

CONNECTIONS

Saanich Older Adult Activity Guide
SEPTEMBER – DECEMBER 2023



**REGISTRATION
OPENS
AUGUST 16 @ 6AM**



**PARKS, RECREATION
& COMMUNITY SERVICES**

**COMMUNITY SERVICES
OLDER ADULT PROGRAMMERS**

Alison Chamberlain 250-475-5408
Kathleen Baker 778-584-6810
Rebecca Davidson 250-216-6006
Dior Wilsher 778-584-6812

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



SILVER THREADS TRY IT FREE WEEK **55yrs+** September 5-8, Select Programs

Silver Threads Centres

With two 55+ centres, sample some of what Silver Threads offers during Try it Free Week.

Saanich Centre 250-382-3151, 286 Hampton Rd.
Victoria Centre 250-388-4268, 1911 Quadra St.



AUTUMN LANTERN FESTIVAL

Saturday, September 16, 5-8:30pm

Gordon Head Recreation Centre & Lambrick Park

Celebrate the coming of fall with this glowing neighbourhood outdoor celebration of light and community! Enjoy cultural entertainment, beautiful lantern displays and food vendors. Dress up, come with your own LED lantern creations or make one at our lantern station for just \$5.



R SPEED FRIENDING **70yrs+**

Thursday, September 28, 2-4:30pm

Lutheran Church of the Cross

Register through any Saanich Recreation Centre using code 102261. An opportunity to engage with new people in a welcoming, safe and fun environment! Meet up to nineteen other adults and connect, share a laugh and maybe spark a friendship. Brought to you by Saanich Community Services and Luther Court Community Health Centre.



REMEMBERENCE DAY CEREMONY

Saturday, November 11, 10:45am-12:30pm

Saanich Cenotaph, Municipal Hall

The District of Saanich Mayor and Council invite you to attend the annual Remembrance Day Ceremony.



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

SEPTEMBER 30 - NATIONAL DAY FOR TRUTH AND RECONCILIATION

VICTORIA ORANGE SHIRT DAY EVENT

Participate in Orange Shirt Day by wearing an orange shirt and attending an event to honor and remember Residential School survivors and their families on September 30th. To purchase a shirt or for more information on the event being planned, please visit, victoriaorangeshirtday.com. Shirts may also be purchased at all Saanich recreation centres in September.



SOUTH ISLAND POWWOW

Saturday, September 30, Royal Athletic Park

Join the Songhees Nation for the annual South Island Powwow, an opportunity to recognize Survivors and their families in the spirit of reconciliation. Through song and dance, celebrate traditional Indigenous cultures and resiliency. Stand together on National Day for Truth and Reconciliation and Orange Shirt Day. For exact times please contact Songhees Nation 250-386-1043 or Saanich Community Services 250-475-5408 closer to the date.



COMMUNITY CONVERSATIONS **50yrs+**

Join us for conversations that promote learning and share resources on important community topics.

INTERNATIONAL DAY OF PEACE: ENDING RACISM IN OUR COMMUNITY

Thursday, September 21, 1-2pm | Gordon Head Recreation Centre

The UN International Day of Peace theme for 2023 is "End Racism. Build Peace." Ask questions and learn what we can do in our daily lives to end racism and create a culturally safe community for all.

INTERNATIONAL DAY OF OLDER PERSONS

Monday, September 25, 10:45-11:45am | Saanich Commonwealth Place

Discuss the many ways we can appreciate and celebrate the contributions of older adults in our community.

EARTHQUAKE SHAKEOUT PREPAREDNESS **50yrs+**

Thursday, October 5, 1-2pm | G.R. Pearkes Recreation Centre

In anticipation of the Great BC Shakeout, learn what you can do to stop-drop-cover, even with canes, walkers and wheelchairs!

Saanich Fitness, Wellness & Social Opportunities

ACCESSING SAANICH PROGRAMS

FREE OLDER ADULT ASSISTANCE CARD

Don't let balance, mobility, or other impairments prevent you from participating! Apply for an Older Adult Assistance Card to bring someone along with you to assist you in programs and activities for free. Supply fees may apply in select programs. For more information or to apply, visit any Saanich Recreation Centre

FREE DROP-IN FOR FREE 90YRS+

Saanich residents 90yrs+ can apply for the Lifetime rate and enjoy free drop-in access to Saanich recreation centres:

- 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)

ALL SAANICH RECREATION CENTRES Contact centres to apply (*phone numbers listed on cover*).

