

CONNECTIONS

Saanich Older Adult Activity Guide
JANUARY - MAY 2024



**General
Registration for
Saanich recreation
programs opens
December 6 at 6am**

Other sites registration varies,
please contact directly.



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

Saanich Free Walking Opportunities

NO WALKS ON
STATUTORY HOLIDAYS

FREE EASY WALKS ♥

One-hour, easy-paced social walks on pavement and smooth trails through parks and interesting neighbourhoods. Where possible, routes avoid steep hills. Sorry, dogs are not permitted. Please wear supportive shoes.

MONDAYS 1:30-2:30PM, LEADER: PENNY

JAN. 15 - GORGE/TILLICUM

Meet at foot of steps up to Silver City Cinema, Tillicum Mall.

JAN. 22 - LAMBRICK/SIERRA PARKS

Meet near main entrance to Gordon Head Recreation Centre, off Feltham Road.

JAN. 29 - LAYRITZ PARK/ INTERURBAN AREA

Meet in Layritz Park parking lot, on Layritz Avenue, off Glyn and Interurban Roads.

FEB. 5 - VANTREIGHT/GLENCOE COVE PARKS

Meet by Vantreight Park, Vantreight Road, off Ferndale Road.

FEB. 12 - PLAYFAIR/BRAEFoot

Meet in main parking lot for Playfair Park, on Rock Street off Quadra Street.

FEB. 26 - CORDOVA RIDGE CIRCLE

Meet in main parking lot for Claremont-Goddard Park, on Haliburton Road.

MAR. 4 - CADBORO BAY/ TELEGRAPH COVE

Meet near washroom block in Cadboro-Gyro Park, off Cadboro Bay Road.

MAR. 11 - MARIGOLD PARK/ WELLAND HERITAGE ORCHARD

Meet at Marigold Park, on Iris Avenue off Grange Road.

MAR. 18 - BLENKINSOP VALLEY

Meet on Lochside Trail beside Lochside Elementary School. Street parking along Lochside Drive, north of Royal Oak Drive.

MAR. 25 - BECKWITH PARK/HIGH QUADRA AREA

Meet in Beckwith Park, Beckwith Avenue, off Quadra Street.

APR. 8 - SHELBOURNE/ CAMOSUN AREA

Meet in the northeast corner of Hillside Centre parking lot, corner of North Dairy Road and Shelbourne Avenue.

APR. 15 - COPLEY/ BRYDON PARKS

Meet by tennis courts, Copley Park West, on Parkridge Street, off Vanalman Avenue.

APR. 22 - STRAWBERRY VALE/ PANAMA FLATS

Meet by Rosedale Park parking lot, Santa Anita Avenue, (near Strawberry Vale Elementary School).

APR. 29 - TILLICUM/ SWAN CREEK

Meet at foot of steps up to Silver City Cinema, Tillicum Mall.

MAY 6 - MONTAGUE PARK/ ARBUTUS AREA

Meet at Montague Park, on Hazelton Place, off Lexington Avenue and Arbutus Road.

MAY 13 - GORGE/LOWER WATERWAY

Meet in Gorge Park parking lot on Gorge Road West, opposite Orillia Street. (This is not beside the Canoe/Kayak Club).

MAY 27* - RITHET'S BOG

Meet by kiosk at the corner of Dalewood Lane and Chatterton Way.

FREE WALK & TALK ♥♥-♥♥♥

Enjoy fresh air, beautiful scenery, friendly chats, and gentle exercise as we take different walks through Saanich parks and trails. Walks follow mainly chip or gravel trails but may have some steep sections. Sorry, dogs are not permitted.

TUESDAYS 9:30-11AM, LEADER: DIANNE

THURSDAYS 9:30-11AM, LEADER: JOHN

JAN. 16 - CADBORO-GYRO PARK/TEN MILE POINT AREA

♥♥♥ Meet at Cadboro-Gyro Park parking lot, end of Sinclair Road by washrooms.

