

# CONNECTIONS

Saanich Older Adult Activity Guide  
June, July & August 2024



**General  
Registration for  
Saanich July & August  
programs opens April 17 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

## Summertime in Saanich

Summer is on the horizon and it's time to celebrate the vibrancy of our community. The many activities and events shared in this edition of *Connections* offer opportunities to do just that!

Summer is event season, so join friends, neighbours, and fellow community members at gatherings like Saanich Pride in the Park on June 12, and the Indigenous Music Festival on July 26 and 27. These are just a few of the many free community events happening in Saanich this June, July, and August.

Listen to Indigenous voices and connect with Elders in the Indigenous Book Circle or Knit and Craft Circle (pg. 3). If you are an older adult who identifies as 2SLGBTQIA+, connect with others at Speed Friending on July 9 or Trans+ Social 50yrs+ on July 5 (pg.3).

Of course, the activities in *Connections* are only a sampling of what's available. See full program listings in the Saanich Summer Activity Guide ([saanich.ca/summer](http://saanich.ca/summer)), or contact recreation and community centres for even more options (pg.8).

As the summer weather raises temperatures, remember that you can find great tips to stay cool at [saanich.ca/heat](http://saanich.ca/heat), or by contacting the Saanich Emergency Program at 250-475-7140 or [sep@saanich.ca](mailto:sep@saanich.ca).

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



# FREE Community Events in Saanich

## SAANICH PRIDE IN THE PARK

Wednesday, June 12, 6-9pm

### Beckwith Park

A celebration of community, Saanich's third annual Pride in the Park event features a variety of entertainment, information displays, family friendly activities, and food trucks on site.



## SAANICH STRAWBERRY FESTIVAL

Sunday, July 7, 11am-4pm

### Beaver Beach

Celebrate Saanich's strawberries and local agriculture. Featuring a farmers market, vendors, information booths, bouncy castles, live music, food trucks, art activities, and the traditional serving of locally grown Michell's Farm strawberries on ice cream. More info at [saanich.ca/strawberryfestival](http://saanich.ca/strawberryfestival)



## 2SLGBTQIA+ SPEED FRIENDING 55yrs+

Tuesday, July 9, 1-3pm

### Oaklands Community Association

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. Refreshments provided. Please contact 250-216-6006 for more information or register using code 115421 at [saanich.ca/register](http://saanich.ca/register)



## INDIGENOUS MUSIC FESTIVAL

Friday and Saturday, July 26 and 27, 6-9pm

### Hampton Park

This two-night event is a celebration of local Indigenous performers in a variety of music genres from traditional to folk to hip hop. Browse works by a variety of local Indigenous artists, artisans, and enjoy food trucks on site. Everyone is welcome!



## CADBORO BAY FESTIVAL

Sunday, August 4, 11am-3pm

### Cadboro-Gyro Park

Enjoy a day in one of Saanich's signature parks with classic field games, hands-on activities and live music. Explore the village and treat yourself to lunch. A memorable summer experience for the whole family. More info at [saanich.ca/cadborobayfestival](http://saanich.ca/cadborobayfestival)



## MUSIC in the PARK

Tuesdays, 6-8pm, FREE

Come out and join your neighbours for an evening of music in your local park. Food available for purchase or bring your own picnic.



- July 2 Goward House, 2495 Arbutus Rd.
- July 9 Majestic Park, 4380 Majestic Dr.
- July 16 Beckwith Park, 857 Beckwith Ave.
- July 23 Brydon Park, end of Viewmont Ave.
- July 30 Hyacinth Park, 700 Marigold Rd.
- Aug. 6 Prospect Lake Park, 331 Prospect Lake Rd.
- Aug. 13 Rutledge Park, Inverness Rd. and Cloverdale Ave.
- Aug. 20 Rudd Park, 3259 Irma St.



# Saanich Fitness, Wellness & Social Opportunities

## ACCESSING SAANICH PROGRAMS

PLEASE CONTACT CENTRES FOR MORE INFORMATION

### **FREE** OLDER ADULT ASSISTANCE CARD

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

ALL SAANICH RECREATION CENTRES

### **FREE** DROP-IN FOR FREE 90YRS+

Sign up at any Saanich recreation centre for our Lifetime 90yrs+ rate and enjoy free access to many drop-in activities:

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

ALL SAANICH RECREATION CENTRES

## 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 250-475-5422.

ALL SAANICH RECREATION CENTRES



### **FREE** FREE WEIGHT ROOM ORIENTATION 60YRS+

Learn about the equipment and feel confident! Contact any Saanich recreation centre to book.