LEISURE INVOLVEMENT FOR EVERYONE (LIFE)

LIFE provides low-income Saanich residents access to all Greater Victoria recreation centres and a variety of discount coupons for Saanich recreation programs. For those 55yrs+, an annual membership to one Saanich Older Adult Centre is also included.

To see if you qualify, apply at any recreation centre in your municipality where you are a resident, email financialassistance@saanich.ca or call 250-475-5407.

ALL SAANICH & GREATER VICTORIA RECREATION CENTRES



FREE COMMUNITY TOUR – RECREATION CENTRE 50YRS+

Are you new to Saanich or do you wonder how a recreation centre can serve you? This tour is for you! Join us and learn about our facilities and programs, with a bit of history and fun along the way. Wheelchair and walker friendly. Phone registration also available.

ALL SAANICH RECREATION CENTRES Contact centres for dates (*phone numbers listed on cover*).

FREE 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.

ALL SAANICH RECREATION CENTRES Contact centres for dates (*phone numbers listed on cover*).

FREE WORKSHOP – HOW TO REGISTER FOR FALL PROGRAMS 55YRS+

A great opportunity to prepare for the next program registration date!

Learn about online, phone and in-person registration, and how to create a program wish list. We'll also discuss the difference between registered and drop-in programs.

CEDAR HILL RECREATION CENTRE

103375	Tue	Aug 8	1-2pm	FREE
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FREE REGISTERED LECTURE SERIES

FREE PELVIC HEALTH 50YRS+

Join pelvic health physiotherapist Sasja Drechsler to learn exercises and behaviors that address problems with the pelvic floor muscles and tissues. This form of physiotherapy can help to improve bowel and bladder function, sexual function, and ease pelvic pain.

CEDAR HILL RECREATION CENTRE

99757	Thu	Nov 16	3-4pm	FREE
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FREE WHAT IS NATUROPATHIC MEDICINE? 50YRS+

An opportunity to meet naturopath Dr. Morton and learn about naturopathic medicine. Explore an approach that has proven successful in treating both chronic and acute conditions and may help you achieve your health goals. Naturopathic practitioners help restore and maintain patients' optimum health by emphasizing nature's inherent self-healing process.

CEDAR HILL RECREATION CENTRE

99755	Thu	Sep 21	3-4pm	FREE
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FREE

FREE SAANICH RESIDENT'S CLIMATE ACTIONS Q&A 55YRS+

Explore the content of the Saanich Resident's Climate Action Guidebooks! Ask questions and discuss what we can do now. Guidebooks provided.

GORDON HEAD RECREATION CENTRE

103390	Tue	Sep 1-2pm	1-2pm	FREE
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FREE BEAT THE FRAUDSTER SAFETY SERIES 50YRS+

Empower and protect yourself and your loved ones with practical techniques to increase your safety. In partnership with Saanich Police's Community Engagement Division, this free monthly series covers aspects of financial, technological and community safety.

