



# Program Guide

## Winter 2018



**144 East 22<sup>nd</sup> Street**  
**North Vancouver, B.C. V7L 4L5**  
**604-980-2474**  
**[www.silverharbourcentre.com](http://www.silverharbourcentre.com)**

# Keep Fit...

## Brain Energizer

This program emphasizes the connection between brain and body fitness, using a series of 26 movements and activities to actively re-educate your brain, resulting in enhanced mental and physical performance.

Thu 1:00 – 2:30 pm

\$52/8 classes

## Chair Yoga

Gain the benefits of yoga without getting on the floor.

Mon 10:15 – 11:30 am

\$52/8 classes

## Daytime Dance

Join our ballroom dance group every Tuesday morning.

Tue 10:00 - 11:00 am

No charge

## Get Up & Go

Specially designed for seniors with balance and mobility impairments, this class will help you to improve strength, balance and coordination. Small class size ensures personalized attention.

Tue 2:00 – 3:00 pm

\$80/8 classes

## Hula For Health

Taught by an experienced instructor, the gentle moves and relaxing music of hula can improve strength, flexibility, balance and coordination, even while seated.

Mon 1:00 – 2:00 pm

\$23/season

## Jointmasters

An exercise program designed for people with arthritis. Small class size ensures personalized attention.

Mon & Thu 8:30 – 9:30 am

\$160/16 classes

## Jointworks II

Tue 12:45 – 1:45 pm

Thu 9:45 – 10:45 am

\$160/16 classes

## Keep Well

Exercise to music then it's time for blood pressure checks, massage, nutrition counselling and medication awareness. Silver Harbour membership not required.

Wed 9:30 - 11:15 am By donation

## Line Dancing –

**(not offered Jan – Mar 2018)**

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required.

Beg Fri 1:00 – 2:00 pm

Int 1 Fri 2:00 – 3:00 pm

Int 2 Fri 3:00 – 4:00 pm

\$50/10 classes

***Membership is \$30/year (April – March) and is required to register for all programs, except where specified.***

## **Minds in Motion®**

Presented in partnership with the Alzheimer Society of BC, Minds in Motion® is designed for people with Alzheimer's disease and other dementias and a friend, family member or care partner. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided. Rate is for one person and their care partner. Silver Harbour membership not required.

Fri 9:45 – 11:15 am  
\$48/8 classes

## **Osteofit 1**

A full-body workout designed for those with osteoporosis. Small class size ensures personalized attention.

Mon & Thur 12:30 – 1:30 pm  
\$160/16 classes

## **Osteofit For Life**

Thur 11:00 am – 12:00 pm  
\$80/8 classes

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## **Expand Your Mind...**

### **Affirmations with**

#### **Dr. Anne-Marie Evers**

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking. Silver Harbour membership not required.

First Tuesday of the month  
10:00 am – 12:00 pm  
By donation

## **Snooker**

Splendid tables for your use. Everyone from novice to expert is welcome.

Mon through Fri, 9:00 am - 4:15 pm  
\$17/season

## **Table Tennis**

Get a great workout with this popular sport. Equipment provided.

Mon, Wed 10:00 am - 12:00 pm  
\$23/season

## **Table Tennis Drop-In**

Get a great workout with this popular sport. Equipment provided

Fri 1:00 – 3:00 pm  
No charge

## **Tai Chi**

A fun class of healing exercises that promote calmness, strength, flexibility and confidence. No experience necessary

Tue 9:00 - 10:00 am  
\$32/8 classes

## **Yoga**

Gentle stretches and breathing exercises to help increase your flexibility and relax your mind.

Mon 9:00 – 10:00 am  
\$48/8 classes

## **Bingo**

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

## **Book Club**

Group meets monthly to discuss a pre-chosen book. Check with the front desk for current selection.

Last Tuesday of the month

11:00 am – 12:00 pm

Free of charge

## **Brain Energizer**

See detailed description on page 2.

Thu 1:00 – 2:30 pm

\$52/8 classes

## **Bridge - 3 groups to choose from**

### ***Social Bridge***

Bridge with prizes. We cannot accommodate singles.

Mon 12:40 - 4:00 pm

\$3.00 drop-in

### ***Supervised Bridge***

No partners required. Some instruction.

