealth Place:**  
(250-475-7600, 4636 Elk Lake Drive)

**Online: at Saanich.ca, under Parks, Recreation & Community Services, and then Registered Activities and Programs page**

## Saanich Community Groups

**Cedar Hill Social Club (250-475-5408)**

**Cordova Bay 55+ (250-658-5558)**

**Goward House Society (250-477-4401)**

**Silver Threads Service Saanich**  
(250-382-3151)

**Victoria Native Friendship Centre**  
(250-384-3211)

**Inter-Cultural Association**  
(250-388-4728)

**Saanich Volunteer Services Society**  
(250-595-8008)



### **LIFE (Leisure Involvement for Everyone)**

LIFE (Leisure Involvement for Everyone) is available to low income residents in Saanich! LIFE includes drop-in admissions valid at all Greater Victoria recreation facilities 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. To see if you qualify apply at any one of our four recreation centres or, for more information, please call Mena Westhaver at 250-475-5407.

**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.

**FREE Drop In admission in all centers for those 90years+**

# Registered Activities and Program Listing Sampler

## FREE

### **INSPIRED BY NATURE: FOREST BATHING AND CREATIVE EXPRESSION**

50yrs+, Mt. Doug & Swan Lake, Tuesdays Sep 7-28, 10-11:30am.

Join Human Nature Counselling on a mindful series of guided “forest bathing” sessions, with easy walks and creative activities in Saanich parks. Supplies provided no experience required.

### **OLDER ADULTS DROP-IN SOCIAL BALLROOM DANCE**

Gordon Head Recreation Centre

Wednesdays Sep 15-Dec 15, 1:15-3:15pm.

Social get together to practice your dancing skills. No instruction. First hour Line Dance, second hour Social Ballroom.

### **NEPT: NEIGHBOURS ENGAGING ON PHONES TOGETHER**

55+yrs, At Home

Tuesdays, November 2-Dec 7, 1:30-2:30pm.

Can't get into a centre for activities in the Saanich or Greater Victoria area? Join us on your phone, meet fellow participants and connect over fun and games right from your home each week. All supplies delivered prior to program start. Call 250-475-5408 to register.

### **WALKS, SAANICH PARKS AND NEIGHBOURHOODS**

Various Locations, call 250-475-5427 or visit us online (at Saanich.ca, parks, programs and events, trails and treks) for start locations. Please bring sturdy footwear.

### **EASY WALK MONDAYS**

1:30-2:30pm: Social strolls on pavement through parks and interesting neighbourhoods. Routes avoid steep hills.

### **GENTLE WALK AND TALK**

Tuesdays and Thursdays 9:30-11am: Mainly chip and gravel trails with some steep sections, enjoy fresh air, beautiful scenery and friendly chatting.

### **HIKES**

Sunday Sep 12 & Sun Oct 17 1-3pm: Saanich parks, sometimes include steep, rough trails. Bring drinking water.

### **SAANICH VOLUNTEER SERVICES SOCIETY DRIVERS**

Medical Drivers. Need a lift to a medical appointment? Call 250-595-8008 Volunteer Drivers are looking forward to hearing from you.

These programs are a sample of the ones currently available. For Woodworking, Pickleball, Osteofit to Zumba and more, please see inside cover on ways to contact us!

## EVENTS

### **MOON FESTIVAL**

Lantern Celebration, Gordon Head Recreation Centre

Saturday Sept 18, 5-8:30pm, FREE.

A neighbourhood outdoor celebration of light and community! Cultural entertainment, moon cakes, tea samples and beautiful lantern displays.

### **SAANICH REMEMBRANCE DAY CEREMONY**

Saanich Municipal Hall,

Thursday Nov 11, 10:45-12:30pm, FREE.

Join Mayor Haynes and Council in remembrance at the Saanich Cenopath.

### **HORSE DRAWN CAROLING RIDES**

Saanich Commonwealth Place, December 20-23,

Evenings, Children \$20, Adults \$25

A season favorite! Sing your way aboard our horse drawn wagon. Rides are for 45 minutes.



**LOOK FOR LOCAL  
EVENTS HAPPENING  
IN YOUR COMMUNITY:**

**SEPTEMBER 30<sup>TH</sup>**

**National Day for Truth  
and Reconciliation**

**FRIDAY OCTOBER 1<sup>ST</sup>**

**International Day for Older Persons**

## HEALTH AND WELLNESS REGISTERED PROGRAMS

### **WALKERS WITH WALKERS 65+**

Cedar Hill Recreation Centre, Mondays Sep 13-Oct 25  
12:30-1:30pm, 6/\$36

Bring your walkers or walking poles and enjoy posture, balance and breathing, stretching and coffee time with other friendly walkers, a recreation therapist and a certified fitness instructor Anne Casey.

