

CONNECTIONS

Older Adult Activity Guide

Fall 2026

More ways to **REACH** connection
and belonging (pg. 5)!

UPDATE

**General registration
for Saanich Fall
programs opens
August 12 at 6am.**

Other sites registration varies,
please contact directly.

COMMUNITY SERVICES OLDER ADULT PROGRAMMERS

Alison Chamberlain 250-475-5408

Dior Wilsher 778-584-6812

Heather Galey 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**



AUTUMN LANTERN FESTIVAL

Saturday, September 12, 5-8:30pm

Lambrick Park 8, 27, 28

Celebrate the coming of fall with lantern displays, live cultural entertainment, food trucks, and other seasonal activities. Bring your own battery-lit lantern or make one for a small fee at our lantern station. Rain or shine. Free bike valet. saanich.ca/autumnlanternfestival

POETRY BAZAAR

Saturday, October 10, 3-5pm

Cedar Hill Recreation Centre 8, 24

The Saanich Community Youth Poet hosts a free, all-ages gathering that celebrates and supports emerging youth poets. Young writers share and sell their work—including chapbooks, zines, pamphlets, and poetry collections—alongside live readings.

8, 27, 28 = Suggested closest bus routes, walking distance varies, regular fares apply

SPEED FRIENDING 55+

Wednesday, October 21, 1-3:30pm

Lutheran Church of the Cross 8

Engage with new people in a welcoming, safe and fun environment! Share a laugh and maybe spark a friendship. Brought to you by Saanich Community Services and Luther Court Community Health Centre. Please register with a Saanich Recreation Centre, registration required.



SAANICH REMEMBRANCE DAY CEREMONY

Wednesday, November 11

10:45-11:30am

Saanich Cenotaph 32, 70, 71, 72, 75

Commemorate and acknowledge those who have served and are serving our country during times of war, conflict and peace. Some seating available, or you may bring your own. saanich.ca/remembranceday

INDIGENOUS ARTISAN HOLIDAY MARKET

December, dates TBA

Victoria Native Friendship Centre

21, 22, 28, 29, 66, 99

Shop local! Explore wares from 50 Indigenous artisans. Street parking, no ATM on site. vnfc.ca/calendar



Gallery Exhibitions

FREE

Cedar Hill Recreation & Arts Centre

3220 Cedar Hill Road, 8, 24

SEPTEMBER 16 - OCTOBER 12

Ice Cream for Breakfast - Garth Homer art exhibit

A group art exhibit sharing a dynamic collection of sculpture, paintings, and textiles by 17 talented artists of the ArtWorks program.

OCTOBER 15 - NOVEMBER 8

Visible - group art exhibition

with a community of artists belonging to the Serota Arts Group.

NOVEMBER 10 - DECEMBER 7

People with Dogs - Linda Bedard

A street photography project with a twist – capturing candid portraits of people alongside their pets.

FREE Weekly social drop-ins

Rediscover connections or cultivate new friendships at our older adult social drop-ins! Participate in a variety of board, card, or tile games, chat with others, knit, stitch, draw, or play table tennis, or pool (some sites). Come join us and enjoy refreshments.

CEDAR HILL RECREATION CENTRE 8, 24

Fridays, Sep 18-Dec 11, 1-3pm

G.R. PEARKES RECREATION CENTRE 8, 11, 24, 25

Mondays, Sep 14-Dec 7, 12:15-2:15pm

Wednesdays, Sep 16-Dec 9 9:30-11:30am

GORDON HEAD RECREATION CENTRE 27, 28

Thursdays, Sep 17-Dec 10, 10-11:30am

SAANICH COMMONWEALTH PLACE 35, 72, 75

Mondays, Sep 21-Dec 7, 9:30-11am



Mondays 1:30-2:30pm **new hours for fall*
Walk leader - Penny Stevens

Drop-in and join us for these free, slower-paced, one-hour guided walks through parks and neighbourhoods, on pavement and smooth trails. Steep hills avoided where possible. Rests and pace vary to ensure comfort of all walkers. Please wear supportive footwear. Sorry, no pets; certified guide and service dogs only.

