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

UPDATE

# CONNECTIONS
# Older Adult Activity Guide
## Winter/Spring 2027



**General registration for Saanich Winter/Spring programs opens December 2 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

Saanich

PARKS, RECREATION & COMMUNITY SERVICES

# Free Events in Saanich

Questions? Call 250-475-5422



## SAANICH FAMILY ARTS FESTIVAL

**Monday, February 15, 11am-3pm**
**Cedar Hill Recreation Centre 24, 8**

A fun-filled, all-ages event celebrating imagination, creativity, and discovery. Enjoy live entertainment and hands-on activities led by Arts Centre staff and guests from the region's arts community.

**saanich.ca/familyartsfestival**
or call (250) 475-5558



## MOTHER'S DAY PICNIC

**Sunday, May 9, 2-4pm**
**Playfair Park 6, 6A, 6B**

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

**saanich.ca/mothersdayconcert**
or call (250) 475-5558




## SAANICH EARTH DAY FESTIVAL

**Saturday, April 17, 11am-3pm**
**Saanich Municipal Hall 70, 71, 72, 75**

Celebrate Earth Day by learning how to care about our planet, decrease our carbon footprint, and minimize our overall impact on the climate. The event will include live music, local vendors, and food trucks.

**saanich.ca/earthdayfestival**
or call (250) 475-5558




## REPAIR CAFÉS NORTH SAANICH

**Jan 23, Feb 27, Mar 27, Apr 24, May 22 10am-1pm**
**2410 Malaview Ave Sidney**
**Bus Stop #102287 71, 72, 85, 87, 88**

Volunteers provide free help repairing clothing, bikes, small furniture, toys, lamps, costume jewellery, keepsakes, and more. They also sharpen household tools and troubleshoot personal technology devices.

**repaircafenorthsaanich.ca** or contact repaircafenorthsaanich@gmail.com

= Suggested closest bus routes, walking distance varies, regular fares apply.

## Share your voice and help shape the future of Parks, Recreation, and Community Services

We're developing a new 10-year strategic plan, and we want to hear about **your experience, perspective, and ideas.** This November and December, add your voice to the conversation through different engagement opportunities that will help shape the Community Vitality Plan.

Learn more and see upcoming events:
**saanich.ca/community-vitality or call 250-475-5422**

**Conversation cafés**

**Online questionnaire**

**Pop-up engagements**

## Gallery Exhibitions FREE

**Cedar Hill Recreation & Arts Centre**
3220 Cedar Hill Road, 8, 24



**JANUARY 6 – 31**
***Surreal and Imagined Places* by Alison Sheilds and Skye DeGroote** explores artworks from a surreal painting game and the writing that inspired them.

**FEBRUARY 3 – 28**
***Birdish***, a group exhibition, explores the many avenues of our encounters and thoughts about birds.

**MARCH 3 – 29**
La Société Francophone de Victoria's ***The French Connection Art Studio*** features the work of diverse francophone artists in an array of creative practices.

**APRIL 1 – 25**
**Artist Debbie Falk** presents a nature-inspired exhibit of sculptures, mobiles, and textile art created with found natural and manmade materials.

**APRIL 28 – MAY 25**
Inspired by nature, **Kelsey Moore's *Memory in Bloom*** showcases vibrant acrylic paintings that invite the viewer to step in for a closer look.

# FREE Easy Walks ♥

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

**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.

**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.

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

**Jan 11 - Lambrick Park/Cedar Plain**
Meet outside main entrance to Gordon Head Recreation Centre, off Feltham Avenue; 4100 Lambrick Way. 27, 28 (350m).

**Jan 18 - McMinn Park to Outerbridge Park**
Meet by parking lot to McMinn Park, Maplegrove Street. 32, 39 (950m).

**Jan 25 - Hyacinth Park/Glanford area**
Meet in Hyacinth Park parking lot near tennis courts, 800 Marigold Road. 8,21 (150m).



**Feb 1 - Vantreight Park/Glencoe Cove**
Meet/park at Vantreight Park. Extra parking along Leyns Road. 4590 Vantreight Drive off Ferndale Road. 27 (800m).

**Feb 8 - Beckwith Park/Lakehill area**
Meet at Beckwith Park washroom building, 857 Beckwith Avenue. 6 (250m).

**Feb 22 - Cordova Ridge North**
Meet/park at entrance to Sayward Hill Park, at end of Del Monte Avenue, off Walema Avenue; 5258 Del Monte Avenue; 32 (475m) Walk up Sayward Hill Crescent and through trail.