GORDON HEAD RECREATION CENTRE

102180	Wed	Sep 20	10:15-11:45am	FREE
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SAANICH COMMONWEALTH PLACE

102182	Tue	Oct 24	9:30-11am	FREE
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CEDAR HILL RECREATION CENTRE

101583	Thu	Nov 23	1:30-3pm	FREE
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G. R. PEARKES RECREATION CENTRE





102185	Fri	Dec 8	10:30am-12pm	FREE
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Saanich Outdoors Opportunities

For Full Schedule please see saanich.ca/trailsandtreks or call 250-475-5408

WALK & ROLL AROUND THE PARK  Join our friendly leader for a self-paced group roll or stroll around some of Saanich's beautiful parks. Great for walking sticks, poles, rolling walker or wheelchair. Sorry, dogs not permitted. No registration required. Mondays 11am-12pm SPRING TO FALL ONLY SEP 4 - NO WALK (HOLIDAY) SEP 11 - RUTLEDGE PARK <i>Meet at park entrance on corner of Scotia and Rutledge Streets. On street parking only.</i> SEP 18 - HORNER PARK <i>Meet in main parking lot, Palo Alto Street, off Cedar Hill Cross Road.</i> SEP 25 - MCMINN PARK <i>Meet near main parking area off Maplegrove Street. On street parking if parking lot is full.</i>	EASY WALKS  One-hour, easy-paced social walks on pavement and smooth trails through parks and interesting neighbourhoods. Where possible, routes avoid steep hills. Please wear supportive shoes. Sorry, dogs not permitted. No registration required. Mondays 1:30-2:30pm SEP 4 - NO WALK (HOLIDAY) SEP 11 - BECKWITH/LAKEHILL <i>Meet in Beckwith Park parking lot, on Beckwith Avenue, off Quadra Street.</i> SEP 18 - TEN MILE POINT <i>Meet/park by tennis courts at Wedgewood Park, Arbutus Road.</i> SEP 25 - GLANFORD AREA <i>Meet in Glanford Park parking lot, on Kenneth Street, off Glanford Avenue.</i> OCT 2 - NO WALK OCT 9 - NO WALK (HOLIDAY) OCT 16 - CEDAR HILL/BOWKER CREEK <i>Meet at main entrance to Cedar Hill Recreation Centre, on Cedar Hill Road.</i> OCT 23 - CADBORO BAY/FINNERTY COVE <i>Meet/park on Maynard Street by Maynard Park playground.</i> OCT 30 - MARIGOLD/SOUTH VALLEY PARKS <i>Meet/park by trailhead for South Valley Park, on Hatfield Road, off Chesterfield and Interurban Roads.</i> NOV 6 - LAYRITZ PARK/COLQUITZ CREEK <i>Meet in Layritz Park parking lot, on Layritz Avenue, off Glyn and Interurban Roads.</i> NOV 13 - NO WALK NOV 20 - BRAEFoot TO PKOLS (MOUNT DOUGLAS PARK) <i>Meet in Braefoot Park parking lot, off McKenzie Avenue.</i>	WALK & TALK* Tuesdays 9:30-11am   Thursdays 9:30-11am    Enjoy fresh air, beautiful scenery, and friendly chats as we take different walks through Saanich parks and trails. Walks follow mainly chip or gravel trails but may have some steep sections. No registration required. Sorry, dogs not permitted. SEP 5 - LAYRITZ PARK TO BRYDON PARK <i>Meet at Layritz Park parking lot; off Glyn Road.</i> SEP 7 - HYACINTH PARK AND COLQUITZ TRAIL   <i>Meet at parking lot off Marigold Road by tennis courts. (even trail surface)</i> SEP 12 - MCMINN PARK TO RITHET'S BOG <i>Meet at McMinn Park parking lot; Maplegrove Street off Sunnymead Way.</i> SEP 14 - CEDAR HILL GOLF COURSE - KINGSBERRY POND <i>Meet at Cedar Hill Recreation Centre. (steep hill, even trail and pavement surface)</i> SEP 19 - ROSEDALE PARK TO MARIGOLD PARK <i>Meet at Rosedale Park on Santa Anita Avenue, by tennis courts.</i> SEP 21 - VIADUCT FLATS TO HORTICULTURE CENTRE OF PACIFIC <i>Meet at Viaduct Flats parking lot, by Interurban Road and Viaduct Avenue West. intersection. (hills, even trail and pavement surface)</i> SEP 26 - CLAREMONT PARK TO SEA RIDGE PARK <i>Meet at Claremont-Goddard Park, 764 Haliburton Road.</i> SEP 28 - LAMBRICK PARK TO SIERRA PARK <i>Meet at Gordon Head Recreation Centre. (pavement surface)</i> OCT 3 - HAMPTON PARK TO SWAN CREEK TRAIL <i>Meet at Hampton Park, 225 Hampton Road, off Burnside Road West; beside Les Passmore Centre.</i> OCT 5 - LAYRITZ TO COPLEY TO QUICK'S BOTTOM PARKS   <i>Meet at Layritz Park parking lot off Glyn Road, off Wilkinson Road. (hill, even trail and pavement surface)</i> OCT 10 - COPLEY WEST PARK TO HYACINTH PARK <i>Meet at Copley Park West, 598 Parkridge Street, off Vanalman Avenue.</i> OCT 12 - LOCHSIDE TRAIL TO BECKWITH PARK <i>Meet on Lochside Trail in parking lot by Don Mann Excavating, off McKenzie Avenue at Borden. (even trail and pavement surface)</i> OCT 17 - CUTHBERT HOLMES PARK TO CRAIGFLOWER PARK <i>Meet at Silver City in Tillicum Mall parking lot.</i> OCT 19 - PKOLS (MOUNT DOUGLAS PARK) TO GLENDENNING <i>Meet at washrooms in parking lot off Cordova Bay Road at Ash Road. (hills, even trail and pavement surface)</i> OCT 24 - CEDAR HILL PARK TO RUTLEDGE PARK <i>Meet at Cedar Hill Recreation Centre, main doors.</i> OCT 26 - PROSPECT LAKE CENTENNIAL TRAIL   <i>Meet at Whitehead Park at Prospect Lake Road & Goward Road. (even trail and pavement surface)</i> OCT 31 - CLAREMONT PARK TO ROYAL OAK BURIAL PARK <i>Meet at Claremont-Goddard Park, 764 Haliburton Road.</i>
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INTENSITY LEVEL GUIDE Trails & Treks Free Guided Walking Program	 Individual Pace Set your own pace, circle the park multiple times, or take the whole hour to do one loop, resting at benches along the way. Wide, level paved or well-groomed gravel surfaces.	 Easy Group Pace One-hour, group-paced social walks on pavement and smooth trails through parks and interesting neighbourhoods. Some short standing pauses. Where possible, routes avoid steep hills.	 Moderate Group Pace One and a half hour, group-paced social walks on chip or gravel trails which may have some steep sections.	 Moderate Pace & Uneven Terrain One and a half* to two hour** group-paced social walks, on routes that may include rual trails with steep rough sections.
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Saanich Fitness, Wellness & Social Opportunities