Sep. 14 - Lambrick Park and area loop
Meet outside main entrance of Gordon Head Recreation Centre; 4100 Lambrick Way.
🚌 27, 28 (250m).

Sep. 21 - Tillicum/Gorge
Meet at foot of steps up to Silver City Cinema, Tillicum Mall; 3130 Tillicum Road.
🚌 8, 11 (104m), 24, 25 (200m).

Sep. 28 - Cordova Ridge South
Meet/park at Claremont-Goddard Park parking lot, 764 Haliburton Road. 🚌 35 (100m).

Oct. 5 - Braefoot/Cedar Hill area
Meet near the lacrosse box, Braefoot Centre parking lot at McKenzie Avenue and Braefoot Road; 1359 McKenzie Avenue. 🚌 26 (100m).

Oct 19 - Hyacinth/Panama Flats
Meet at Hyacinth Park parking lot; 800 Marigold Road. 🚌 8,21 (150m)

Intensity: ❤️ = All Easy Walks are rated "low intensity." Routes avoid steep hills and the pace is determined by the group with some short standing pauses.

Oct 26 - Horner Park/fall colours of UVic
Meet at Horner Park parking lot, on Palo Alto Street off Cedar Hill Cross Road; entrance near 3711 Palo Alto Street.
🚌 14 (225m), 27, 28 (450m)

Nov 2 - Royal Oak/Rithet's Bog
Meet near Tim Hortons, Royal Oak Shopping Centre; 4440 W Saanich Road. 🚌 6, 31 & 32 (120m).

Nov 9 - Beckwith/Lochside
Meet in Beckwith Park, off Quadra Street; 857 Beckwith Avenue. 🚌 6, 6A,6B (300m).

Nov 16 - Cadboro Bay/Queenswood
Meet at Cadboro-Gyro Park, end of Sinclair Road by washrooms; 2600 Sinclair Road. 🚌 11 (260m).

Nov 23 - Copley/Brydon Meet at Copley Park West parking lot off Vanalman Avenue; 598 Parkridge Street. 🚌 30 (100m).

Nov 30 - Saanich Core Meet beside playground in Rutledge Park. Street parking along streets surrounding Rutledge Park, (Inverness, Glasgow and Scotia); 901 Inverness Road. 🚌 6 (275m).

Dec 7 - Broadmead/Kentwood
Meet/park at Emily Carr Park; 4500 Emily Carr Drive. 🚌 6A (26m).

Dec 14 - Cedar Hill/Bowker Creek
Meet at Cedar Hill Recreation Centre, near main entrance; 3220 Cedar Hill Road. 🚌 8 (160m), 24 (80m).

🚌 **Bus Logo** Indicates suggested bus route, with approximate distance in metres (m) from bus stop to starting location, regular fares apply.

Accessing Services



ALL SAANICH RECREATION CENTRES

DROP-IN: Adult \$8 | 60yrs+ \$7.25
Single admission for drop-in activities and programs.

CONTINUOUS ACCESS PASS
ADULT First Month \$68.90 After \$46.40
60yrs+ First Month \$51.80 After \$35.90