**Mar 1 - Playfair Park/ Cedar Hill Golf Course (Loop 2)**
Meet in main parking lot for Playfair Park, on Rock Street, off Quadra Street. 6, 6A, 6B (225m)

**Mar 8 - Locating the Beginnings of Bowker Creek**
Meet/park at main entrance to Horner Park, Palo Alto Avenue, off Cedar Hill X Road. 14 (225m), 27, 28 (450m)

**Mar 15 - Braefoot Rural Route**
Meet/park near lacrosse box in Braefoot Park, McKenzie Avenue at Braefoot Road; 1359 McKenzie Avenue. 17, 26, 40, 51x (100m)

**Mar 22 - Montague Park/Arbutus Area**
Meet at Montague Park, on Hazelton Place, off Lexington Avenue and Arbutus Road. Mainly street parking along Hazelton Place.
27x, 27, (350m) 17, 26, 39, 40 (850m)



**Apr 5 - Cedar Hill/Maplewood Area**
Meet in parking lot for Cedar Hill Golf Course, at end of Derby Road. 1400 Derby Road. 24 (250m).

**Apr 12 - Shelbourne Valley South**
Meet in NE corner of Hillside Centre parking lot, corner of Shelbourne Street and North Dairy Road; 8, 22, 22A, 27, 28, (100m) 4, 9 (350m).

**Apr 19 - Burnside/Helmcken**
Meet outside Starbucks, Eagle Creek Village Shopping Centre, 23 Helmcken Road. 14, 22, 22A, 38, 53 (250m).

**Apr 26 - Colquitz Circle**
Meet/park at Copley West Park, parking lot off Vanalman Avenue; 598 Parkridge Street. 30 (100m).

**May 3 - PKOLS (Mount Douglas Park)/Gordon Head**
Meet by washroom block at PKOLS (Mount Douglas Park) main parking lot, off Cordova Bay Road; 4501 Cordova Bay Road. 39 (45m).

**May 10 - Marigold/South Valley Area**
Meet at South Valley trailhead, on Hatfield Road. Street parking along Hatfield Road. 8, 9, 21, 22.

**May 17 - University of Victoria/Henderson Area**
Meet by covered bike storage, Henderson Recreation Centre parking lot; 2291 Cedar Hill Cross Road. 4, 7, 15 (396m).

Walks may be cancelled due to emergencies or inclement weather (extreme heat or icy conditions). Cancellations will be posted to **saanich.ca/trailsandtreks** or you may call 250-475-5422 to enquire.

## R TUESDAYS WALK AND TALK

Moderate paced, social, guided walks. Enjoy fresh air, beautiful nature and safe connection!

VARIOUS START LOCATIONS

| | | | | |
|---|---|---|---|---|
| 174210 | Tu | 9:30-11am | Jan 5-26 | 4/$12 |
| 174211 | Tu | 9:30-11am | Feb 2-23 | 4/$12 |
| 174212 | Tu | 9:30-11am | Mar 2-30 | 5/$15 |
| 174213 | Tu | 9:30-11am | Apr 6-27 | 4/$12 |
| 174214 | Tu | 9:30-11am | May 4-25 | 4/$12 |
| 174215 | Tu | 9:30-11am | Jun 1-29 | 5/$15 |

## R BIKESMART ADULT BIKE COURSE



Bring your bike and helmet to build the skills and confidence to ride safely for everyday transportation. Learn bike safety, pre-ride checks, handling, road positioning, street navigation and route planning, then practice on a guided neighbourhood ride. No E-bikes, they are a separate course.

GORDON HEAD RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 174115 | Sa | 11am-2pm | Apr 3 | $75 |

## R DIRT TO DISH - TOGETHER WE GROW GROCERIES 60YRS+

Want to grow your own food but lack the space? Join our small community garden plot and share costs, workload and harvests. Gardeners need experience, regular morning availability from April to October, and a minimum $140 contribution for seeds and supplies; tools are provided. For details or to check availability, contact Heather at 778-584-6810.



# Free Opportunities

### FREE SOCIAL DROP-IN 55yrs+



Rediscover connections or cultivate new friendships! Enjoy a free coffee or tea while you play table tennis, pool*, card or board games, chat, or more. Closed statutory holidays and spring break.

SAANICH COMMONWEALTH PLACE*

| | | | |
|---|---|---|---|
| Mon | Jan 11-Jun 7 | 9:30-11am | FREE |

G.R. PEARKES RECREATION CENTRE*

| | | | |
|---|---|---|---|
| Mon | Jan 11-Jun 14 | 12:15-2:15pm | FREE |
| Wed | Jan 13-Jun 16 | 9:30-11:30am | FREE |

GORDON HEAD RECREATION CENTRE*

| | | | |
|---|---|---|---|
| Thu | Jan 14-Jun 17 | 10-11:30am | FREE |

CEDAR HILL RECREATION CENTRE

| | | | |
|---|---|---|---|
| Fri | Jan 15-Jun 11 | 1-3pm | FREE |

### FREE TWO-SPIRIT, TRANS, AND GENDER NONCONFORMING SOCIAL DROP-IN 40yrs+



Sip coffee or tea, savor light snacks, and enjoy conversation and activities (pool, table tennis, foosball, card or board games and more) alongside others, 40yrs+ who identify as Two-Spirit, trans, or gender nonconforming.