Fri 9:30 - 12:00 pm

\$2.00 drop-in

### ***Duplicate Bridge***

More advanced and competitive players. Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

\$3.00 drop-in

## **Chess**

A great board game and mental workout. Instruction for beginners

Mon & Fri 10:00 am - 12:00 pm

Wed 1:00 – 2:00 pm

No charge

## **Chinese Seniors Group**

This Mandarin and Cantonese-speaking group meets for ESL class and Tai Chi practice. Contact the front desk for details. Silver Harbour membership not required.

## **Computer Classes**

Silver Harbour offers occasional computer class series, as well as single class seminars. Please see our newsletter, The Centre Post, for the latest information.

## **Computer Club**

A group who shares newly gained skills so as not to forget what they've learned! Find free programs, solve problems, and look up interesting topics on the web.

Mon & Fri 9:00 am - 12:00 pm

\$17/season

## **Cribbage**

Play for prizes to keep the game interesting.

Tue 1:00 - 3:30 pm

\$3.00 drop-in

## **Current Conversations**

Join Julie and Barbara for a lively Friday afternoon gathering – a time to share, connect, and make new friends. Refreshments will be served, and transportation provided, if needed. Silver Harbour membership not required.

Fri 1:30 – 3:00 pm

\$3 drop-in

## **Educational Seminars**

Workshops and seminars are offered on a variety of topics. Please check our monthly newsletter, the Centre Post for complete listings.

## **Farsi Seniors Group**

This Farsi-speaking group meets to socialize and practice speaking English. Silver Harbour membership not required.

Thu 10:00 am - 12:00 pm

Free of charge

## **Mandarin Conversation – Intermediate**

Instruction for those who have previous experience with Mandarin.

Tue 1:00 – 2:00 pm

\$23/season

## **Meditation**

Learn how to meditate to reduce your stress and give you more energy.

Tue 10:00 – 11:00 am

\$23/season

*Membership is \$30/year (April – March) and is required to register for all programs, except where specified.*

## **Get Creative...**

### **Choir**

Mixed choir entertains at the Centre and for outside groups.

Fri 9:45 am – 12:00 pm

\$30/season

### **Craft Volunteers**

This volunteer group of experienced crafters help to make quality items for our craft sales. Materials provided. Silver Harbour membership not required.

Mon & Fri 10:00 am – 12:00 pm

No charge

## **Spanish - Continuing Beginners**

Increase your knowledge of Spanish while enhancing your conversational skills. Students must have some prior knowledge of Spanish.

Wed 9:30 – 11:30 am

\$23 season (plus text)

## **Intermediate Spanish**

The most advanced level of Spanish offered at Silver Harbour, emphasis is on expanding vocabulary and conversation.

Thu 9:30 – 11:00 am

\$23/season

## **Tile Rummy**

Tile Rummy is a tile-based game combining elements of Mah Jong and the card game rummy.

Wed 11:00 am – 12:00 pm

\$1/drop-in

## **Craft Workshops**

A variety of craft workshops are offered throughout the year and are advertised in our newsletter, The Centre Post.

## **Dressmaking**

Expert instruction in all aspects of sewing including tailoring, cutting, sewing, and fitting. Bring your materials.

Wed 1:00 - 3:00 pm

\$23/season

## **Knitting**

We have an excellent instructor and will provide basic materials to start.

Wed 1:00 – 3:00 pm

\$23/season

## **Open Painting Studio**

Experienced participants work independently. An instructor is available for occasional help. All mediums.

Fri 1:00 – 3:00 pm

No charge

## **Pottery**

Hand building and wheel work, low and high fire. Pay as you go for materials.

Thu 1:00 - 3:00 pm

\$23/season

## **Quilting Volunteers**

Experienced quilters meet weekly to work on large raffle quilt and small projects all year round.

Tue 1:00 – 3:00 pm

No charge

## **Seniors Acting Up**

This group rehearses skits, songs and other cabaret acts for its ongoing performances. Audition necessary.

Thu 10:00 am - 12:00 pm

\$23/season

## **Silk Painting**

Silk Painting is a fun way to learn about salt resists, wax resists and other techniques. Pay as you go for materials.

Mon 1:00 – 3:00 pm

\$23/season

## **Stained Glass**

Popular group with all levels at work. Two instructors provide lots of help. Some materials provided.

Fri 1:00 - 3:00 pm

\$23/season, plus cost of materials.

## **Tapestry Weaving**

Taught by a skilled and knowledgeable instructor.

Tue 10:00 am – 3:00 pm

\$23/season

## **Watercolour Painting**

Learn watercolour techniques from a skilled instructor. All levels welcome.