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

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

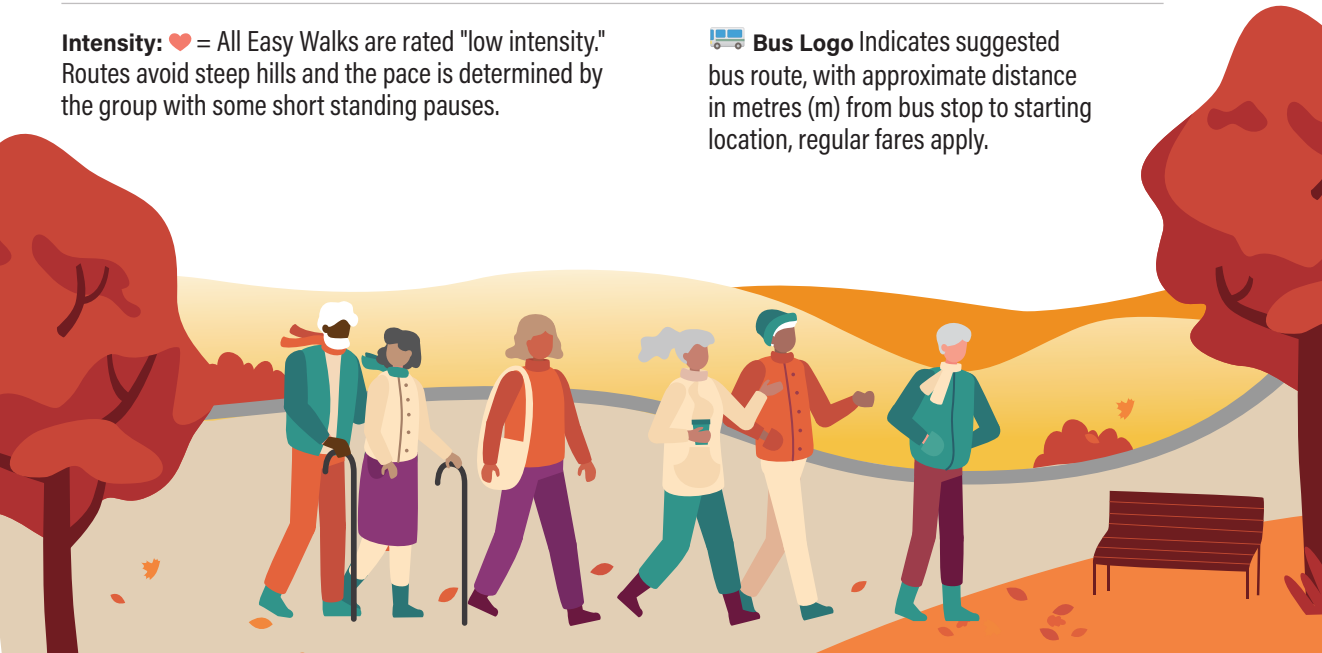


OLDER ADULT ASSISTANCE CARD FREE

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.



These programs and activities are just some of the older adult offerings available through Saanich recreation centres and other community organizations.

For even more options, explore the Saanich Fall Activity Guide or contact the partner organizations listed on page 12.

FREE SPEAKWELL ENGLISH CONVERSATION PROGRAM

Practice your English through small, informal group discussions with experienced facilitators. Learn important language skills such as pronunciation, grammar and new vocabulary. Ideal for young or mature adults who are immigrants, refugees or international students. Registration enquiries, please visit speakwellesl.com.



FREE TRANS, TWO-SPIRIT AND NON-BINARY SOCIAL DROP-IN 40yrs+

For trans, Two-Spirit, and gender nonconforming folks over 40, and family and friends who want to accompany them. Enjoy a coffee or tea, light snacks, and games and activities while connecting with others. Register or drop-in available.

GORDON HEAD RECREATION CENTRE
169017 F Sep 11, Oct 2, Nov 6, Dec 4 10am-12pm

FREE PREVENTING FALLS

Join us at the Luther Court Society and learn how to reduce your risk of falls and stay active with confidence. Our occupational therapist will go over practical tips, home safety strategies, and simple ways to support healthy aging.

Email Mia at community@luthercourt.org or call 250-953-7628 to register.
LUTHER COURT SOCIETY
1525 Cedar Hill Cross Road
Friday, Nov 6, 1:30pm FREE

FREE R LECTURE: DIABETES 50yrs+

Type 2 diabetes is now one of the most widespread chronic diseases in the world, and it is most prevalent in people over 40. Causes, possible preventative measures and management strategies are discussed. Presented by a volunteer speaker from the Seniors Health & Wellness Institute.