JAN. 18 - BOWKER CREEK

Meet at Cedar Hill Recreation Centre, 3220 Cedar Hill Road.

JAN. 23 - BRAEFoot PARK TO PKOLS (MOUNT DOUGLAS PARK)

Meet at Braefoot Park parking lot, 1359 McKenzie Avenue.

JAN. 25 - CADBORO BAY TO QUEEN ALEXANDRA

Meet at Cadboro-Gyro Park, end of Sinclair Road, by washrooms.

JAN. 30 - TYNDALL PARK TO ARBUTUS COVE PARK

Meet at Tyndall Park, 4368 Tyndall Avenue.

FEB. 1 - GLENCOE COVE ♥♥♥

Meet at Vantreight Park, on Vantreight Road, off Ferndale Avenue.

FEB. 6 - GLANFORD PARK TO COPLEY PARK

Meet at Glanford Park parking lot, 620 Kenneth Road, off Glanford Avenue.

FEB. 8 - KNOCKAN HILL PARK ♥♥♥

Meet at Strawberry Vale and District Community Club, 11 High Street, off Burnside Road.

FEB. 13 - VANTREIGHT PARK TO TYNDALL PARK

Meet at Vantreight Park, 490 Vantreight Drive, off Ferndale Avenue.

FEB. 15 - LOWER TRAILS OF PKOLS (MOUNT DOUGLAS PARK) ♥♥♥

Meet in park parking lot at the junction of Ash, Cordova Bay and Cedar Hill Roads.

FEB. 20 - COPLEY PARK/ ROYAL OAK AREA

Meet at Copley Park parking lot, 598 Parkridge Street, off Vanalman Avenue.

FEB. 22 - MCMINN TO KENTWOOD/OUTERBRIDGE

♥♥♥ Meet at McMinn Park at 4830 Maplegrove Street, near Lochside Drive.

FEB. 27 - BRAEFoot PARK TO BLENKINSOP LAKE

Meet at Braefoot Park parking lot, 1359 McKenzie Avenue.

FEB. 29 - PKOLS (MOUNT DOUGLAS PARK) TO MAJESTIC PARK ♥♥♥

Meet in park parking lot at the junction of Ash, Cordova Bay and Cedar Hill Roads.

MAR. 5* - GLANFORD PARK TO MOUNT VIEW PARK

Meet at Glanford Park parking lot, 620 Kenneth Road, off Glanford Avenue.

FREE SUNDAY HIKES ♥♥♥

Open to anyone who enjoys longer invigorating walks. Routes may include rural trails with steep, rough sections, please wear sturdy footwear and bring drinking water.

SUNDAYS 1:30-3:30PM, LEADER: PENNY

JAN. 21 - BECKWITH TO BROADMEAD

Meet in Beckwith Park, Beckwith Avenue, off Quadra Street.

FEB. 18 - QUEENSWOOD CIRCLE

Meet near washroom block in Cadboro-Gyro Park, off Cadboro Bay Road.

MAR. 10 - LAYRITZ/LOGAN PARKS

Meet in Layritz Park parking lot, on Layritz Avenue, off Glyn and Interurban Roads.

APR. 14 - GARDEN CITY/KNOCKAN HILL

Meet at Hyacinth Park parking lot, Marigold Road.

MAY 5* - BROADMEAD TO DORIS PAGE PARK

Meet on Lochside Trail beside Lochside Elementary School. Park at school or along Lochside Drive, north of Royal Oak Drive.



INTENSITY LEVEL GUIDE

♥ 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 rural trails with steep rough sections.

***For the remainder of the schedule, to June, visit saanich.ca/trailsandtreks or call, 250-475-5422.**

New season, new connections

We hope that the featured programs and activities on these pages spark social enjoyment over the winter season. Connection with others is vital to our wellbeing—especially this time of year. Sometimes it only takes one conversation to spark a new friendship!