GORDON HEAD RECREATION CENTRE

Jan 8, Feb 5, Mar 5, Apr 2, May 7, Jun4 10:30-noon FREE

### FREE INDIGENOUS CRAFT WORKSHOPS



Join Oasis Society for this free monthly workshop. Everyone welcome, register by calling 250-953-7628.

LUTHER COURT, 1525 Cedar Hill Cross Road

Second Thursday of the month, 3-4pm

### FREE R FUN WITH FERRIES 50yrs+

While BC Ferries has inspired many cartoonists, this illustrated talk also explores earlier ways of travelling between Vancouver Island and the Mainland. Presented by Dr. Patricia Roy, professor emeritus of history at UVic.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 170949 | Th | Feb 1 | 3-4:15pm | FREE |

### FREE R OUTSMART THE SCAMMER 50yrs+



Learn practical strategies to identify and avoid modern scams, including AI-driven fraud, deepfakes, voice cloning, and phishing attacks. Presented by Berle Zwaan, a retired Saanich Police officer, of Outsmart the Scammer Fraud Prevention Society.

SAANICH COMMONWEALTH PLACE

| | | | | |
|---|---|---|---|---|
| 171087 | Tu | Mar 16 | 7:30-9pm | FREE |

### FREE R ADVANTAGES AND DISADVANTAGES OF AGING IN PLACE 50yrs+




Facilitated by the Seniors' Health & Wellness Institute, explore nine aspects of daily living to help evaluate aging in the place of your choice.

G.R. PEARKES RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 171951 | Tu | Apr 20 | 10-11am | FREE |

### FREE R DOWNSIZING 50yrs+



Less can be more! Enjoy this free presentation by Jill Phipps of Home Again, a downsizing and move-management specialist.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 170951 | Th | May 6 | 3-4:15pm | FREE |

### FREE FREE FITNESS FRIDAYS

Join us for a big-screen video workout and stay for coffee afterwards. Exercise and socialize with others. Call ahead to reserve your spot (pg.8).

VICTORIA SILVER THREADS

| | | | |
|---|---|---|---|
| Fri | 10-11am | | FREE |

### FREE R LIFE WITHOUT DRIVING 50yrs+



This workshop encourages planning and outlines alternatives to driving. Presented by a volunteer speaker from the Seniors Health & Wellness Institute.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 177420 | Th | Mar 11 | 3-4:15pm | FREE |

### MEN'S ROUNDTABLE

For all self-identified men who would like to join a men's discussion group with coffee and goodies. Meetings the first week of the month. Find out more at Saanich Volunteer Services Society, 250-595-8008.

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

## Accessing Services

### ALL SAANICH RECREATION CENTRES

**BRING AN ASSISTANT FOR FREE WITH AN OLDER ADULT ASSISTANCE CARD!**

If you need to bring someone along with you to assist in programs and activities, apply at any Saanich recreation centre!

**LOWER INCOME SAANICH RESIDENTS**

Apply at any Saanich recreation centre or call 250-475-5407 to see if you qualify for Leisure Involvement for Everyone (LIFE). Provides access to all Greater Victoria recreation centres and a variety of discounts for Saanich recreation programs. If 55yrs+, an annual membership to one Saanich older adult centre (Silver Threads, Cordova Bay 55+, or Goward House), is also included. *Additional community sites participate, ask for more details.*