### **SIRvivor**

Cedar Hill Recreation Centre, Tuesdays and Fridays  
Sep 21-Dec 10, 10:15-11:15am, 12/\$50

In partnership with BCRPA and UBC, SIRvivor is a researched and specialized exercise program for men who have been diagnosed with prostate cancer, in any stage of treatment or recovery. Improve muscle and cardiovascular fitness, meet new people, and maintain a strong, healthy body with safe and effective exercises. First time participants \$50.

### **NEURODIVERSE SOCIAL AND MOVEMENT CLASS 55+**

Saanich Commonwealth Place, Wednesdays Sep 22-Dec 8,  
12:30-2:30pm, 12/\$96. Call 250-475-5408 to book.

Celebrating neurodiversity and the importance of everyone having access to recreation and wellness! This is a fun, welcoming, social and physical movement class for those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. You are a vibrant part of our community and we are excited to spend time together.

### **CHAIR YOGA**

Cedar Hill Recreation Centre, Thursdays Sep 9-Oct 28  
10:30-11:30am, 7/\$69

With the 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.

### **GENTLE RELAXATION YOGA: BEND IT LIKE PECKHAM,**

Saanich Commonwealth Place, Thursdays Sep 23-Oct 28  
11:15am-12:30pm, 6/\$74

Gentle yoga movements (standing and floorwork) followed by Yoga Nidra - a traditional Yoga practice sometimes called “yogic sleep” guided relaxation/meditation.

# Registered Activities and Program Listing Sampler

## HEALTH AND WELLNESS REGISTERED PROGRAMS CONTINUED

*(Want to sign up? See inside cover: How to Register)*

### **FIGHT BACK FOR WISER WOMEN 55+**

Saanich Commonwealth Place, Monday Nov 15  
6-7:15pm, \$50

Knowledge and skills presentation to own your personal safety. Topics include common trends, situational awareness, de-escalation strategies, and personal safety while using public transportation and travelling.

### **COMMUNITY ART CIRCLE 55YRS+**

Cedar Hill Recreation Centre, Fridays Sep 17-Oct 22  
10-11:30am, 6/\$30

Connect with others through the joy of art making, where everyone's an artist! Bring your works in progress and the supplies, all welcome, no experience required!

### **HULA HAWAIIAN DANCE**

Enjoy music, movement and chanting in this easy and light way to stay in shape!

Cedar Hill Recreation Centre,  
Tuesday Sep 14-Oct 26 4:30-5:30pm, 7/\$56  
Saanich Commonwealth Place,  
Wednesday Sept 22-Oct 27 1-2pm, 6/\$56

### **LINE DANCING**

Cordova Bay 55+  
Fridays Sept 10-Oct 22, 10-11:15 am, 7/\$60

Learn some basic dance patterns that will be put together into a line dance. No partner required.

### **UKULELE – BEGINNERS**

Saanich Commonwealth Place  
Tuesdays Oct 19-Dec 7 11am-Noon, 8/\$82

New to the Uke with little to no musical experience? Uke can do it! Fun affordable and easy to play, join us to learn.

### **FOOT CARE**

55+ Clinic, Cedar Hill Sep 9 and Oct 14, Afternoons \$50  
45 minute one on one service includes nursing assessment, cut and filing, reduction of thickened nails, trimming and filing of fungal nails, corn and callous care, management of dry and cracked skin. Education and diabetic assessment, referral to appropriate health care professional (as necessary) and gentle foot rub with moisturizer.

### **FUNCTIONAL FITNESS 50+**

G.R. Pearkes Recreation Centre, 10:30-11:30am, 7/\$58  
Tuesdays Sep 14-Oct 26,  
Thursdays Sep 16-Oct 28

40 minute light weightlifting segment using body weight, tubing and/or dumbbells to improve strength, endurance and coordination. Bring your own mat to class.

### **BOOK CLUB & BAGGED LUNCH SOCIAL**

Cedar Hill Recreation Centre,  
Thursdays Sep 16-Oct 7, 1-3pm, 4/\$20  
Discuss the monthly book with other club members. Facilitator will bring questions for conversation and discussion.

### **IPHONE: MASTERING THE BASICS & BEYOND**

Cordova Bay 55+, Mondays Sep 20 & 27, 1-3pm, 2/\$79  
Explore more than calling and texting, all levels welcome with your phone!