This winter and spring, be sure to take advantage of these and many other opportunities to connect with each other: try a Speed Friending event (this page), connect with the Greater Victoria Men's Shed (pg. 5), or attend a free Social Drop-In 55yrs+ (pg. 5) for a coffee/tea, chat, activity or game. Engage your mind with one-on-one computer support at Silver Threads (pg. 5) or attend one of our free community lectures on pertinent topics (pg. 4).

Find joy in activity when you join us for a free Social Walk (pg. 2), take part in one of many group fitness and health promotion programs (pg. 7), or volunteer alongside others (pg. 6).

Of course, the opportunities to connect within our community extend beyond what's captured in this guide. We encourage you to enquire about additional programs, services and events, through the contacts on both the front and back cover.

With lots of care and hope of social sparks,

Alison, *Community Programmer II,
Older Adult Services, District of Saanich*

FREE Community Events in Saanich

ARTS EXHIBITS

Cedar Hill Gallery
3220 Cedar Hill Rd.
For more information,
please call 778-584-3756

Ranjeet Dhaliwal:
January 10 to February 4
Mind-flower-ness celebrates the world of flowers through fibre and photography. Don't miss the artist reception with acoustic guitar and sewing workshops.



Global Pax Collective:
February 7 to March 3

Celebrating Queerness, this community exhibit explores diversity, humanity, and the importance of the arts, health and queerness.

Vancouver Island Woodworkers Guild: May 1 to 26

Explore a variety of wood-focused pieces created by members of the Vancouver Island Woodworkers Guild. Enjoy gallery demonstrations and learn from show ambassadors.

SPEED FRIENDING 70YRS+

Thursday, February 15, 2:15-4:15pm

G.R. Pearkes Recreation Centre

An opportunity to engage with new people in a welcoming, safe and fun environment! Meet other adults, connect, share a laugh and maybe spark a friendship during this rotating one-on-one afternoon. For more information, call 778-584-6812.



FAMILY ARTS FESTIVAL

Family Day, Monday, February 19,
11am-3pm, Cedar Hill Recreation Centre

A free, all-ages event welcoming families, grandparents, and anyone young at heart! Enjoy a wide variety of activities led by the Arts Centre staff and guest instructors from Greater Victoria's arts community. For more information, call 250-475-5558.



SAANICH EARTH DAY FESTIVAL

Saturday, April 20, 11am-3pm

Saanich Municipal Hall

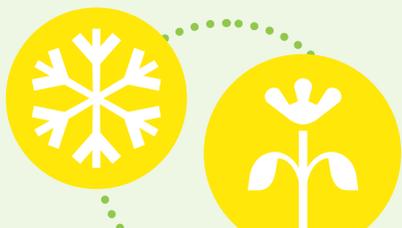
Celebrate Earth Day! Learn about the different ways we can care about our planet, decrease our carbon footprint, and minimize our overall impact on the climate. Contact sarah.faria@saanich.ca or call 250-475-5558 for more information.



MOTHER'S DAY CONCERT

Sunday, May 12, 10:45am-12:30pm
Playfair Park

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



Saanich Fitness, Wellness & Social Opportunities

ACCESSING SAANICH PROGRAMS

PLEASE CONTACT CENTRES FOR MORE INFORMATION

FREE ASSISTANCE CARD

Don't let balance, mobility, or other impairments prevent you from participating! Apply for an Older Adult Assistant Card. The card enables you to bring another person along with you, at no extra charge (except supply fees when applicable), to assist you to participate in programs and activities.

For more information or to apply, visit any Saanich recreation centre.