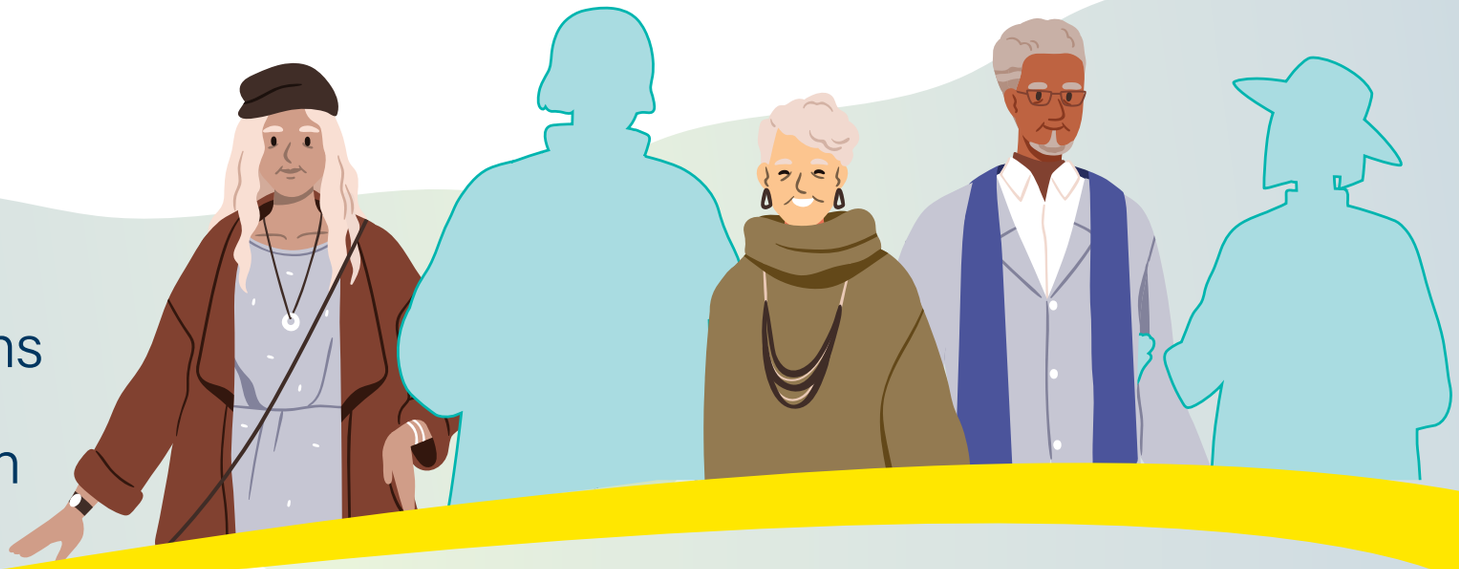
**ARE FEES A BARRIER TO PARTICIPATING?**

**APPLY FOR RECREATE GRANT 60YRS+**

Qualifying individuals can receive help with program fees. 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.

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

# OPPORTUNITIES TO BUILD CONNECTIONS



Two in five older Canadians are at risk of social isolation

With two in five older Canadians at risk of social isolation, opportunities to connect with others and stay engaged in the community are more important than ever.

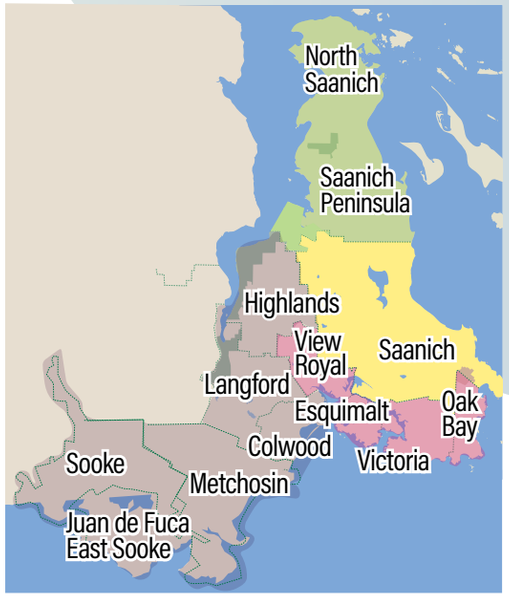
Across Greater Victoria, organizations offer a wide range of activities, programs, groups, and resources for older adults. This special supplement, produced as part of the REACH community initiative, with support from the Government of Canada, highlights some of the opportunities available locally.

Use the following pages to explore ways you—or someone you know—can stay active, meet new people, and build meaningful connections this year and in the years ahead.

Think of this guide as a starting point. If a program or activity interests you, contact the organization directly to ask about schedules, registration, costs and other details. Many organizations also post program calendars and updates on their websites.

Some activities are free, while others may involve a membership or program fee. If cost is a barrier, the LIFE Program may be able to help. LIFE provides free and low-cost recreation opportunities for people with limited incomes, including assistance with membership fees at some seniors centres. Learn more on page 3 and contact the program administrator to find out whether you may qualify.

There is something here for everyone. Whether you participate yourself or encourage someone else to get involved, each connection helps strengthen a more active, welcoming and connected community.




Scan to learn more

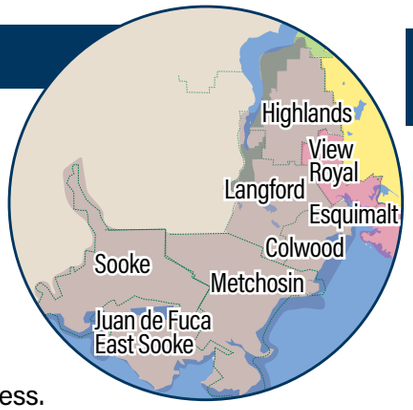
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REACH ISOLATED SENIORS

# OLDER ADULT RESOURCES

Discover groups and organizations that offer activities and resources for older adults. For more information, please call using the phone number provided.