ALL SAANICH RECREATION CENTRES

## FREE REGISTERED PROGRAMS

### **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. Presented in partnership with Saanich Police's Community Engagement Division.

SAANICH COMMONWEALTH PLACE  
102184 Tuesday June 11 9:30-11am

### **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.

SAANICH RECREATION ANNEX, 780 VERNON AVENUE  
107970 Wednesday June 5 10-11:30am

### **FREE** INDIGENOUS BOOK CIRCLE

Meet and greet with Indigenous authors seasonally over Zoom. Enjoy hearing from authors like Richard Van Camp, Monique Grey Smith, and others as they share their words. Everyone welcome! RSVP to [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca).

VICTORIA NATIVE FRIENDSHIP CENTRE VIA ZOOM.

### **FREE** TRANS+ SOCIAL 50YRS+

For Trans folks over 50 and their family and friends who want to accompany them. Connect with old friends and meet new ones while you enjoy a morning coffee or tea. Visit, play some pool, board/card games, outdoor table tennis, or enjoy simple art activities. Register or drop-in available.

GORDON HEAD RECREATION CENTRE  
115471 Friday July 5 10:30am-12pm

### **FREE** SOCIAL KNITTING 50YRS+

Join us for social knitting where we create beautiful blankets in support of community members 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  
115927 Saturdays July 6-August 31 12:30-3:30pm



### **FREE** SPEED FRIENDING 55YRS+

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. Please register at [saanich.ca/register](http://saanich.ca/register) or by calling any Saanich recreation centre.

SILVER THREADS, SAANICH CENTRE  
114525 Tuesday July 30 1-3pm

### **FREE** KNIT AND CRAFT CIRCLE

Everyone welcome to join and work on any craft project. Led by Indigenous Cultural Practitioners. On Zoom bi-weekly and in-person monthly. Everyone welcome. RSVP to [culture@vnfc.ca](mailto:culture@vnfc.ca). VICTORIA NATIVE FRIENDSHIP CENTRE

## LOW-COST

### **MOVIES AND DOCUMENTARIES**

Monthly social get-togethers to watch movies, learn and discuss new topics. \$2 for members, \$5 for non-members. Tuesdays, 1-3pm.

SILVER THREADS SAANICH CENTRE

### **THE LEARNING CAFÉ 55YRS+**

Join Saanich Volunteer Services Society at the Learning Café. Each session will offer an interesting speaker or group activity, followed by social time with refreshments. Please register in advance at [contactus@saanichvolunteers.org](mailto:contactus@saanichvolunteers.org) or call 250-595-8008.

CEDAR HILL RECREATION CENTRE  
115420 Friday July 5-19 1-3pm \$2/afternoon

**R** = Registration is required for this program.  
Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

# Saanich Outdoor Fitness, Wellness & Social Opportunities

## DROP-IN PROGRAMS

### FREE SUMMER EASY WALK ♥

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

**MONDAYS 9:30 - 10:30 AM**

(\*SUMMER HOURS\*)

**LEADER: DIANNE**

### JUNE 3 - BRAEFOOT PARK/FELTHAM TRAIL

Meet by lacrosse box, Braefoot Park parking lot, on McKenzie Ave. at Braefoot Rd.

### JUNE 10 - UVIC CHIP TRAIL/FINNERTY

**GARDENS** Meet by tennis courts at Henderson Recreation Centre parking lot, on Cedar Hill Cross Rd.

### JUNE 17 - MCMINN/BROADMEAD

Meet by entrance to McMinn Park, on Maplegrove St., off Sunnymead Way and Cordova Bay Rd.

### JUNE 24 - SWAN LAKE AREA

Meet at end of Nelthorpe St., off McKenzie Ave.

### JULY 1 - NO WALK - STAT

### JULY 8 - LAMBRICK TO

### MT. DOUGLAS CROSS RD.

Meet by main entrance to Gordon Head Recreation Centre, off Feltham Ave.

### JULY 15 - COLQUITZ CIRCLE

Meet by tennis courts at Copley Park West, on Parkridge St., off Vanalman Ave.

### JULY 22 - BROADMEAD SOUTH LOOP

Meet/park at Emily Carr Park, Emily Carr Dr.

### JULY 29 - PLAYFAIR PARK TO CEDAR HILL GOLF COURSE - LOOP 2

Meet in main parking area for Playfair Park, off Rock and Quadra Streets.