CEDAR HILL RECREATION CENTRE
163619 Th Oct 15 2:30-3:45pm FREE

FREE R CHOOSE TO MOVE 50yrs+

This free three-month program is designed for older adults who are inactive and wish to become more active. This is a motivational coaching program where an activity coach helps you explore ways to incorporate more physical activity into your life. This is not a fitness class or movement class. Participants of Choose to Move may take the free ActivAge program (pg. 9) concurrently. Attendance at the information session is required.

SAANICH COMMONWEALTH PLACE

INFORMATION SESSION

166350 W Oct 7 2-3pm FREE

PROGRAM

166349 W Oct 14-Dec 16 2-3pm FREE

FREE R TRAFFIC SAFETY UPDATES

Empower yourself with increased safety on the road as a driver, pedestrian, cyclist, or mobility aid user.

CEDAR HILL RECREATION CENTRE

167017 Th Oct 1 2:30-4pm FREE

Opportunities to Contribute



Give back, stay active, and connect with your 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.



SOCIAL PROGRAM HOST

Help create a welcoming space for older adults to connect over coffee, conversation, goodies, and games! This free weekly drop-in program runs September to June at four Saanich recreation centres. Choose your neighbourhood centre and volunteer 2-3 hours per week. Minimum four-month commitment.

PARK CARE

Join fellow Pulling Together volunteers to remove invasive plants and care for your community green spaces! We have projects in 45+ Saanich parks and can help find an opportunity near you.

SPECIAL EVENTS

Join our mailing list and be the first to know about upcoming opportunities to volunteer at our vibrant community gatherings.

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

There's more!
Connections continues on page 9,
following the REACH supplement



REACH helps build connections and reduce social isolation

New community initiative addresses an issue that affects two-in-five older Canadians

Thanks to special funding from the Government of Canada, seniors and older adults in Greater Victoria, the Saanich Peninsula, and the Westshore have new supports to build and maintain social connections.

Through the REACH initiative, the District of Saanich is working with 11 local organizations to strengthen our region's capacity to reach and support isolated seniors.

The image to the right describes the different focus areas of each partner organization.

To learn more about the REACH project, scan the QR code below, or visit saanich.ca/reach.

Collectively, these initiatives help remove barriers, enable new and expanded programs, and share more information with the community.

Read about the program's early progress and examples of success stories on the following pages!



Funded in part by the
Government of Canada's
New Horizons for Seniors Program



DID YOU KNOW?

Loneliness is not uncommon, but it can have a big impact on your health. Social connection is essential to healthy aging.

As social circles shift over time, there are new chances to build friendships aligned with who you are today. Making and maintaining friendships after retirement and as we age is not only possible, but incredibly rewarding.

Tips to build connections:

- ✓ Look for and join clubs and regular activities that match your interests.
- ✓ Volunteer for a cause that matters to you.
- ✓ Start a conversation during everyday moments in your community.
- ✓ Extend and accept invitations. It can feel uncomfortable to ask people for their time but remember how good it feels when people ask you.



Stories of REACH success

How REACH is creating and maintaining social connections within the Greater Victoria community

As the REACH program embarks, different organizations are approaching the collective goal in different ways. Read on to learn more about how REACH is creating connections and helping reduce older-adult isolation.



Fostering immigrant seniors' wellbeing

The Vancouver Island Counselling Centre for Immigrants and Refugees (VICCIR) has been offering culturally-grounded arts and social programs. A regular participant in their *Círculo de Conexión* reflected on how the wildflowers they grew from seeds planted during a workshop were like flourishing communities – and how thriving gardens need a variety of species and colours, just like communities.



Strengthening food security and fun

Saanich Neighbourhood Place asked a well-connected older adult they had a relationship with to invite more isolated older adults from her community to their Cooking Connections social kitchens. For the new participants, having someone they knew bring them addressed any transportation barrier and made them more comfortable accessing all the organization's services, including the universal access community fridge and pantry.