ALL SAANICH RECREATION CENTRES

FREE DROP-IN FOR FREE 90YRS+

Saanich residents 90yrs+ can sign up at any Saanich recreation centre for our Lifetime rate! Enjoy free access to many drop-in activities:

- Drop-in swimming, hot tubs, saunas and steam rooms
- Drop-in fitness, basic yoga and indoor cycling classes
- Drop-in waterfit classes
- Drop-in weight rooms
- Drop-in adult sports and skating (skate rentals extra)

ALL SAANICH RECREATION CENTRES

LEISURE INVOLVEMENT FOR EVERYONE (LIFE)

LIFE provides low-income residents of Saanich access to all Greater Victoria recreation centres and credits towards Saanich recreation programs.

For those 55yrs+, an annual membership to one Saanich Older Adult Community Centre is also included.

For more information or to see if you qualify, visit saanich.ca/financialassistance, attend any recreation centre, email financialassistance@saanich.ca or call 250-475-5407.

ALL SAANICH & GREATER VICTORIA RECREATION CENTRES



FREE COMMUNITY LECTURES

FREE BEAT THE FRAUDSTER SAFETY SERIES 55YRS+

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

GORDON HEAD RECREATION CENTRE
Thursday, Jan. 11, 1-2:30pm

SAANICH COMMONWEALTH PLACE
Tuesday, February 20, 9:30-11am

CEDAR HILL RECREATION CENTRE
Thursday, March 28, 1:30-3pm

G.R. PEARKES RECREATION CENTRE
Friday, April 19, 1-2:30pm

GORDON HEAD RECREATION CENTRE
Wednesday, May 22, 1-2:30pm

FREE HEALTHY EATING AFTER THE HOLIDAYS

Join registered dietitian, Lauren Tarr from the Luther Court Community Health Centre. Free event, everyone welcome. Please meet in the lounge at 1525 Cedar Hill Cross Road, no registration required.

LUTHER COURT SOCIETY
Wednesday, January 17, 6-7pm

FREE DISCOVER YOUR GUT MICROBIOME 50YRS+

What is your gut microbiome and why is everyone talking about it? Join naturopathic doctor, Jordan Morton to discover what your microbiome is, what it can do for you and how you can promote and restore it! Registration required, please contact the centre.

CEDAR HILL RECREATION CENTRE
Thursday, January 25, 3-4pm

FREE NALOXONE TRAINING

In one of the top three cities in BC where unregulated drug deaths occurred in 2022, learn how to use Naloxone as a life-saving strategy in an opioid poisoning emergency. Free event, everyone welcome. Please meet in the lounge at 1525 Cedar Hill Cross Road, no registration required.

LUTHER COURT SOCIETY, Thursday, February 8, 6-7pm



FREE TRAFFIC SAFETY UPDATES

Empower yourself with increased safety on the road as a driver, pedestrian, cyclist or mobility aid user. In partnership with Saanich Police's Community Engagement Division, discuss traffic circles, bike lanes, trails, transportation and various safety updates for getting around safely in Saanich. Registration required, please contact the centre.

GORDON HEAD RECREATION CENTRE
Wednesday, March 13, 1-2:30pm

FREE CONSPIRACY THINKING EXPLAINED 50YRS+

Join Dr. Devereaux, UVic Professor of History, as they explain how belief in a conspiracy theory serves several major emotional, psychological and intellectual needs for the believer. Could appreciating this increase understanding and build bridges between people divided? Registration required, please contact the centre.

CEDAR HILL RECREATION CENTRE
Thursday, March 14, 3:15-4:15pm

General Registration for Saanich recreation programs opens December 6 at 6am

Other sites registration varies, please contact directly.

Saanich Fitness, Wellness & Social Opportunities

FEATURED SOCIAL PROGRAMS

PLEASE CONTACT CENTRES FOR FULL OFFERINGS

GREATER VICTORIA MEN'S SHED

Men's sheds began in Australia in the 1990's as a friendly place for men to enjoy a variety of activities. Learn more and join a supportive group that engages in projects that benefit the larger community. See bcmensshed.ca or contact brendanhaws@gmail.com.