### AUG. 5 - NO WALK - STAT

### AUG. 12 - HYACINTH/PACIFIC FORESTRY CENTRE

Meet at Hyacinth Park main parking lot on Marigold Rd.

### AUG. 19 - CADBORO BAY/QUEENSWOOD

Meet/Park at Maynard Park on Maynard St., near playground.

### AUG. 26 - VIADUCT FLATS/INTERURBAN

Meet at Viaduct Flats parking lot, on Interurban, opposite intersection with Viaduct Ave. West.

### FREE JUNE WALK & TALK ♥♥ - ♥♥♥

Enjoy beautiful scenery and friendly chats during these 1.5-hour walks. Routes use mainly chip or gravel trails. Some steep sections at a gentle to moderate pace. Sorry, dogs not permitted.

### JUNE 4 - RITHET'S BOG PARK TO OUTERBRIDGE PARK ♥♥

Meet at the east end of Dalewood cul-de-sac, off Chatteron Way.

### JUNE 6 - VIADUCT POND TO HORTICULTURE CENTRE OF PACIFIC ♥♥♥

Meet at Viaduct pond parking lot, at Interurban Rd. and Viaduct Ave. West intersection.

### JUNE 11 - PKOLS (MOUNT DOUGLAS PARK) TO MAJESTIC PARK ♥♥

Meet at the park parking lot by washroom, at the junction of Ash, Cordova Bay and Cedar Hill Rds.

### JUNE 13 - LAYRITZ, COPLEY AND QUICK'S BOTTOM PARKS ♥♥♥

Meet at Layritz Park parking lot at the end of Layritz Ave., off Glyn and Wilkinson Rds.

### JUNE 18 - CUTHBERT HOLMES PARK & COLQUITZ RIVER TRAILS ♥♥

Meet at Silver City Theatre in Tillicum Mall parking lot.

### JUNE 20 - LOCHSIDE TRAIL TO BECKWITH PARK ♥♥

Meet on Lochside Trail in parking lot by Don Mann Excavating, 4098 Lochside Dr., off McKenzie Ave. at Borden St.

### JUNE 25 - LAYRITZ PARK TO HORTICULTURE CENTER OF THE PACIFIC ♥♥

Meet at Layritz Park Parking lot, off Glyn Rd.

### JUNE 27 - PKOLS (MOUNT DOUGLAS PARK) TO GLENDENNING ♥♥♥

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



## REGISTERED PROGRAMS

### 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

114523 W Jul 3-31 10-11:30am 5/\$28

114524 W Aug 7-Sep 4 10-11:30am 5/\$28

### LAWN BOWLING

Enjoy the camaraderie of bowling outdoors. Contact these clubs for schedules and more information:

- BURNSIDE LAWN BOWLING 250-381-5743
- GORDON HEAD LAWN BOWLING & CROQUET CLUB 250-479-0088
- LAKE HILL LAWN BOWLING 250-590-8125

### HORSESHOE PITCHING

A great way to meet new people! Ask about our social occasions open to members throughout the year, including Cornhole. Please contact 250-727-2543 or gvpha@shaw.ca. GREATER VICTORIA HOESHOE PITCHING ASSOCIATION, 620 KENNETH STREET

## NEW

### R SUMMER WALK & TALK ♥♥ - ♥♥♥

Schedule available upon registration. For more details, call any Saanich Recreation Centre or visit [saanich.ca/register](http://saanich.ca/register).

### R WALK & TALK SUMMER TUESDAYS | LEADER: DIANNE

116233 Tu Jul 2-Aug 27 9:30-11am 9/\$38

### R WALK & TALK SUMMER THURSDAYS | LEADER: JOHN

116234 Th Jul 4-Aug 29 9:30-11am 9/\$38

**R** = Registration is required for this program. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

### INTENSITY LEVEL GUIDE

#### ♥ Easy Group Pace

Expect pavement and smooth trails, where possible avoids steep hills, easy pace

#### ♥♥ Moderate Group Pace

Expect one steep hill on even surfaces, moderate pace

#### ♥♥♥ Moderate Pace & Uneven Terrain

Expect two or more steep hills on potentially uneven surfaces, moderate pace.

### R SAND N' SURF

For the outdoor enthusiasts who want to become fit in the fresh air by the sea. Join us at a variety of beautiful Saanich beaches for a workout that challenges your body and soothes your soul. Contact programmer for more details 250-475-7109.