OUTDOOR ACTIVITIES

R SAANICH NATURALIST PROGRAM

This hands-on program offers adults the chance to discover what nature has to offer in Saanich. Topics include ecology, geology, invasive species, botany, ornithology, ethnobotany, and more, each week at a different Saanich Park!

GORDON HEAD RECREATION CENTRE

103306	Wed	Sep 6-Oct 11	6-7pm	6/\$90
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LAWN BOWLING

Bowl at one of these great lawns, 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.

HORSESHOE PITCHING

When summer is over and the leaves start falling, you can still have lots of fun meeting new people and getting outdoors! Drop-in Sunday (league) or Wednesday mornings (play, coffee and chat)! Other social occasions open to members throughout the year. Cornhole League in the spring. Please contact 250-727-2543.

GREATER VICTORIA HORESHOE PITCHING ASSOCIATION

620 Kenneth Street, Sep-Nov

R BIRD WATCHING FOR BEGINNERS

Do you love birds and want to know more about local species? Expert birders 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.

BECKWITH PARK MEET FIRST DAY

93161	Wed	Oct 4-25	9-10:30am	4/\$45
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FREE SOCIAL DROP-IN 55YRS+

Connect with old friends and meet new ones while having a morning coffee or tea. Chat, play table tennis or pool, or enjoy other games. These free weekly social drop-ins are hosted in the social centre/teen centre. Drop-in anytime or register to help us anticipate group size. Closed on Holidays.

SOCIAL

FREE CHINESE COMMUNITY DROP-IN

A chance to enjoy the activity centre, play cards, table tennis, sing with the choir or just visit.

GORDON HEAD RECREATION CENTRE

Wed	Sep 13-Dec 20	9:30-11:30am	FREE
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SAANICH COMMONWEALTH PLACE

Tue	Sep 19-Dec 19	12:30-2:30pm	FREE
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CEDAR HILL SOCIAL FRIDAYS 55YRS+

Enjoy social time and activities including carpet bowling, table tennis, and card and board games!

Access the lending library, meet old friends or make new ones. Once a month, our Arts Calibre Preschool friends join us for social time and stories.