## WEST SHORE




### SENIORS' CENTRES

**Juan De Fuca 55+ Activity Centre**
Arts & crafts, books, dance, fitness, games, music. 250-474-8618

**Metchosin Seniors' Resource Centre**
Events, social groups, wellness. 250-478-5150

**Sooke Region Communities Health Network**
Arts & crafts, dance, fitness, social meals. 778-365-1878



### RECREATION ACTIVITY GUIDE

**West Shore Parks & Recreation**
Aquatics, creative pursuits, education, fitness, wellness. www.wspr.ca 250-478-8384

### COMMUNITY CENTRES



**Metchosin Community House**
Arts & crafts, fitness, music, social meals. 250-478-5155

**Pacific Centre Family Services**
Healthy aging programs, social meals. 250-478-8357 (Press #3)

### VOLUNTEER OPPORTUNITIES

**Sooke Region Volunteer Centre**
sookeregionchn.org/volunteerform

**Langford Volunteer Hub**
langford.ca/langford-volunteer-hub/



## VICTORIA, OAK BAY, ESQUIMALT, SAANICH




### SENIORS' CENTRES

**Cook Street Village Activity Centre**
Dance, fitness, games, socials, wellness. 250-384-6542

**Cordova Bay 55 Plus**
Arts & crafts, books, dance, fitness, games, and music. 250-658-5558

**Esquimalt Seniors Community Centre, 55+**
Arts & crafts, fitness, music, socials. 672-974-9994

**Goward House, 50+**
Arts & crafts, books, fitness, games, music, wellness. 250-477-4401

**Monterey Recreation Centre, 50+**
Arts & crafts, books, education, fitness, games, music, socials, wellness. 250-370-7300

**Silver Threads Services, 55+**
Arts & crafts, books, education, fitness, games, music, socials, wellness. Les Passmore Centre (Saanich), 250-382-3151. Victoria Centre, 250-388-4268

### COMMUNITY CENTRES

**Burnside Gorge Community Centre**
Education, fitness. 250-388-5251

**Esquimalt Neighbourhood House**
Arts & crafts, fitness, mental health and non-medical support, wellness. 250-385-2635

**Fairfield Community Place**
Education, fitness, music, walking. 250-382-4604

**Fernwood Community Centre**
Social meals. 250-381-1552

**James Bay Community School Centre**
Arts & crafts, education, fitness, social meals. 250-389-1470

**James Bay New Horizons**
Arts & crafts, books, dance, fitness, games, music. 250-386-3035

**Oaklands Community Centre**
Arts & crafts, education, fitness, social meals. 250-370-9101

**Quadra Village Community Centre**
Education, fitness, support, wellness. 250-388-7696

**Saanich Neighbourhood Place**
Social cooking, social meals. 250-360-1148

**Victoria West Community Centre**
Arts & crafts, fitness, games, wellness. 250-590-8922

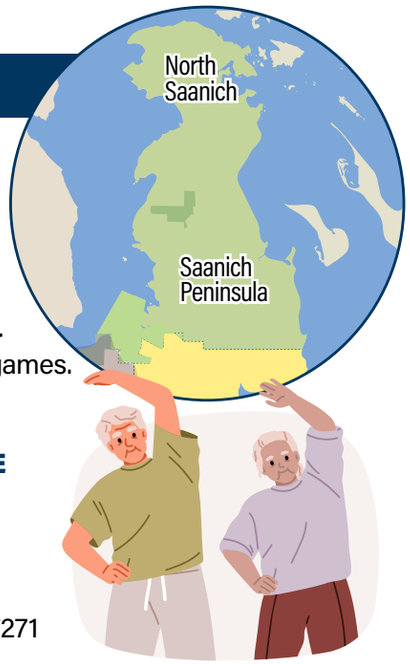
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REACH ISOLATED SENIORS

# OPPORTUNITIES FOR OLDER ADULTS TO BUILD CONNECTIONS

**Explore these organizations with activities, resources, and supports for older adults.**
**For more information, please contact the organizations using the contact information provided.**

## SAANICH PENINSULA




### SENIORS' CENTRES

**Shoal Community Centre**
Arts & crafts, books, dance, education, events, fitness, games, music, support. 250-656-5537

**The Centre for Active Living 50+**
Books, dance, education, fitness, games. 250-652-4611

### RECREATION ACTIVITY GUIDE

**Panorama Recreation & Greenglade Community Centre**
Aquatics, education, fitness, pottery, wellness.
panoramarecreation.ca 250-656-7271

## CULTURAL CENTRES & SUPPORTS

**Inter-Cultural Association of Greater Victoria**
Education, fitness, social groups. 250-388-4728

**Métis Nation of Greater Victoria**
Social meals, connection to services, cultural opportunities and community events. 250-380-6070

**Victoria Immigrant and Refugee Centre Society**
Education, gardens, social groups, digital support. 250-361-9433

**Victoria Native Friendship Centre**
Crafts, culture & language, education, fitness, social meals, support, wellness. 250-384-3211

## CAREGIVER SUPPORTS

**Family Caregivers of BC**
Education, support groups, referrals. 1-877-520-3267

## VOLUNTEER HUBS

Seniors' centres, community associations, and municipal recreation services are always looking for volunteers. You can also connect to opportunities through volunteer hubs like those listed below.