GREATER VICTORIA MEN'S SHED

(PART OF THE BC MEN'S SHED ASSOCIATION)

SOCIAL CARPET BOWLING 55YRS+

Meet old friends or make new ones while you enjoy social time and refreshments after play. Friday sessions begin in January; pay for two months or drop-in weekly.

CEDAR HILL RECREATION CENTRE

Please contact Dior Wilsher for more information, 778-584-6812.

FREE SOCIAL DROP-IN 55YRS+

Connect with old friends and meet new ones while you enjoy a morning coffee or tea. Visit, play some table tennis, pool, board/card games or other activities. Hosted in the Social Centre/ Teen Centre. Drop-in or register to help us anticipate group size. Program does not run during statutory holidays.

SAANICH COMMONWEALTH PLACE

Mondays, January 15 – March 11
& April 8 – June 10, 10-11:30am

G.R. PEARKES RECREATION CENTRE

Mondays & Wednesdays,
January 15 – June 12, 9:30-11:30am
No program during spring break.

GORDON HEAD RECREATION CENTRE

Tuesdays, January 16 – March 12
& April 9 - May 28, 1-2:30pm

FREE ELDER & SENIORS TEA

Connect with one another and meet special guests to discuss topics requested by Elders. Please RSVP by email to elder.support@vnfc.ca

VICTORIA NATIVE FRIENDSHIP CENTRE

R SOCIAL CROQUET 55YRS+

Remember the fun of playing croquet with friends? Rekindle the joy, get some fresh air and meet some new friends. No equipment or experience needed.

Cancelled if raining by 9:30am.

BURNSIDE LAWN BOWLING CLUB

Wednesdays, May 15-June 26, 10-11:30am, 7/\$38.50

TRY FOR FREE MAY 8,
CALL 778-384-6810

FREE R SOCIAL KNITTING 50YRS+

Join us for social knitting where we create beautiful blankets in support of community members who are in need of warmth. Bring your knitting supplies and work alongside others, including Blankets for Canada Society knitters, as we make a difference together, in our community.

SAANICH COMMONWEALTH PLACE

Mondays, January 15-June 10, 12:30-2:30pm, FREE

MAHJONG GROUP

Play both Hong Kong and western versions. While players thrive on competition, the emphasis is on having a good time.

CORDOVA BAY 55+ ASSOCIATION

Fridays, 1:30-4pm, free with membership.
Please call centre to enquire.

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 &
GORDON HEAD RECREATION CENTRE

Please call centres for class rates, dates and times.

R GARDEN GROUP 70YRS+

Interested in growing food from April to October? Join this small team gardening a single local community plot. Collaborate on costs, workload, and rewards. Gardeners must be on site frequently during the week during the growing season. Please contact Alison, 250-475-5408 or alison.chamberlain@saanich.ca, for more information.

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

FEATURED TECHNOLOGY PROGRAMS

PLEASE CONTACT CENTRES FOR FULL OFFERINGS

BEGINNER COMPUTER SUPPORT AND PROGRAMS

One-on-one computer support is available at Silver Threads. Additionally, the Victoria Centre has iPad Tutorial classes at the Saanich Centre. Anyone interested in technology is encouraged to check out the Victoria Computer Club (VCC), offering one-on-one support, Apple and photo groups, as well as monthly learning topics on Zoom.

SILVER THREADS SERVICE: VICTORIA AND SAANICH
THE VICTORIA COMPUTER CLUB

Please contact centres (back page) for more details.

FEATURED SPORTS PROGRAMS

PLEASE CONTACT CENTRES FOR FULL OFFERINGS

R ARCHERY FOR ADULTS - BEGINNER

Learn basic archery skills and fundamental mechanics. A great opportunity to meet new people and enjoy this popular sport. All equipment supplied.