Supporting diverse family caregivers

Family Caregivers of BC partnered with the Vancouver Island Counselling Centre for Immigrants and Refugees and the Victoria Immigrant and Refugee Centre Society to co-design culturally and linguistically appropriate caregiver workshops. These sessions created welcoming, culturally safe spaces for connection, learning, and shared experiences, helping caregivers feel more confident, informed, and supported in accessing resources.



Gathering Two-Spirit, transgender and non-binary seniors

As part of their work to support regional social programs for older Two-Spirit, transgender, or non-binary adults and their allies, West Shore Parks & Recreation and the City of Victoria's joint REACH project has been able to support the Oaklands Community Association in their delivery of the monthly Trans Older Adult (55+) Lunch Social. They are working to make it easier for 2STNB older adults to find safe, welcoming gathering places across the region.



Encouraging community connections

The Capital Regional District (CRD) hosted an event to empower over 100 new community builders, seeking types of connection ranging from small neighbour connections to community-wide events. One participant shared that her goal was to ask her neighbour if she could join her weekly walk. She was worried about rejection, but the entire table supported her and shared suggestions for how she could approach her neighbour. She left the event with increased confidence and feeling empowered.



Reclaiming Elders at the centre

Indigenous Elders in a Victoria Native Friendship Centre (VNFC) advisory group talked about the importance of intergenerational programming like the monthly beading and cultural workshops. These are led by Indigenous Elders and cultural practitioners, and all ages are invited so Elders and seniors can socialize and share culture, language, and stories. Fluent speakers help with Protocols and share language related to activities.



Building digital literacy

A newcomer senior joined two of the Victoria Immigrant and Refugee Centre Society's (VIRCS) culturally responsive and inclusive digital literacy workshops for seniors, learning both about cybersecurity and how to navigate government websites. She was later supported through several one-on-one sessions on basic smartphone use and translation tools. She is now more confident using technology independently.



Facilitating intergenerational volunteering

A participant in a Volunteer Victoria workshop for non-profits on intergenerational volunteer programs said that it had helped them see these programs as more than simply bringing youth and older adults together in the same space. They appreciated learning practical ways to intentionally design volunteer opportunities that encourage relationship-building, shared learning, and meaningful participation for everyone involved.



Connecting seniors where they live

Silver Threads has begun delivering information and referral services and social programs at seniors' housing sites. After attending an information and coffee party, a resident followed up with staff for help. She had been connected with the Lifestyles RX program for her diabetes but had not been able to fully participate due to technology challenges. A tech volunteer spent time with her to get her comfortable using technology and gain full access to the service, which has been a big step forward for her improving her health.

Other older adult resources you can look for



COMMUNITY CONNECTORS

Supported by a diverse range of partners, United Way British Columbia's Community Connector program helps participants connect with community services, activities, and other means of support that enhance their health and well-being. Using a social prescribing approach, Community Connectors work with individuals to identify what matters most to them and link them to meaningful local resources that reduce social isolation, strengthen connections, and support a sense of belonging.

GREATER VICTORIA - SAANICH, CITY OF VICTORIA, OAK BAY, ESQUIMALT & VIEW ROYAL

Oak Bay Volunteer Services

connector@oakbayvolunteers.org | 672-974-2323

SAANICH PENINSULA - ROYAL OAK, CORDOVA BAY, PROSPECT LAKE, CENTRAL SAANICH, NORTH SAANICH, SIDNEY

Beacon Community Services at SHOAL Centre

communityconnector@beaconcs.ca | 250-656-5537 ext. 121

JAMES BAY AND THE CITY OF VICTORIA

James Bay Community Project

connector@jbcpc.bc.ca | 250-388-7844 ext. 309

ESQUIMALT AND VIEW ROYAL

Esquimalt Neighbourhood House

connector@enh.bc.ca | 250-385-2635 ext. 201

WESTSHORE - LANGFORD, COLWOOD, METCHOSIN AND SOOKE

Pacific Centre Family Services Association

healthyaging@pcfesa.org | 250-478-8357



RECREATION

The LIFE Program provides no-cost and low-cost recreation opportunities for individuals and families on limited incomes. Residents of Saanich, Victoria, the Peninsula, Esquimalt, and the Westshore all apply through their municipality or recreation centre.