CEDAR HILL RECREATION CENTRE

Fri	Sep 8-29	12:30-3pm	4/\$8 or \$2/per afternoon
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LIVING SOLO GROUP

Join us for coffee and conversation with like-minded members! CORDOVA BAY 55+ Fridays (1st & 3rd of month) 10:15am-12pm. Please enquire with centre exact dates and times (pg.8).

R MINDS IN MOTION 50YRS+

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.

GORDON HEAD RECREATION CENTRE

90224	Mon	Sep 11-Oct 23	1-2:30pm	6/\$30
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90225	Mon	Nov 6-Dec 11	1-2:30pm	5/\$25
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G.R. PEARKES RECREATION CENTRE

99794	Wed	Sep 13-Oct 25	1-2:30pm	7/\$35
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99795	Wed	Nov 8- Dec 13	1-2:30pm	6/\$30
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G.R. PEARKES RECREATION CENTRE

99760	M,W	Sep 18-Dec 11	9:30-11:30am
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GORDON HEAD RECREATION CENTRE

101437	Tu	Sep 19-Dec 12	1-2:30pm
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SAANICH COMMONWEALTH PLACE

101460	M	Sep 18-Dec 11	10-11:30am
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R OLDER ADULT NEURODIVERSITY SOCIAL AND 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. Led by an older adult fitness instructor. First-time registrants, please call the older adult programmer at 250-475-5408 to determine if this program is a good fit for you!

SAANICH COMMONWEALTH PLACE

97204	Wed	Sep 20-Oct 25	12:30-2:30pm	6/\$48
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98881	Wed	Nov 1-Dec 13	12:30-2:30pm	7/\$56
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BRUCE PARISIAN LIBRARY

Open to the public, this library supports literacy programs in the community and helps build awareness of the valuable and impressive history, accomplishments, knowledge, and skills of Indigenous people in Canada. Approximately 70% of the 5200+ items in the library have Indigenous content or are written by Indigenous authors. Visit and enjoy! Please contact for library hours (pg. 8) VICTORIA NATIVE FRIENDSHIP CENTRE

REGISTERED ARTS PROGRAMS

FREE **R** ART HIVE 55

Connect with others and explore art and craft-making in a relaxed and supportive space! All welcome, no experience necessary. Bring your works in progress and supplies you like to work with or use the supplies we have available. Donations welcomed.

CEDAR HILL RECREATION CENTRE

99758	Fri	Sep 22-Oct 27	10-11:30am	FREE
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99759	Fri	Nov 3-Dec 8	10-11:30am	FREE
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R ART AND NATURE WORKSHOP

Explore the synthesis of art and nature. Learn about land art and nature-based practices. We will start with sketching, then explore ways of using natural materials as drawing tools and in other creative ways. All supplies included.

CEDAR HILL RECREATION CENTRE

91471	Sat	Sep 9	1-4pm	\$40
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R = Registration is required for this program. Visit saanich.ca/register or call the facility (page 8)

Explore all fall programs and activities. Contact any Saanich recreation centre or visit saanich.ca/fall

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

Saanich Fitness, Wellness & Social Opportunities

R FIBRE ARTS WORKSHOP - INTRO MINDFUL STITCH

Explore using stitch and textiles as a mindful practice. 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 supplies provided, feel free to bring materials from home.

CEDAR HILL RECREATION CENTRE

103246 Sun Oct 1 1-4pm \$36

R THE ART OF WOODBURNING

Learn the wonderful art of pyrography, or woodburning, and create beautiful pieces of art with just one amazing tool, the woodburning pen. No previous art experience is required. Unleash your creative energies and ignite the flame to start writing with fire. Learn woodburning today!

SAANICH COMMONWEALTH PLACE

101745 Tue Sep 19-Oct 31 3:15-4:45pm 7/\$95

101746 Tue Nov 7-Dec 19 3:15-4:45pm 7/\$95

CREATIVE ARTS, LITERATURE, WRITING & STORYTELLING

Connect with Silver Threads to hear about a variety of creative programs running near you!