### SAANICH BEACHES

115450 Th Jul 4-25 5:30-6:30pm 4/\$36

115451 Th Aug 1-29 5:30-6:30pm 5/\$45

### R ACTIVE ELDERS

Indigenous Elders join us for light exercises, health tips, and organized outings. We participate in the annual July 30x30 challenge, to be active for 30 minutes daily for 30 days. Prize incentives monthly. Regular participants invited to field trips monthly. RSVP by email [elder.support@vnfc.ca](mailto:elder.support@vnfc.ca).

VICTORIA NATIVE FRIENDSHIP CENTRE





# Saanich Fitness, Wellness & Social Opportunities

## SENSORY SWIM DROP-IN

Enjoy time in the pool with reduced noise and water features, no music or announcements, clear transitional warnings, and designated sensory friendly break rooms. Sauna and steam room also available. Drop-in swim rates apply.

GORDON HEAD RECREATION CENTRE  
Monday June 10 1-3pm

## R LINE DANCING CORDOVA BAY 55+

Beginner-level line dances for those who are familiar with the basic line dance steps. No partner required. Register with Saanich Commonwealth Place.

CORDOVA BAY 55+  
114387 Fr Jul 5-Aug 30 10:15-11:30am 8/\$64

## R BADMINTON RESERVED DROP-IN

Wed Jun 8-10pm \$7.25/evening  
Wed Jul-Aug 8-9:45pm \$7.25/evening  
SAANICH COMMONWEALTH PLACE

## R INDOOR SUMMER PICKLEBALL

Check out "Pickleball Learn to Play", or experienced level clinics at Saanich Commonwealth Place or play drop-in/reserved drop-in. Book court rentals at Cedar Hill Recreation Centre or take private lessons (up to four people) at G.R. Pearkes Recreation Centre. Please contact centres directly for more information.

## ADULT SKATING DROP-IN

Cool off while you enjoy social time at Adult Skate/Adult Figure Skate. Helmets are highly recommended. Drop-in prices apply or use your Saanich Access pass. Various afternoons in July and August, please call centre for more details.

G.R. PEARKES RECREATION CENTRE

## R FIBRE ARTS WORKSHOP - ECO PRINTING ON FABRIC

Discover the wonderful world of eco printing! We will use a "steam-and-bundle" method to create unique eco prints on up-cycled fabric using locally gathered leaves. The resulting fabric can be used for creative projects or framed as small art pieces.

CEDAR HILL RECREATION CENTRE  
116183 Su Jul 21 1-4pm \$42

## R SALAD — WHY NOT MAKE IT A MEAL?

Join us for some added creativity in the kitchen. Using fresh, seasonal ingredients and some kitchen creativity, you can make salad the centerpiece of your meal. Join us and create a meal to enjoy with the class on the patio. Please note we are not able to accommodate food allergies at this time.

CEDAR HILL RECREATION CENTRE  
116228 Tu Jul 23 6-8pm \$35  
116229 Tu Aug 13 6-8pm \$35

## R SOUND BATH

Join Janette, Sound Healer and Reiki practitioner, for a purely relaxing experience. Bathe in Reiki-infused sounds. Please bring a yoga mat or chair if sitting is easier, and anything else that will make you comfy (pillow, blanket, bolster etc.).

BRAEFoot PARK CENTRE  
115882 Th Jul 11 6:30-7:30pm \$30  
115883 Th Aug 8 6:30-7:30pm \$30

## 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. Note: Summer hours Gordon Head program is 1.5hr and G.R. Pearkes 1hr in length.

GORDON HEAD RECREATION CENTRE  
115938 M Jul 15-Aug 26 1-2:30pm 6/\$48  
G.R. PEARKES RECREATION CENTRE  
116179 W Aug 7-28 1-2pm 4/\$20



## R TIME®

T.I.M.E. is an exercise class for individuals with balance and mobility challenges from conditions such as stroke, acquired brain injury or Multiple Sclerosis. This specialized circuit-style fitness class is offered in partnership with Island Health. Participants must be able to independently walk 10 metres with or without a walking aid.