TRANSPORTATION

BC Bus Pass: Lower income seniors may be eligible for a reduced cost annual BC Bus Pass.

handyDART offers door-to-door transit for people with temporary or permanent disabilities who can't use regular bus service. Registered handyDART customers can also use the Taxi Saver program.



FOOD RESOURCES

Capital Region Food Share Network: A local network working together to enhance food security in the Capital Region. Search their Resources page to find meals, food pantries, and community fridges near you.



SENIORS SUBSIDIZED HOUSING

BC Housing maintains housing listings of seniors' subsidized and supported housing. Look for the lists for Zone 8 Vancouver Island South, Saanich and Victoria.

Shelter Aid For Elderly Renters (SAFER): Lower income seniors renting in the private market may be eligible for a rent supplement.

ARTS

\$ R INDIGENOUS DRUMMING CIRCLE 50yrs+
Learn about the cultural significance of drumming with Nicole Mandryke. Participants will have their own drum and drumstick and will learn three drum beats and how to sing a traditional song.
CEDAR HILL RECREATION CENTRE
163215 Th Sep 24 2:30-3:45pm \$10

\$ R WRITING - A PAGE FROM MY LIFE
Capture a page (or two!) from your life's story. Together we'll focus on writing short snapshots from childhood memories to favourite firsts to ordinary days that turned extraordinary. Just bring a pen and your memories.
CEDAR HILL RECREATION CENTRE
167754 Su Nov 1 2-4pm \$32

R SEATED DANCE
This fun, energetic class is designed for participants of all abilities. Taught from a seated position, this class includes 45 minutes of dancing, followed by 15 minutes of social time. Suitable for all fitness levels.
CEDAR HILL RECREATION CENTRE
164243 Th Sep 17-Nov 19 3-4pm 10/\$115

R ART THERAPY FOR WOMEN 50+
Explore your strengths, challenges and life transformations through creative expression and meaning-making, alongside art therapist Anne-Marie Fortin. Creative processes connect you with your inner wisdom and help you discover new ways to frame your life's narrative. All materials provided; no art experience required.
CEDAR HILL RECREATION CENTRE
167835 Tu Sep 15-Oct 20 6:30-8:30pm 6/\$180

INTERGENERATIONAL

R CERAMICS - TOGETHER CLAY GINGERBREAD HOUSE
Have fun together making a clay gingerbread house with all the trimmings! Create the house in the first week and return to decorate once it's fired. Registration includes one adult, one child (ages below), and all materials.
CEDAR HILL RECREATION CENTRE
6-9YRS
167312 Sa Nov 7, 28 3:15-5:15pm 2/\$104
9-12YRS
167313 Sa Nov 14, Dec 5 3:15-5:15pm 2/\$104
12-15YRS
167314 Sa Nov 21, Dec 12 3:15-5:15pm 2/\$104

INTERGENERATIONAL LEARNING PROGRAM
In partnership with the UVic School of Nursing, older adults are invited to share lived experiences and connect across generations, while exploring topics related to healthy aging, community and wellbeing.
GOWARD HOUSE
Information and welcome Sep 21 11:30am
Program Sep 28, Oct 5, 19 11:30am
Final presentation Oct 26 11:30am



Many more adult and child programs available
Please contact centres for more details.

WELLNESS

FREE R ACTIVAGE™ 50yrs+ ♥
A free three-month group-led physical activity program for inactive older adults that introduces participants to physical activity and a daily movement commitment. This fun and social program is progressive and focuses on improving activities and strengthening the muscles associated with daily living. Each class incorporates physical activities and in-class discussions and resources. **Free for those registered in the Saanich Choose to Move program (pg. 4).*
SAANICH COMMONWEALTH PLACE
166344 Th Oct 15-Dec 17 2-3pm FREE*