## **ONLINE/AT HOME**

### **ACTS (ACTIVELY CONNECTING TOGETHER SAFELY):**

Learn how to use an iPad or tablet, we will show you how online. Learn about social media and games, internet safety, online recreation and health & wellness programs, have fun and connect with others. Contact Silver Threads at 250-382-3386

**BRAIN GAMES:** Join us via your computer, iPad or tablet to challenge your brain with word games, puzzles, local trivia and fun topics to spark conversations and anecdotes. Contact Silver Threads at 250-382-3386

**TRAVEL SERIES:** Enjoy our ever popular travel series from the comfort of your own home. Zoom in and join our talented and well-travelled speakers as they share stories, facts and stunning images from their past travel abroad. Contact Silver Threads at 250-382-3386

**ZOOM YOGA BY GOWARD HOUSE:** Yoga will continue to be a hybrid model, with ZOOM and in-person offered simultaneously please call 250-477-4401.



# RESERVED DROP IN AT COMMUNITY RECREATION CENTRES


Register in advance required except for weight rooms, waterfit, and at SCP only, length and family swimming. Subject to change contact centres for details.



**(GH)** GORDON HEAD RECREATION CENTRE

**(SCP)** SAANICH COMMONWEALTH PLACE

**(CH)** CEDAR HILL RECREATION CENTRE

**G.R. PEARKES RECREATION CENTRE**

FITNESS & WATERFIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit <b>GH</b> 9-10am	Shallow Waterfit <b>SCP</b> 9-10am (M-F)	Low Impact <b>SCP</b> 10:30-11:30am	Deep Waterfit <b>GH</b> 9-10am	Circuit <b>GH</b> 9-10am		Basic Yoga <b>CH</b> 9:30-10:30am	
Mild Waterfit <b>GH</b> 10:30-11:30am	Strength & Stretch <b>CH</b> 10:15-11:15am	Core and More <b>GH</b> 8-9am	Fit for Life <b>CH</b> 10:15-11:15am	Shallow Water Walking <b>SCP</b> (M,W,F) 12-1pm		Pure Stretch <b>SCP</b> 9:30-10:30am	
Basic Yoga <b>SCP</b> 4-5pm	Deep Waterfit <b>SCP</b> 10:15-11:15am (M-F)	Basic Yoga <b>CH</b> 5-6pm	Low Impact <b>SCP</b> 10:30-11:30am	Basic Yoga <b>GH</b> 5:30-6:30pm			

SPORTS & SOCIAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball <b>SCP</b> 1:45-4pm (M-F)	Pickleball at Pearkes <i>Call for reserved times*</i>	Table Tennis 55+ Pearkes 9:30-11:30am (M&W)* FREE		Carpet Bowling, Table Tennis, Games & Social <b>CH</b> \$3.50 12:30-4pm			
Bridge <b>CH</b> After- noons (M,W,F) call for times	Social Chair Fitness Fun <b>CH</b> 1:30-2:30pm	Badminton <b>SCP</b> 2:30-4pm Sep 22		Social Saturday Events <b>CH</b> \$5 Oct 30, Nov 27, Dec 18			
Archery <b>SCP</b> 8-9:30pm \$12	Brain Games <b>CH</b> 2:45-3:45pm Sep 14-Nov 30	Table Tennis <b>CH</b> 2-3:30pm & 3:30-5pm					

OPEN SWIM	LOCATION	Leisure & Lengths	Music Free Swim Time	Adult Lessons	Adult Swim	Fun Swim
<b>GH</b>		Morning hours M-Su	12-1pm M-F	M Afternoon, M & Su Evening	9am-10pm M-F <i>Some shared use</i>	W, Sa, Su Afternoons
<b>SCP</b>		5:30am-3pm M-F	Contact for exact times and registration information.			M, W, Fri Evenings, Sa/Sun Afternoons

WEIGHT ROOM	Cedar Hill	Gordon Head	G.R. Pearkes	Saanich Commonwealth
	M-F 6:30am-10pm	M-F 6am-10pm	M-F 6:30am-9pm	M-F 5:30am-10pm
	Sa, Su 8am-9pm	Sa 6am-8pm, Su 7:30am-8:30pm	Sa, Su 9am-8pm	Sa 6am-8:30pm, Su 7am-8:30pm

RATES	Continuous Pass (monthly)	Reserve Drop In	10 x Pass	Annual Pass
	Adult \$40 Adult 60+ \$30 90years+ Free	Adult \$7 Adult 60+ \$6 90yrs+ Free	Adult \$63 Adult 60+ \$54 90yrs+ Free	Adult \$480 Adult 60+ \$360 90yrs+ Free