GORDON HEAD RECREATION CENTRE  
115445 W,F Jul 3-26 8/\$88  
115446 W,F Jul 31-Aug 30 10/\$110

## R MOVIES AND OPERA

Monthly social get-togethers to watch movies and learn about opera. \$2 for members, \$5 for non-members. Tuesdays 1-3pm.  
SILVER THREADS VICTORIA CENTRE

## CEDAR HILL DROP-IN SOCIAL BRIDGE 55YRS+

Play bridge with friends and meet others that love the game! Join for a small drop-in fee of \$3.50, or purchase a punch pass. Please note: this program is for experienced bridge players.  
CEDAR HILL RECREATION CENTRE  
M, W, Sa Jul 3-Aug 28 12:30-3:30pm \$3.50/afternoon



**R** = Registration is required for this program. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

### **R** YOGA - IMPROVE YOUR GOLF GAME

Discover how yoga can train the body and mind and help golfers become stronger, more agile, balanced and focused. Learn a sequence of yoga postures to warm up and recover post-game. No mat required, just bring your favourite club.

CEDAR HILL GOLF COURSE

115775 W Jul 17 6-7pm \$20

115978 W Aug 14 6-7pm \$20

### **R** WATER WELLNESS

Join us in the pool and experience the benefits of gentle exercises that enhance mobility and help you progress towards pain-free movement. This class offers a limited number of spots to ensure every participant receives an individualized workout.

GORDON HEAD RECREATION CENTRE

116892 W Jul 3-Aug 28 3-4pm 8/\$80



## OPPORTUNITIES TO CONTRIBUTE

### SOCIAL PROGRAM VOLUNTEERS

Are you passionate about ensuring that adults 50yrs+ have free social opportunities in our recreation centres? If interested, please email [volunteer@saanich.ca](mailto:volunteer@saanich.ca) or call 250-475-5502.

### CALL FOR EXHIBITIONS

Are you interested in exhibiting your art in one of Saanich's gallery spaces in 2025? The application deadline is July 31, 2024. Attend an information session July 3, from 6 to 8pm at Cedar Hill Recreation Centre. For more information, visit [saanich.ca/exhibitions](http://saanich.ca/exhibitions) or call Shantael at 778-584-3756.

### DROP-IN PARK RESTORATION VOLUNTEERS

Do you love being outdoors and giving back to nature and your community? We are seeking drop-in volunteers for the Pulling Together program to help remove invasive species, plant native trees and shrubs, and improve wildlife habitat in Saanich parks. For a list of parks currently accepting drop-in volunteers (as well as meeting dates and times), please email [volunteer@saanich.ca](mailto:volunteer@saanich.ca) or call 250-475-5502.

### SPECIAL EVENT VOLUNTEERS

Whether you're serving up ice cream at Strawberry Festival, hosting activities at Cadboro Bay Festival, or preparing decorations for Autumn Lantern Festival, you are bound to have a memorable volunteer experience at these vibrant community gatherings. To apply to our volunteer interest list for 2024, please email [volunteer@saanich.ca](mailto:volunteer@saanich.ca) or call 250-475-5502.



## FEATURED HEALTH AND FITNESS REGISTERED PROGRAMS FOR JULY AND AUGUST

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.

#### **R** FREE EXERCISE INTRODUCTION 50YRS+

GH Wednesdays 11:30am-12:30pm

PKS Mondays 12:15pm-1pm

#### **R** EASY FIT 50YRS+

CH Thursdays 11:30am-12:30pm

PKS Mondays 11:15am-12:10pm

Tuesdays 11:15am-12:10pm

Wednesdays 11:15am-12:10pm

#### **R** GENTLE FIT 50YRS+

CH Tuesdays 11:30am-12:30pm

#### **R** SIT FIT

PKS Thursdays 11:15am-12pm

#### **R** WALKERS WITH WALKERS 65YRS+

CH Fridays 10:30-11:30am



General Registration for Saanich recreation programs opens April 17 at 6am.

Other sites registration varies, please contact directly.