R SHOULDER AND NECK TENSION RELEASE
Explore unconscious postural and movement patterns contributing to shoulder and neck tension, and subtle ways to activate the deeper muscles that support the shoulder area. This class is both educational and relaxing. The gentle movements are effective for most people.
GORDON HEAD RECREATION CENTRE
167357 Tu Oct 6 11am-1pm \$40
167358 W Oct 21 7-9pm \$40

R HEALTHY FEET
Learn how our feet were designed to support the body and move in space. Through gentle movement, we will learn how to bring more life and circulation to the feet and strengthen the connection between the core and the feet.
GORDON HEAD RECREATION CENTRE
167361 Tu Nov 3 11am-1pm \$40
167366 W Nov 18 7-9pm \$40

♥ = **Low Intensity.** Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.

= Low-cost

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



Many more dance and arts programs available, as well as jewelry, leatherwork, woodburning, painting, ceramics and more. Contact centres (pg. 12) for more details.

R OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT 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. First-time registrants, please call 778-584-6812 to determine if this program is a good fit!

SAANICH COMMONWEALTH PLACE
163826 W Sep 23-Dec 9 12:30-2:30pm 10/\$100

R FAME

FAME (Fitness and Mobility Exercise) is a community-based program for people who have had a stroke or other neurological conditions such as Parkinson’s disease, Multiple Sclerosis, and traumatic brain injury. For more information please contact centre.

SAANICH COMMONWEALTH PLACE
164597 Tu & F Sep 22-Dec 4 2:30-3:30pm 22/\$330

💰 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.

G.R. PEARKES RECREATION CENTRE
163712 Wed Sep 16-Nov 4 1-2:30pm 7/\$56
163713 Wed Nov 18-Dec 16 1-2:30pm 5/\$40

GORDON HEAD RECREATION CENTRE
163801 M Sep 14-Oct 26 1-2:30pm 6/\$48
163802 M Nov 9-Dec 14 1-2:30pm 6/\$48

♥ = **Low Intensity.** Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.

💰 = Low-cost

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

R DANCE, STRENGTH AND STRETCH (ONLINE)

This hi/lo — high- or low-impact — class blends aerobics with a flair for Latin, jazz, ballroom and line dance moves for an extended cardio session followed by core work and stretching. Offered online so you can participate from home. No equipment necessary. Beginners to advanced welcome. Register through Saanich Commonwealth Place.

ONLINE
167849 W Sep 9-23 9:15-10:15am 3/\$21
168020 W Oct 7-28 9:15-10:15am 4/\$27
168021 W Nov 4-25 9:15-10:15am 3/\$21
168023 W Dec 2-30 9:15-10:15am 5/\$34

R WEIGHT TRAINING - SMALL GROUP

In this small-group format, you’ll learn proper techniques for strength training with weight-room equipment, including safely improving your overall strength, stamina, and flexibility. This class provides a progressive program. For those 50 and older.

Suitable for all levels. (Max of 6:1 ratio). Various dates and times available, please contact Saanich Commonwealth Place for more information.

SAANICH COMMONWEALTH PLACE

R BUILD BETTER BONES 50yrs+

Develop and maintain bone strength while working on fall prevention and reducing the risk of fractures through core strength training, balance exercises, and proper posture. Build Better Bones 2 offers ongoing development of core strength, balance exercises and proper posture. Participants are encouraged to attend at least two classes per week for the best results. Many dates and times available, please contact Cedar Hill Recreation Centre for more information.

CEDAR HILL RECREATION CENTRE
Build Better Bones 1 M, W or F 10:15-11:15am
Build Better Bones 2 M, W or F 9-10am

R AQUA STRENGTH AND STRETCH

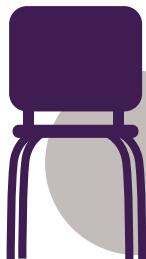
Use the resistance of the water to stretch, strengthen and stabilize your entire body in an invigorating muscle-conditioning workout. A combination of yoga, Pilates, strength and flexibility exercises. Drop-in available if space permits: \$13/class.