# ACTIVITIES AT A GLANCE GRID

ACTIVITY	Cedar Hill Community Recreation Centre	G.R. Pearkes Community Recreation Centre	Saanich Commonwealth Place	Gordon Head Community Recreation Centre	Saanich Silver Threads	Cordova Bay 55+	Cedar Hill Social Club	Goward House	Saanich Community Services
Aquafit / Swim Lessons			●	●					
Arts - Drawing	●							●	
Arts - Painting	●				●	●		●	
Arts - Pottery/Ceramics	●								
Arts - Crafts						●		●	●
Art Therapy									Outdoor
Archery			●						
Badminton	●		●						
Billiards/Snooker/Pool					●				
Basketball			●						
Bocce									
Book Clubs	●		●			●		●	
Bridge	●		●		●	●	●	●	
Brain Games	●						●		
Carpet Bowling					●		●		
Caregiver Support programs			●						●
Computers					●	●			●
Counselling									
Croquet									●
Cooking classes			●						
Dance	●		●	●	●	●		●	
Discussion Groups			●		●			●	
Fitness - Gentle, Low Impact	●	●	●	●	●	●	●	●	
Fitness - Osteofit/Chair	●		●						
Fitness - Balance & Strength	●	●	●	●	●	●	●	●	
Fitness - Pilates 50yrs+			●	●					
Fit 50yrs+ Men's Fitness			●			●			
Friendly Phone Visits									
Games					●	●	●	●	
Gardening or Golf	Golf					Golf			Gardening
History Programs									
Language Programs	●			●				●	
Lending Library					●	●	●	●	

**Notes:** Please confirm, activity types subject to change

	Cedar Hill Community Recreation Centre	G.R. Pearkes Community Recreation Centre	Saanich Commonwealth Place	Gordon Head Community Recreation Centre	Saanich Silver Threads	Cordova Bay 55+	Cedar Hill Social Club	Goward House	Saanich Community Services
<b>ACTIVITY</b>									
Mah Jong			●			●	●	●	
Martial Arts			●	●					
Meal Services					●				
Meditation/Mindfulness	●							●	
Memory Plus/Mind in Motion			●						
Music - Choir					●			●	
Music- Orchestra/Band					●				
Music - Guitar				●					
Music - Ukulele			●		●	●			
Movie Afternoons	●				●		●		
Pickleball	●	●	●		●	●			
Photography					●	●			
Rehabilitation - Physiotherapy, Kinesiology, Massage	●		●						
Shuffleboard					●				
Speaker Series	●					●	●	Zoom	
Support Groups									
Table Tennis	●				●	●			●
Tai Chi/Shi Ba Fa/Qi Gong	●				●			●	
Tax/Legal Assistance					●				
Tennis/Squash	●								
Textiles - sewing, knitting, crochet	●								
Volleyball			●						
Virtual, At Home, Online								●	
Volunteer Opportunities	●		●		●	●	●		●
Walking/Hiking Groups			Outdoor		Outdoor	Outdoor		Outdoor	●
Weightroom Women Only Hours				●					
Weight/Strength Training	●		●	●					
Weaving					●				
Woodworking/Carving					●				
Writing/Poetry						●			
Yoga - Chair/Gentle/55yrs+	●	●	●	●		●		Centre/Zoom	

# YOUR COMMUNITY SERVICES TEAM

Connect with us about Older Adult programs, strategies and interests!

Art Exhibits  
Community  
Art Programs

L.I.F.E  
Low Income  
Access

## Financial Access

250-475-5407  
Mena.Westhaver@saanich.ca

## Leadership

Community Services  
Senior Manager

Cristina.Caravaca@saanich.ca

## Older Adults

• Programs • Connection  
• Strategy • Opportunities

250-475-5408  
Alison.Chamberlain@saanich.ca

Cedar Hill Social Club,  
Volunteering, Outreach,  
Community Partnerships,  
Feedback

## Arts

250-475-5557  
Brenda.Weatherston@saanich.ca

I belong here, opening possibilities!

## Inclusion & Accessibility

250-475-5473  
Alyssa.Staples@saanich.ca

## Youth Services

Regan.Pemberton@saanich.ca

## Community Events

250-475-5558  
Rob.Phillips@saanich.ca

saanich.ca

## Diversity & Equity

250-475-5427  
Jason.Jones@  
saanich.ca

Partnerships with  
Saanich's ethno-cultural  
groups fostering  
increased understanding  
of diverse cultures  
across Saanich.

# Saanich Parks has lots to offer...

- Over 170 parks
- More than 100 km of trails
- Over 8.25 km<sup>2</sup> of parkland
- 35 Tennis Courts  
(11 lined for pickleball)

- 2 Lacrosse Boxes
- 62 Sports Fields
- 56 Playgrounds
- 3 Lawnbowling Greens
- 1 Horseshoe Club

- 21 Basketball/Sport Courts
- 1 Skate Park
- 1 Water Park
- 37 Beach Accesses
- 3 Community Gardens

- Opportunities for volunteers  
to help care for parks

Call us at 250-475-5522