SILVER THREADS, VICTORIA & SAANICH CENTRES
(CONTACT INFO PG. 8)

REGISTERED HEALTH, WELLNESS & FITNESS PROGRAMS

R SILVER WEIGHT TRAINING

Are you an older adult who wants to learn how to perform all the basic power exercises such as squat, deadlift, and press? You can start weightlifting at any age, and this class will show you how to do it safely by focusing on form and function first.

GORDON HEAD RECREATION CENTRE

102534 Tue&Thu Sep 5-Oct 26 11:15am-12:15pm 16/\$188

102552 Tue&Thu Oct 31-Dec 21 11:15am-12:15pm 16/\$188

R CORE & MOBILITY

Focus on strengthening trunk and hip muscles that surround the spine and increase range of motion in this restorative class suitable for every level. A variety of equipment may be used in this low-intensity class.

GORDON HEAD RECREATION CENTRE

101997 Tue Sep 5-Oct 24 1-2pm 8/\$72

101998 Tue Oct 31-Dec 19 1-2pm 8/\$72

R BALANCE AND STRENGTH

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

CEDAR HILL RECREATION CENTRE

Thu Sep 7-Oct 26 or Nov 2-Dec 21 9-10am 8/\$72

SAANICH COMMONWEALTH PLACE

Fri Sep 22-Nov 3 or Nov 10-Dec 22 2:15-3:15pm 7/\$63

R BUILD BETTER BONES

Build and maintain your bone strength while working on fall prevention and reducing your risk of fractures through development of core strength, balance exercises and proper posture. Multiple classes: please contact centres listed for exact details, course codes, dates and fees.

CEDAR HILL RECREATION CENTRE

Wed 10:15-11:15am 3/\$27 or 4/\$36 or 5/\$45

SAANICH COMMONWEALTH PLACE

Mon or Wed 2-3pm 6/\$54 or 7/\$63

R CEDAR HILL SOCIAL CHAIR FITNESS 55YRS+

Engage your brain and your body. Join us for this active, fun and social class! Enjoy music and a combination of seated and standing exercises. Each session is one hour in length, with 15 minutes of group conversation to foster social connections, and 45 minutes of exercise.

CEDAR HILL RECREATION CENTRE

99475 Tue Sep 5-26 1:30-2:30pm 4/\$14

99476 Tue Oct 3-31 1:30-2:30pm 5/\$17.50

99477 Tue Nov 7-Dec 12 1:30-2:30pm 6/\$21

Explore all fall programs and activities. Contact any
Saanich recreation centre or visit saanich.ca/fall

R SIT FIT, EASY FIT AND MORE FIT

These classes will guide you slowly and safely back into a gentle fitness routine. They focus on gradually improving your ability to move, as the professional fitness instructor guides you through strengthening and balance-building exercises. Become your best fit, whatever that is for you.

These classes allow participants the flexibility to transfer between classes if progression or regression is required.



R SIT FIT

Includes 35 minutes of chair exercises and 10 minutes of stretching in the chairs.

G.R. PEARKES RECREATION CENTRE

102124 Th Sep 7-Oct 26 11:15am-12pm 8/\$50

102125 Th Nov 2-Dec 21 11:15am-12pm 8/\$50

R EASY FIT

Includes 20 minutes standing exercises, 20 minutes chair exercises and 10 minutes stretching. Multiple classes: please contact centres listed for exact details, course codes, dates and fees.

G.R. PEARKES RECREATION CENTRE

Mon or Wed 7/\$44, 8/\$50, 9/\$56

GORDON HEAD RECREATION CENTRE

Wed or Fri 8/\$50

SAANICH COMMONWEALTH PLACE

Tue 7/\$44

CEDAR HILL RECREATION CENTRE

Thu 5/\$31 or 6/\$37

R MORE FIT

Includes 30 minutes standing exercises, 15 min chair exercises and 10 minutes floor exercises and stretching.

G.R. PEARKES RECREATION CENTRE

101787 Tue Sep 12-Oct 31 11:15am-12:10pm 8/\$50

101788 Tue Nov 7-Dec 19 11:15am-12:10pm 7/\$44

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.



Option of exercising while seated

Saanich Fitness, Wellness & Social Opportunities

R WALKERS WITH WALKERS 65YRS+

Bring your walker or walking poles and enjoy a safe, friendly walk outdoors. Emphasis on proper posture, balance and breathing. Caregivers/partners may attend as assistant at no cost but must register.