SAANICH COMMONWEALTH PLACE
168013 Tu Sep 22-Nov 3 10am-11am 7/\$67
168014 Tu Nov 10-Dec 15 10-11am 6/\$57
168016 Th Sep 24-Nov 5 10-11am 7/\$67
168017 Th Nov 12-Dec 17 10-11am 6/\$57

R YOGA FOR BETTER BALANCE

A fun and creative way to improve your balance while reducing the risk of falls. This gentle yoga series utilizes chairs, massage balls and other supportive props. We’ll explore practices for healthy brain function, deeper core awareness, and enhanced mobility, while building strong muscles, healthy joints and a happy heart.

G.R. PEARKES RECREATION CENTRE
166326 F Sep 11-Oct 30 11:15am-12:30pm 8/\$125
166907 F Nov 6-Dec 18 11:15am-12:30pm 7/\$110
SAANICH COMMONWEALTH PLACE
166910 M Sep 21-Oct 26 2:15-3:30pm 5/\$79
166911 M Nov 2-Dec 14 2:15-3:30pm 7/\$110



Looking to Start Your Fitness Journey?

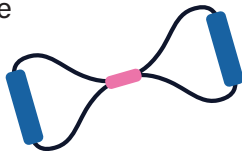


Why staying active is important

Even small amounts of movement, done frequently, can make a big difference to staying healthy, strong, and independent.

Stay strong for the life you want to live

As we age, our muscles change. Exercising them, even just twice a week, can keep them strong and even help prevent falls. Stronger muscles make everyday activities easier, like climbing stairs, carrying groceries and standing up from a chair, and they help you feel more confident and steady on your feet.



Come for the movement, stay for the connection

Exercise is good for your mood too! Feel happier and less stressed and enjoy better sleep. Group activities like walking groups or fitness classes help you meet people and feel connected.

Move better, feel steadier, and live independently longer

For adults, staying active helps you live independently and feel confident in your daily life. It is never too late to start moving more.



Start where you are, we'll help with the rest!

Social Chair Fitness



45 minutes
STANDING TIME: None

Exercise, engaging music, and memory work that finishes with 15 minutes of facilitated social connection.

Where is it offered?

CH Tu: 1:30-2:30pm

Registration required for a multi-week session.
Cost approx \$5/class.

Chair Fit



60 minutes
STANDING TIME: None

Safe and supportive fitness for beginners. Strength, mobility, posture and flexibility - all from the comfort of a chair.

Where is it offered?

CH Tu: 10:15-11:15am
GH Tu: 11:45am-12:45pm

Easy Fit



60 minutes
STANDING TIME: 30 minutes

Improve your strength and balance with a combination of seated and standing exercises.

Where is it offered?

CH Th: 11:30am-12:30pm
GH Tu: 1-2pm
PKS Tu, W: 11:15am-12:15pm
SCP F: 2:15-3:15pm

Keep Fit



60 minutes
STANDING TIME: Full Class

Deepen mobility and enhance endurance with easy-to-follow fully standing movements.

Where is it offered?

GH Tu: 2:15-3:15pm

Registration required for a multi-week session; dates vary. Cost approx \$9.25/class.

Not sure where to start? Call today to speak with a fitness programmer who can help you find a program that best suits your goals and abilities.
Or, register for Getting Started with Exercise or a Free Weight Room Orientation for 60yrs+!

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

Saanich Older Adult Community Resources



SAANICH RECREATION CENTRES

CEDAR HILL RECREATION CENTRE

3220 Cedar Hill Road
250-475-7121



GORDON HEAD RECREATION CENTRE

4100 Lambrick Way
250-475-7100



G.R. PEARKES RECREATION CENTRE

3100 Tillicum Road
250-475-5400



SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive
250-475-7600



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



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

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

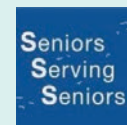
MS Navigator

Support Line 1-844-859-6789



BC SENIORS' GUIDE

1-877-952-3181



SENIORS SERVING SENIORS GUIDE

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.