SAANICH COMMONWEALTH PLACE

Sundays, January 7 -February 25, March 10 - May 5,
11am-12pm, 8/\$128

R PICKLEBALL- LEARN TO PLAY

This beginner class covers the basics, including techniques, tactics, scoring and positioning. No experience necessary. Please provide your own paddle if possible.

CEDAR HILL RECREATION CENTRE

Saturdays 3-4:30pm or Tuesdays 2:30-4pm,
please call for specific dates, times, rates.

FREE R SWIM LESSONS FOR OLDER ADULTS 60YRS+

Whether you are a beginner or just want to brush up on your technique, join our experienced instructors for 45 minutes of tips and tricks. Classes are held in small groups during quieter times in the pool for your comfort.

GORDON HEAD RECREATION CENTRE

Mondays, January 8 - March 11 &
April 8 – Jun. 10,
2:30-3:15pm. Free,
registration required.

General Registration for
Saanich recreation programs
opens December 6 at 6am

Other sites registration varies,
please contact directly.

Saanich Fitness, Wellness & Social Opportunities

WALKING GROUPS AT SILVER THREADS

Silver Threads Service offers two weekly walking groups. For outdoor enthusiasts, the Saanich Centre offers a leisurely pace on Wednesday mornings. For those who prefer the indoors or use mobility aids, the Victoria Centre meets at the Save-On-Foods Memorial Arena on Tuesday mornings.

SILVER THREADS SERVICE

\$2/member, \$5/non-member. Please contact centre (back page) for class registration details.

FEATURED ARTS PROGRAMS

PLEASE CONTACT CENTRES FOR FULL OFFERINGS

FREE ART HIVE 55

Art Hive welcomes everyone as an artist. Explore art and craft making in a relaxed and supported environment. Experiment with a range of materials available or bring your own works in progress and supplies. Be part of our creative community. No experience necessary; registration required.

CEDAR HILL RECREATION CENTRE
Fridays, 10-11:30am, January 12 - March 8,
April 5 - May 10 & May 17 - June 21.

BALLET WITH EASE 55YRS+

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

CEDAR HILL RECREATION CENTRE
Wednesdays, January 10 - March 13,
\$103/10 or April 3 - June 26, \$134/13

OPPORTUNITY TO CONTRIBUTE

APPOINTMENT DRIVERS NEEDED

Volunteers are needed to drive community members to medical and other appointments in Greater Victoria. Please contact Saanich Volunteer Services Society:
Call 250-595-8008 or visit saanichvolunteers.org/volunteer.



FEATURED HEALTH AND FITNESS REGISTERED PROGRAMS

Find the best fit for you in one or more of these featured group fitness programs! For more program options and details, please call your preferred Saanich recreation centre.

LOCATION LEGEND

- CH = Cedar Hill Recreation Centre
- GH = Gordon Head Recreation Centre
- PKS = G.R. Pearkes Recreation Centre
- SCP = Saanich Commonwealth Place



Getting Started

For those new to fitness or wanting to return to exercise and movement.

FREE EXERCISE INTRODUCTION 50YRS+

GH Wednesdays 11:30am-12:30pm
PKS Mondays 12:15pm-1pm
SCP Fridays 1:15-2pm

SOCIAL CHAIR FITNESS FUN 55YRS+

CH Tuesdays 1:30-2:30pm

EASY FIT 50YRS+

CH Thursdays 11:30am-12:30pm
PKS Mondays 11:15am-12:10pm
Wednesdays 11:15am-12:10pm
SCP Tuesdays 1:15-2:15pm

GENTLE FIT 50YRS+

CH Tuesdays 10:30-11:30am

SIT FIT

PKS Thursdays 11:15am-12pm

WALKERS WITH WALKERS

CH Fridays 10:30-11:30am

Continue Moving

For those with some fitness routines already.