Fri 10:00 am – 12:00 pm

\$23/season

## **Weaving**

Exceptional instructor, travels the world to learn new techniques. Currently waitlisting.

Tue 10:00 am - 3:00 pm

\$23/season

## **Whittling/Woodcarving**

All levels are welcome.

Wed 10:00 am – 12:00 pm

\$23/season

## **Woodworking Shop**

A splendidly equipped woodworking shop.

Tue through Fri Call first for hours

(Please check schedule on door of shop).

Shop use by donation to cover material costs.

***Membership is \$30/year (April – March) and is required to register for all programs, except where specified.***

# Enjoy Life...

## Bus Trips

We are co-owners of a 20-seat bus, and every month we organize a number of daytrips to local places and events.

## Dinner Dances

Several times a year we host dinner dances featuring a delicious meal, entertainment and dancing.

## Services

### Boutique & Clothes Closet

Household goods and other treasures, with bargains galore. Stylish, good quality women's clothing. Donations always welcome.

Mon – Fri

10:00 am – 1:00 pm

### Food Services

Delicious, nutritious and affordable three-course hot lunch, plus drinks and refreshments throughout the day.

Mon – Fri

9:30 am – 1:00 pm; 1:30 – 2:30 pm

Lunch served 11:45 am – 1:00 pm

\$10 members/\$12 non-members

### Income Tax Clinic

Free assistance in completing income tax forms for lower income seniors in the months of March and April.

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## Special Events

A number of special events are held throughout the year, ranging from our annual Christmas Market to a St. Patrick's Day Tea, to a Remembrance Day Choir Concert.

Check our monthly newsletter, The Centre Post, for details on all of our bus trips, dinner dances and other special events.

### Legal Advice and Referral Clinic

Qualified lawyers volunteer to assist seniors with legal concerns and questions (North Shore residents 55 and over). Sign up at the front desk for a ½ hour appointment on a Thursday morning.

### Library

The Silver Harbour library has an excellent selection of books to borrow as well as current magazines to read there. You are welcome to eat, drink and chat in the library.

### Seniors Transportation

The Seniors Go Bus service operates in various North Vancouver neighborhoods.

Tue – Wed

Call 778-230-1852 to book your ride.

By donation

Car rides are also available for North Shore seniors needing transportation throughout the Lower Mainland.

Call the Seniors Rideline at 604-345-9626 to book a ride.

# Silver Harbour Program Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:30 am</b>	Jointmasters			Jointmasters	
<b>9:00 am</b>	Snooker	Snooker	Snooker	Snooker	Snooker
	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Computer Club	Tai Chi			Computer Club
<b>9:30 am</b>		Senior Sparks	Spanish-Continuing Beginners	Intermediate Spanish	Supervised Bridge
			Keep Well	Farsi Seniors	
<b>9:45 am</b>				Jointworks II	Choir
					Minds in Motion
<b>10:00 am</b>	Table Tennis	Daytime Dance	Table Tennis	Seniors Acting Up	Watercolour
	Craft Volunteers	On-Loom Weaving	Whittling/Woodcarving		Craft Volunteers
	Chess	Tapestry Weaving			Chess
		Meditation			
<b>10:15 am</b>	Chair Yoga				
<b>11:00 am</b>			Tile Rummy	Osteofit 4 Life	
<b>12:30 pm</b>	Osteofit 1			Osteofit 1	Duplicate Bridge
<b>12:45 pm</b>	Social Bridge	Jointworks II			
<b>1:00 pm</b>	Hula for Health	On-Loom Weaving	Dressmaking	Bingo	Stained Glass
	Silk Painting	Quilting Volunteers	Knitting	Pottery	Table Tennis Drop-in
	Snooker	Snooker	Snooker	Snooker	Snooker
		Mandarin - Int	Chess	Brain Energizer	Painting Studio
		Tapestry Weaving			Current Conversations
		Cribbage			
<b>2:00 pm</b>		Get Up & Go			
<b>3:00 pm</b>					

### **Food Services Available Monday through Friday**

Drinks and Refreshments	9:30 am – 2:30 pm
Soup and Sandwiches	11:30 am – 1:00 pm
Hot Full Course Lunch	11:45 am – 1:00 pm
Kitchen Closed	1:00 pm – 1:30 pm

For detailed information on programs,  
please check our website at [www.silverharbourcentre.com](http://www.silverharbourcentre.com) or ask for our Program Guide at the front desk.