**Volunteer Victoria**
volunteervictoria.bc.ca

**Saanich Volunteer Services**
saanichvolunteers.org

**Oak Bay Volunteer Services**
oakbayvolunteers.org



## THE LIFE PROGRAM

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 apply through their municipality or recreation centre.

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REACH ISOLATED SENIORS

**Across the region, REACH partners are delivering programming that helps reduce isolation and build connection.**

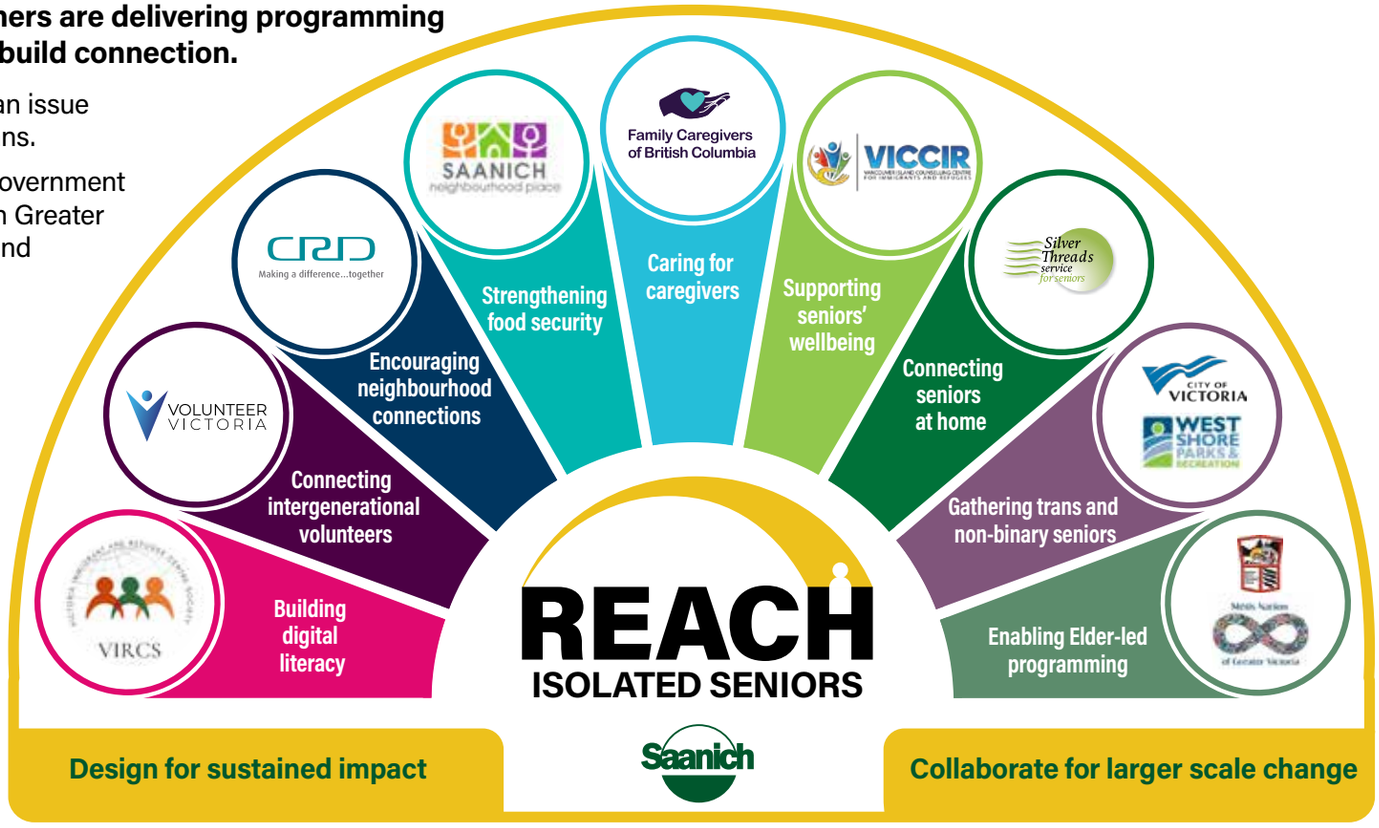
This community initiative addresses an issue that affects two-in-five older Canadians.

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

Through REACH, 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.






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.



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REACH ISOLATED SENIORS

# Low Cost Programs & Activities

### STEPS TO CONNECT WITH PEOPLE 50yrs+

NEW

Connect, chat, and grow! In five engaging one-hour sessions, participants discover what gets in the way of connection, practice conversation starters, and explore simple weekly challenges to build lasting relationships.