20-20-20

SCP Mondays 2:15-3:15pm

AGING BACKWARDS

SCP Thursdays 9:15-10:15am
SCP Tuesdays 2:30-3:30pm
CH Mondays 11:15am-12:15pm
CH Wednesdays 11:15am-12:15pm
PKS Fridays 1-2pm

AQUA STRENGTH AND STRETCH

SCP Tuesdays 10-11am
Thursdays 10-11am

AQUA ZUMBA

SCP Wednesdays 7:15-8:15pm
Fridays 6-7pm

BOXING 50YRS+

SCP Sundays 8:15-9:15am

FULL BODY WORKOUT (VIRTUAL)

Sundays 9:15-10:15am

MORE FIT

PKS Tuesdays 11:15am-12:10pm

STRENGTH AND CONDITIONING 50YRS+

SCP Tuesdays 2-3pm
Thursdays 2-3pm

STRETCH & STRENGTH 50YRS+

CH Tuesdays 9-10 am
SCP Mondays 11:30am-12:30pm
Wednesdays 11:30am-12:30pm
Fridays 11:30am-12:30pm

ZUMBA GOLD

CH Mondays 10am-11am
GH Call for times

BODY SHOP 50YRS+

SCP Fridays 7:30-8:30am

General Registration for Saanich recreation programs opens December 6 at 6am. Other sites registration varies, please contact directly.

Saanich Fitness, Wellness & Social Opportunities

FEATURED HEALTH AND FITNESS REGISTERED PROGRAMS

LOCATION LEGEND CH = Cedar Hill Recreation Centre | GH = Gordon Head Recreation Centre | PKS = G.R. Pearkes Recreation Centre | SCP = Saanich Commonwealth Place

Weight Room

All experience levels welcome. These programs take place in one of our four recreation centre weight rooms.

CIRCUIT TRAINING **50YRS+** - SMALL GROUP

SCP Mondays 10:15-11:15am
Wednesdays 10:15-11:15am

FIT AND IMPROVED

SCP Mondays and Wednesdays 6:30-7:30pm
Monday and Wednesdays 7:45-8:45pm

FUNDAMENTAL WEIGHT TRAINING

GH Tuesdays and Thursdays 10:05-11:05am

SILVER WEIGHT TRAINING

GH Tuesdays and Thursdays 11:15am-12:15pm

WEIGHT TRAINING BEGINNER **50YRS+**

CH Sundays 10:15-11:15am

WEIGHT TRAINING - SMALL GROUP **50YRS+**

SCP Tuesdays 11am-12pm
Thursdays 11am-12pm
Fridays 10:15-11:15am
CH Mondays 12-1pm
Wednesdays 12-1pm

FREE WEIGHT ROOM ORIENTATION **60YRS+**

Learn about the equipment and feel confident!
Contact to book:

CH - 250-475-712 PKS - 250-475-5400
GH - 250-475-7100 SCP - 250-475-7630

Mindful Movement

Programs include gentle movement, breathing exercises, fall prevention, social elements, balance, and general wellbeing.

BALANCE AND STRENGTH

CH Thursdays 9-10am
SCP Fridays 2:15-3:15pm

BALANCE BOOSTER

GH Mondays 10-11am
Wednesdays 10-11am
SCP Tuesdays 1-1:50pm

BUDDHIST MEDITATION

CH Tuesdays 12:15-1:15pm

QIGONG - BEGINNERS

GH Mondays 6-7:30pm

FLEXIBILITY FUSION

SCP Tuesdays 5:45-6:40pm
Fridays 12:45-1:40pm

NEURODIVERSITY SOCIAL AND MOVEMENT CLASS **55YRS+**

SCP Wednesdays 12:30-2:30pm

MINDS IN MOTION **50YRS+** (PG. 4)

PKS Wednesdays 1-2:30pm
GH Mondays 1-2:30pm

YOGA - CHAIR YOGA

GH Mondays 11:30am-12:30pm
Wednesdays 11am-12pm
Fridays 10:30-11:30am
CH Thursdays 10:45-11:45am
PKS Tuesdays 1-2pm

YOGA AND MOBILITY FOR **55YRS+**

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

YOGA THERAPY FOR GRACEFUL AGING

SCP Tuesdays 3:45-4:45pm

YOGALATES

SCP Sundays 11am-12pm

Restorative

These programs assist you with preexisting physical health conditions in your daily life.