## FEATURED HEALTH AND FITNESS REGISTERED PROGRAMS FOR JULY AND AUGUST

**R** = Registration is required for this program. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

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

Continue Moving	Weight Room	Mindful Movement	Restorative
For those with some fitness routines already.	All experience levels welcome. These programs take place in one of our four recreation centre weight rooms.	Programs include gentle movement, breathing exercises, fall prevention, social elements, balance, and general wellbeing.	These programs assist you with preexisting physical health conditions in your daily life.
<p><b>R AGING BACKWARDS</b>                      SCP Thursdays 9:15-10:15am                      SCP Tuesdays 2:30-3:30pm                      PKS Wednesdays 1-2pm  <i>*August Only</i>                      CH Mondays* 11:10am-12:10pm                      CH Wednesdays* 11:10am-12:10pm</p> <p><b>R AQUA STRENGTH AND STRETCH</b>                      SCP Thursdays 8-8:50am</p> <p><b>R AQUA ZUMBA</b>                      SCP Wednesdays 7:15-8:15pm</p> <p><b>R BODY SHOP</b>                      SCP Fridays 7:30-8:30am</p> <p><b>R STRETCH &amp; STRENGTH</b>                      SCP Mondays 11:30am-12:30pm                      Wednesdays 11:30am-12:30pm                      Fridays 11:30am-12:30pm</p> <p><b>R FULL BODY WORKOUT (VIRTUAL)</b>                      Sundays 9:15-10:15am</p> <p><b>R STRENGTH AND CONDITIONING</b>                      SCP Tuesdays 2-3pm                      Thursdays 2-3pm</p> <p><b>R ZUMBA GOLD</b>                      GH Call for times</p> <p><b>R BOXING</b>                      SCP Sundays 8:15-9:15am</p>	<p><b>R CIRCUIT TRAINING 50YRS+ - SMALL GROUP</b>                      SCP Mondays 10:15-11:15am                      Wednesdays 10:15-11:15am</p> <p><b>R FIT AND IMPROVED</b>                      SCP Mondays and Wednesdays 6:30-7:30pm                      Mondays and Wednesdays 7:45-8:45pm</p> <p><b>R FUNDAMENTAL WEIGHT TRAINING</b>                      GH Tuesdays and Thursdays 10:05-11:05am</p> <p><b>R SILVER WEIGHT TRAINING</b>                      GH Tuesdays and Thursdays 11:15am-12:15pm</p> <p><b>R WEIGHT ROOM BEGINNER STRENGTH TRAINING</b>                      CH Sundays 10:15-11:15am</p> <p><b>R WEIGHT TRAINING - SMALL GROUP</b>                      SCP Tuesdays 11am-12pm                      Thursdays 11am-12pm                      Fridays 10:15-11:15am</p>	<p><b>R BALANCE AND STRENGTH</b>                      SCP Mondays 1-1:50pm</p> <p><b>R BALANCE BOOSTER</b>                      GH Mondays 10-11am                      Wednesdays 10-11am</p> <p><b>R YOGA - CHAIR YOGA</b>                      PKS Tuesdays 1-2pm                      CH Thursdays 10:15-11:15am                      GH Fridays 10:30-11:30am</p> <p><b>R YOGA AND MOBILITY FOR 55YRS+</b>                      SCP Tuesdays 12:45-1:45pm</p>	<p><b>R BUILD BETTER BONES</b>                      CH Wednesdays 10:15-11:15am                      SCP Mondays 2-3pm                      Wednesdays 2-3pm</p> <p><b>R FOOT CARE CLINIC</b>                      CH Wednesdays 8:45am-2:15pm                      Call 250-475-7121 to book an appointment.</p> <p><b>R OSTEOFIT LEVEL 1</b>                      CH Mondays 10:15-11:15am                      Fridays 9:15-10:15am</p> <p><b>R OSTEOFIT FOR LIFE</b>                      CH Mondays 9-10am                      Wednesdays 9-10am                      Fridays 10:30-11:30am</p> <p><b>R TIME 50YRS+</b>                      GH Wednesdays &amp; Fridays 11:45am-12:45pm</p>



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 Other sites registration varies, please contact directly.

# Saanich Older Adult Community Resources

## SAANICH RECREATION CENTRES

### CEDAR HILL RECREATION CENTRE

3220 Cedar Hill Road  
250-475-7121



Air Conditioned Areas

### GORDON HEAD RECREATION CENTRE

4100 Lambrick Way  
250-475-7100



Air Conditioned

### G.R. PEARKES RECREATION CENTRE

3100 Tillicum Road  
250-475-5400



Air Conditioned

### SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive  
250-475-7600



Air Conditioned Weight Room

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

### 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 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



### INTER-CULTURAL ASSOCIATION OF GREATER VICTORIA

#102, 808 Douglas Street  
250-388-4728



### ALZHEIMER SOCIETY OF BC

FirstLink® Dementia Helpline  
1-800-936-6033  
Monday-Friday, 9am-8pm

### PARKINSONS WELLNESS PROJECT

#202-2680 Blanshard Street, 250-360-6800  
Monday to Friday, 8:30am-4:30pm

### 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

250-413-3211

### VANCOUVER ISLAND CRISIS LINE

1-888-494-3888  
24hr, 365

### HealthLinkBC

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.