SAANICH COMMONWEALTH PLACE

| | | | | |
|---|---|---|---|---|
| 172994 | Th | 12-1pm | Jan 21-Feb 18 | $15 |

### STEPS TO CONNECT WITH ACTIVITIES 50yrs+

Do you wonder about how, what, and where to participate in activities in your community? Identify your interests, learn new skills and try a variety of activities in a fun, supportive environment. Contact Heather, 778-584-6810, for more information, or register directly at 250-475-7100.

GORDON HEAD RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 172612 | W | 1-2:30pm | Apr 7-May 12 | $15 |

### 2SLGBTQIA+ SPEED FRIENDING 50yrs+

An opportunity for older adults who identify as 2SLGBTQIA+ to engage with new people in a welcoming, safe and fun environment! Meet up to 11 other adults one-on-one, connect, share a laugh and maybe spark a friendship.

GORDON HEAD RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 173252 | F | 6:30-8:30pm | May 28 | $5 |

### SPEED FRIENDING 60yrs+

An opportunity to engage with new people in a welcoming, safe and fun environment! Meet up to 13 other adults one-on-one, connect, share a laugh and maybe spark a friendship.

G.R. PEARKES RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 170965 | W | 10am-12:30pm | Feb 24 | $5 |

### SOCIAL PING PONG 60yrs+

Work together to keep the ball going and rotate regularly to play with others. No experience needed. Register 7 days in advance online or call 250-475-5400.

G.R. PEARKES RECREATION

| | | | |
|---|---|---|---|
| Fridays | 10-11am | Jan 15-Jun 11 | $4 |

### INDIGENOUS DRUMMING CIRCLE 50yrs+

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

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 170950 | Th | 3-4:15pm | Apr 8 | $10 |

### GLUTEN-FREE SOURDOUGH LECTURE 50yrs+

In this lecture-style presentation, learn bread-making basics, including fermentation fundamentals and tips for working with gluten-free flours, sample delicious sourdough, and share reliable recipes to try at home.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 170971 | Th | 2-4pm | Jan 28 | $18 |

### INTRODUCTION TO UPCYCLING

Learn how to creatively reuse and transform clothing to reduce textile waste and keep garments out of landfills in this information session.

G.R. PEARKES RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 174452 | Su | 1-2pm | Jan 10 | $10 |
| 174458 | Sa | 1-2pm | Apr 3 | $10 |

### BADMINTON

Enjoy beginner/novice level doubles play. Equipment and instruction provided for first-time players.

SAANICH SILVER THREADS

| | | |
|---|---|---|
| Tuesdays | 1-3pm | $4 members/$7 non-members |

### 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 for pairs. Care partners must attend.

G.R. PEARKES RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 171069 | W | Jan 20-Feb 24 | 1-2:30pm | 6/$48 |
| 171070 | W | Mar 10-Apr 28 | 1-2:30pm | 7/$56 |
| 171071 | W | May 12-Jun 23 | 1-2:30pm | 7/$56 |

GORDON HEAD RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 171066 | M | Jan 18-Feb 22 | 1-2:30pm | 5/$40 |
| 171068 | M | Mar 8-Apr 26 | 1-2:30pm | 7/$56 |
| 171077 | M | May 10-Jun 21 | 1-2:30pm | 6/$48 |

### WEIGHT TRAINING FOR MENTAL HEALTH

Regular exercise can increase self-confidence and help you cope with life's stressors while improving both mental and physical health. Our certified fitness instructor will guide you through an exercise program that will contribute to your overall wellness.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 174449 | Su | 2:40-3:40pm | Jan 10-Feb 28 | 7/$35 |
| 174450 | Su | 2:40-3:40pm | Mar 7-Apr 25 | 7/$35 |
| 175180 | Su | 2:40-3:40pm | May 2- Jun 13 | 6/$30 |

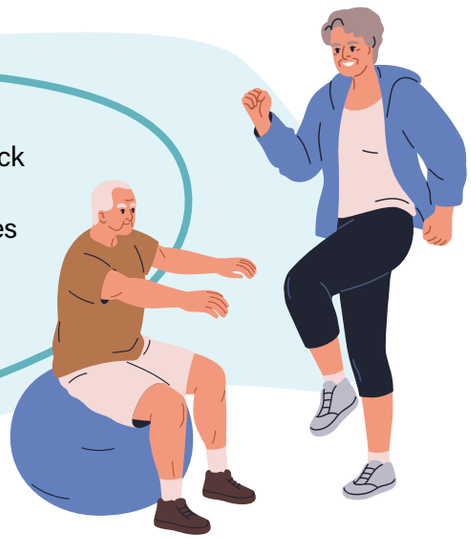
### DROP IN TO SAANICH RECREATION CENTRES!