BUILD BETTER BONES

CH Wednesdays 10:15-11:15am
SCP Mondays 2-3pm
Wednesdays 2-3pm

CHRONIC PAIN/MILD MOVEMENT CLASS

SCP Tuesdays 11:30am-12:30pm
Thursdays 11:30am-12:30pm

FOOT CARE CLINIC

CH Thursdays 12:30-2:30pm
Call 250-475-7121 to book an appointment.

OSTEOFIT LEVEL 1

CH Mondays 10:15-11:15am
Fridays 9:15-10:15am

OSTEOFIT FOR LIFE

CH Mondays 9-10am
CH Wednesdays 9-10am
CH Fridays 10:30-11:30am

TIME **50YRS+**

GH Wednesdays & Fridays
11:45am-12:45pm
CH Mondays & Wednesdays
1:30-2:30pm



General Registration for Saanich recreation programs opens December 6 at 6am
Other sites registration varies, please contact directly.

Saanich 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 seniors rates 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

VICTORIA CENTRE:

1911 Quadra Street, 250-388-4268

Monday-Friday | 9am-3:30pm



CORDOVA BAY 55+ ASSOCIATION*

cordovabay55plus.org

1-5238 Cordova Bay Road

250-658-5558

Please enquire about specific program times.



VICTORIA NATIVE FRIENDSHIP CENTRE

vnfc.ca

231 Regina Avenue

250-384-3211

elder.support@vnfc.ca

Monday-Friday

8:30am-4:30pm



GOWARD HOUSE SOCIETY*

gowardhouse.com

2495 Arbutus Road

250-477-4401

Monday-Friday

9am-4pm



*Ask individual centres about our membership rates.

COMMUNITY SERVICES

SAANICH VOLUNTEER SERVICES SOCIETY

saanichvolunteers.org

1445 Ocean View Road

250-595-8008

Monday-Friday, 9am-4pm

Empowering neighbours matching people who need help with people eager to provide it.



LAWN BOWLING & HORSHOE PITCHING

Burnside Lawn Bowling 250-381-5743

Gordon Head Lawn Bowling & Croquet Club 250-479-0088

Lake Hill Lawn Bowling 250-590-8125

Greater Victoria Horseshoe Pitching Association 250-727-2543



INTER-CULTURAL ASSOCIATION OF GREATER VICTORIA

icavictoria.org

#102, 808 Douglas Street

250-388-4728

Supporting full integration of newcomer immigrants and refugees.



8-1-1

Phoning 8-1-1

(between 9am

and 5pm, Monday to Friday)

can now connect you with a qualified exercise professional!

Call 8-1-1, anytime, 24/7, for additional health advice.



ALZHEIMER SOCIETY OF BC

alzheimer.ca/bc

FirstLink® Dementia Helpline

English: 1-800-936-6033

Cantonese & Mandarin: 1-833-674-5007

Punjabi, Hindi & Urdu: 1-833-674-5003

PARKINSONS WELLNESS PROJECT

parkinsonwellness.ca

#202-2680 Blanshard Street, 250-360-6800,

Monday to Friday, 8:30am-4:30pm

Leading edge physical, emotional and educational support.

FAMILY CAREGIVERS OF BRITISH COLUMBIA

familycaregiverbc.ca

Caregiver Support Line 1-877-520-3267

Information, education and supports for caregivers.

ISLAND HEALTH COMMUNITY ACCESS CENTRE

South Island 250-388-2273

Get help assessing needs for support in older adults in our community.