CEDAR HILL RECREATION CENTRE

103148	Fri	Sep 8-Oct 27	10:30-11:30am	8/\$56
103149	Fri	Nov 3-Dec 15	10:30-11:30am	7/\$49

R OSTEOPIT LEVEL 1 ♥

This 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. Attending at least two classes per week is recommended.

CEDAR HILL RECREATION CENTRE

102365	Mon	Sep 11-Sep 25	10:15-11:15am	3/\$27
102366	Mon	Oct 2-Oct 30	10:15-11:15am	4/\$36
102367	Mon	Nov 6-Nov 27	10:15-11:15am	4/\$36
102368	Mon	Dec 4-Dec 18	10:15-11:15am	3/\$27
102369	Fri	Sep 8-Sep 29	9:15-10:15am	4/\$36
102370	Fri	Oct 6-Oct 27	9:15-10:15am	4/\$36
102371	Fri	Nov 3-Nov 24	9:15-10:15am	4/\$36
102372	Fri	Dec 1-Dec 22	9:15-10:15am	4/\$36

R YOGA FOR HEALTHY AGING

Designed to support your physical, mental, and emotional wellbeing as you age. With specialized training in yoga for healthy aging, arthritis and osteoporosis, Agi provides a welcoming and supportive environment to encourage mobility, strength, flexibility and balance. Multiple classes: please contact centres listed for exact details, course codes, dates and fees.

GORDON HEAD RECREATION CENTRE

Mon, Thu or Fri Sep 11-Dec 18 9-10am 6/\$66 or 7/\$77

R CHAIR YOGA

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

GORDON HEAD RECREATION CENTRE

102460	Mon	Sep 11-Oct 30	11:30am-12:30pm	7/\$77
102462	Wed	Sep 6-Oct 25	11am-12pm	8/\$88
102471	Fri	Sep 8-Oct 27	10:30am-11:30pm	8/\$88
102461	Mon	Nov 6-Dec 11	11:30am-12:30pm	7/\$77
102463	Wed	Nov 1-Dec 13	11am-12pm	8/\$88
102472	Fri	Nov 3-Dec 13	10:30am-11:30pm	7/\$77
CEDAR HILL RECREATION CENTRE				
103138	Thu	Sep 7-Oct 26	10:45-11:45am	8/\$88
103139	Thu	Nov 2-Dec 21	10:45-11:45am	8/\$88

R TIME™ 65YRS+

TIME™ (Together In Movement and Exercise) is an exercise class for 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 meters with or without a walking aid.

CEDAR HILL RECREATION CENTRE

103152	Mon&Wed	Sep 11-27	1:30-2:30pm	6/\$66
103153	Mon&Wed	Oct 2-25	1:30-2:30pm	7/\$77
103154	Mon&Wed	Oct 30-Nov 22	1:30-2:30pm	8/\$88
103155	Mon&Wed	Nov 27-Dec 20	1:30-2:30pm	8/\$88
GORDON HEAD RECREATION CENTRE				
102012	Wed&Fri	Sep 6-Oct 27	11:45-12:45pm	16/\$176
102013	Wed&Fri	Nov 1-Dec 22	11:45-12:45pm	16/\$176

REGISTERED DANCE & MUSIC PROGRAM HIGHLIGHTS:

CONTACT CENTRES FOR MORE AND DETAILS!

SAANICH

CEDAR HILL RECREATION

CENTRE:

- Ballet with Ease 55yrs+ (*gentle for mobility issues*)
- Nuline Dancing New Beginners & Level 2
- Shuffle Dance
- Tap
- Nia Fitness and Dance
- Zumba Gold

GORDON HEAD RECREATION

CENTRE:

- Nuline Dancing Level 1 & 2
- Seniors Line Dancing – Reserved drop-in
- Shuffle Dance
- BollyX (*dance fitness*)
- Zumba Gold

G.R. PEARKES RECREATION

CENTRE:

- Ask us about adult figure skating lessons!