**ADULT $8 | 60yrs+ $7.25 | 90yrs+ FREE**

Includes drop-in activities and facilities:

- Weight room, indoor cycling classes, sports, and stick and puck
- Swimming, hot tub, sauna, and steam room, aquafit classes
- Reserved drop-In group fitness classes and basic yoga classes
- Skating (skate rentals available for an additional fee)

Ask your centre for their reserved drop-in schedule to see more information, or visit saanich.ca/schedules.



## VOLUNTEERING OPPORTUNITIES



Saanich PARKS, RECREATION & COMMUNITY SERVICES

**Give back, stay active, and connect to community as a volunteer with Saanich Parks, Recreation and Community Services!**

### 55+ SOCIAL PROGRAMS

Meet and support your peers through volunteering! Programs run weekly at four Saanich recreation centres and help older adults connect over coffee, goodies, and games. 2-3 hours per week, minimum four-month commitment.

### PARK CARE

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

### SPECIAL EVENTS

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

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

Saanich Volunteer Services Society

**Saanich Volunteer Services Society's Goal: Double Their Drivers!** Lots of volunteer opportunities exist to support community, meet great folks, and make a meaningful difference with this registered charity. They particularly need drivers, as they work to double the size of this team! Application form can be found at saanichvolunteers.org.

## ARTS

### (R) ART THERAPY FOR WOMEN 50yrs+

Explore your strengths, challenges, and life transformations through creative expression and meaning-making alongside art therapist Anne-Marie Fortin. All materials provided; no experience required.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 172222 | Tu | 6:30-8:30pm | Jan 12-Feb 16 | 6/$180 |
| 174520 | Tu | 6:30-8:30pm | Apr 6-May 11 | 6/$180 |

### (R) EVERYBODY DANCE

This fun, energetic class is designed for participants of all abilities. This class includes 45 minutes of dancing, followed by 15 minutes of social time. Seated and standing variations of movements provided.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 174035 | Th | 3-4pm | Jan 7-Mar 11 | 10/$115 |
| 174036 | Th | 3-4pm | Apr 1-May 20 | 8/$92 |



### (R) WRITE YOUR WAY INTO 2027

Ready to make cozy space for your writing this year? Set a creative "theme" for your 2027, learn how to give yourself space to get creative, and begin to write the stories you're most eager to explore this year.

CEDAR HILL RECREATION CENTRE

| | | | | |
|---|---|---|---|---|
| 173974 | Su | 2-4pm | Jan 10 | $32 |

Many more programs available, please contact recreation centres (pg. 8) for more details!

## WELLNESS

### YANG TAI CHI WITH QIGONG WARM UP

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

GOWARD HOUSE

| | | |
|---|---|---|
| Th | 9-10:15am | |



### MEDITATION

In a world that can feel overwhelming, Monday afternoon meditation provides an oasis of serenity. Refresh and restore. First drop-in is free, then annual membership is required in addition to drop-in fee ($4).

GOWARD HOUSE

| | |
|---|---|
| M | 2:30-4pm |

### (R) TRX SUSPENSION TRAINING - ALL LEVELS

Total-body strengthening in an innovative and fun format using adjustable straps. Options provided for all levels. Contact Gordon Head Recreation Centre or Saanich Commonwealth Place for more information.

## ONLINE

### ONLINE (R) FULL BODY WORKOUT

This full-body workout includes an eclectic mix of cardio, strength, balance, core, and stretching and is offered in a virtual format. Participate from home with just a mat, dumbbells (optional) and yourself! Beginners to advanced welcome. Register online or contact a Saanich recreation centre.

ONLINE | Monthly $27-$34

# 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, 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, optional 5-15 minutes

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

(S) (R) Registration required for a multi-week session.
Cost approx $6.25/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** M, Tu: 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
**PKS** W: 11:15am-12:15pm

(R) 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

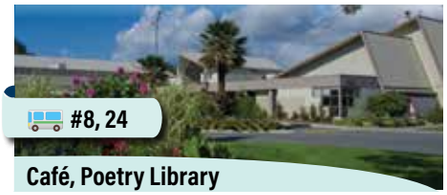
GH = Gordon Head Recreation Centre
250-475-7100

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



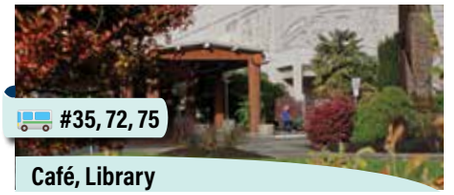

### GORDON HEAD RECREATION CENTRE
4100 Lambrick Way
250-475-7100




### 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!

## OLDER ADULT 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.

## OLDER ADULT COMMUNITY SERVICES

### SAANICH COMMUNITY SERVICES
PARKS, RECREATION & 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

### MEN'S SHED ASSOCIATION OF BRITISH COLUMBIA
bcmensshed.ca




### 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.