SAANICH COMMONWEALTH

PLACE:

- Ukulele Beginner & Continuing
- Hula Hawaiian Dance
- Social Ballroom Dance
- Bellyfit® and Flow (*dance fitness*)

PARTNERS

SILVER THREADS:

- Line Dancing, Zumba Gold, Circle Dance, Bollywood
- Orchestra, Music Bingo, Welcome to the Classics, Ukulele (beginner, continuing and experienced), Clarinet, Choir, Opera Movies

CORDOVA BAY 55+ ASSOCIATION:

- Line Dancing, Ukulele & Choir

VICTORIA NATIVE FRIENDSHIP CENTRE:

- Unity Drummers

GOWARD HOUSE SOCIETY:

- Line Dancing & Choir



Opportunities to Contribute

SOCIAL PROGRAM VOLUNTEERS

Are you passionate about ensuring that adults 50yrs+ have free social 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 250-475-5408 or alison.chamberlain@saanich.ca.

EMERGENCY PROGRAM VOLUNTEER SERVICES

Thankfully disasters and large-scale emergencies are rare. However, our volunteers stay very busy with our challenging and interesting opportunities. Join us! You don't need any experience; we provide all training. More than 90 Saanich volunteers routinely train and exercise to provide support to our community. They also respond in our community throughout the year. Contact us to learn how you can participate,

SAANICH EMERGENCY PROGRAM 250-475-7140 or sep@saanich.ca.

Recreation and Community Centres in Saanich

Ask us about admission fees, Access Passes and seniors rates for drop-in programs and recreation. FREE drop-in admission for those 90yrs+ with the Lifetime rate!

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



Indoor social seating

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



Indoor social seating

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



Indoor social seating & library

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



Indoor social seating & library

Anticipated fall facility hours, subject to change and variation for holidays. Please confirm with centres prior to attendance.

6:30am-10pm Monday-Friday
8:00am-9pm Saturday & Sunday

6am-9:30pm Monday-Friday
6am-8:30pm Saturday & Sunday

6am-9pm Monday-Friday
7am-8pm Saturday & Sunday

5:30am-10pm Monday-Friday
6am-8pm Saturday
7am-8pm Sunday

**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.

**VICTORIA NATIVE
FRIENDSHIP CENTRE**



231 Regina Avenue
250-384-3211
elder.support@vnfc.ca
Monday-Friday
8:30am-4:30pm

**GOWARD HOUSE
SOCIETY**



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

HOW TO GIVE AND RECEIVE THIS FALL

In our everyday activities, the things that make life easier and more fulfilling are often small examples of giving and receiving. Like slowing down and passing someone more slowly on a trail, or receiving a hand maneuvering your walker over a curb. But just because giving and receiving is part of everyday life doesn't mean it's always easy.

Giving support can be hard even at the best of times. And seeking support can be just as daunting. Sometimes it's tough to know where to start. As we write this edition of Connections, here are a few things to consider about giving and receiving this fall in Saanich.

Community groups like Saanich Volunteer Services Society (SVSS) offer an array of volunteer-based services such as drivers for medical appointments,

friendship calls, grocery shopping, meal delivery, minor home repair and light yard work (plus more!). Those who have the capacity to give can volunteer and make a difference in a meaningful way for their neighbours and fellow residents.



Potential volunteers can visit saanichvolunteers.org and click on "Get Involved" to learn more.

And if you need support from an organization like SVSS, you can contact them at 250-595-8008 to learn about their many services and work with their team to decide what might be helpful at this time.

Sometimes giving and receiving is easiest when it is with a peer. Another great program in our community is the Seniors Peer 1-to-1 Support Program through Beacon Community Services (250-656-5537).

As a program participant, or as a volunteer, you can be connected with a peer who offers support in times of transition or change.

Something that many older adults enjoy is having a free, familiar place to go every week. A place where others know you well and you can find connection giving and receiving social support over a warm cup of coffee or tea, or a game/round. Free drop-in social programs (pg. 5) are open this fall in each of Saanich's four recreation centres. Based in interaction and connection both participants and volunteers (pg. 7) benefit in meaningful ways.

As the weather starts to change and we embrace a new season, we hope these suggestions serve as a good reminder to make giving and receiving a part of your everyday life this fall. The benefits will be felt by all.