



# Program Guide

## 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...

Please note: not all programs are offered year-round. Wherever possible, we have tried to indicate this in the program description, however, all scheduling may be subject to change.

## 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 can help you enhance functional abilities. Small class size ensures personalized attention.

Tue 2:00 – 3:00 pm

\$74/8 classes

## Hula for Health - Offered Sept-June

Did you know that Hula Dance has health benefits as an alternative form of mild exercise? Taught by an experienced instructor, the gentle moves to relaxing music can improve strength, flexibility, balance and coordination, even while seated.

Mon 1:00 – 2:00 pm

\$23/season

## Jointmasters

This class is designed for graduates from Jointworks II who want a little more challenge and progress in their workout routines of strength, balance and coordination activities. Small class size ensures personalized attention.

Mon & Thur 8:30 – 9:30 am

\$148/16 classes

## Jointworks II

Got arthritis? Jointworks is for you. Learn appropriate, progressive and consistent joint friendly ways to develop strength, balance and coordination. A stepping stone to Jointmasters. Small class size ensures personalized attention.

Tue 12:45 – 1:45 pm

Thu 9:45 – 10:45 am

\$148/16 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 – Offered Sept-June

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

\$60/12 classes

**Membership** is \$30/year 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. Silver Harbour membership not required.

Fri 9:45 – 11:15 am

\$48/8 classes (rate is for one person and their care partner)

## **Osteofit 1**

Designed for those with osteoporosis, the class goal is to improve abilities of daily living, reduce the risk of falls and improve confidence. Small class size ensures personalized attention. A stepping stone to Osteofit For Life.

Mon & Thur 12:30 – 1:30 pm

\$148/16 classes

## **Osteofit For Life**

For graduates of Osteofit 1, this class is an ongoing exercise maintenance program that continues to foster participants' quality of life and physical abilities. Small class sizes

Thur 11:00 am – 12:00 pm

\$74/8 classes

## **Snooker**

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

Mon through Fri, 9:00 am - 4:15 pm

\$17 (Apr-June); \$8.50 (July-Aug)

## **Table Tennis**

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

Mon, Wed 10:00 am - 12:00 pm

\$23/Apr-June; \$11.50/July-Aug

## **Table Tennis Drop-in**

Fri 1:00 – 3:00 pm

No charge

## **Tai Chi – Offered Sept-June**

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

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

# Expand Your Mind...

Please note: not all programs are offered year-round. Wherever possible, we have tried to indicate this in the program description, however, all scheduling may be subject to change.

## **Affirmations with**

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

– Offered Sept-June

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

## **Bingo**

Open to the public! Silver Harbour membership not required.

Mon 1:00 – 3:30 pm

Thu 1:00 - 4:00 pm

## **Book Club – Offered Sept-June**

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

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

### ***Social Bridge***

Bridge with prizes. We cannot accommodate singles.

Mon 12:30 - 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. We will try to accommodate singles.

Fri 12:30 - 4:00 pm

\$3.00 drop-in

## **Chess**

A great board game and mental workout. Instruction for beginners

Mon 10:00 am - 12:00 pm

Wed 1:00 – 3:00 pm

Fri 10:00 am - 12:00 pm

No charge

## **Chinese Seniors Group**

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

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

## 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/Apr-June; \$8.50/July-Aug

## 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. The afternoon will include stimulating conversation, new ideas, and laughter – a time to share, connect, and make new friends. Tea, coffee and light refreshments will be served, and transportation provided, if needed. Silver Harbour membership not required.

Fri 1:00 – 2:30 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. Silver Harbour membership not required.

## 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 with previous experience with Mandarin.

Tue 1:00 – 2:00 pm  
\$23/Apr-June; \$11.50/July-Aug

## Meditation *Offered Sept-June*

Lead by an experienced instructor, learn how to meditate to reduce your stress and give you more energy.

Tue 10:00 – 11:00 am  
\$23/season

## Spanish - Continuing Beginners

### *Offered Sept-June*

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

Wed 10:00 am – 12:00 pm  
\$23/season, plus text (Spanish Now, Level 1, 8<sup>th</sup> Edition)

## Intermediate Spanish –

### *Offered Sept-June*

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

Thu 9:30 – 11:30 am  
\$23/season

## Tile Rummy

This tile-based game combines elements of mah jong and the card game rummy.

Wed 11:00 am – 12:00 pm  
\$1 drop-in

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

# Get Creative...

Please note: not all programs are offered year-round. Wherever possible, we have tried to indicate this in the program description, however, all scheduling may be subject to change.

## **Choir – Offered Sept-May**

Mixed choir entertains at the Centre and for outside groups.

Fri 9:45 am – 12:00 pm

\$30/season

## **Craft Volunteers**

Join this volunteer group of experienced crafters and help make quality items for our craft sales. Materials provided. We are looking for volunteers with sewing, drawing and/or crafting experience. Silver Harbour membership not required.

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

No charge

## **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 Instruction –**

Offered Sept-June

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

Wed 1:00 – 3:00 pm

\$23/season

## **Open Painting Studio**

Artists are welcome to use the sewing room on Friday afternoons for their own projects. As it is studio time, there will be no instruction, and you must bring your own materials.

Fri 1:00 – 3:00 pm

No charge, but please sign in each day.

## **Pottery: Instructional –**

Offered Sept-June

For those who have always wanted to get their hands stuck into some clay and learn the basics, this course is for you! Beginner and intermediate potters will benefit from project-inspired teaching, where students will work on hand-building techniques such as coil, pinch, slab and mold making. You will also learn how to glaze your work and take home your handmade pots.

Wed 1:00 - 3:00 pm

\$23/season (pay as you go for supplies)

## **Pottery: Open Studio**

This studio time is for potters who know their way around clay, and are looking for work on self-directed projects. Some teaching/guidance is available, and all new potters to the Open Studio must undergo an orientation with the lead volunteer prior to attending studio sessions.

Thu 1:00 – 3:00 pm

\$23/Apr-June; \$11.50/July-Aug

## **Printmaking - Linocut**

You will learn the elements of printmaking by creating a relief print, with the option of printing a limited edition artwork! Printmaking is a versatile medium that will appeal to painters, textile artists and wood carvers. Materials provided for first project, pay as you go for further projects. Beginners welcome!

Wed 10 am – 12 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 – Offered Sept-June**

This group rehearses songs and cabaret acts for performance. 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 to apply to your scarves, cards and other projects. Intimate studio setting with a skilled instructor. Pay as you go for materials.

Mon 1:00 – 3:00 pm  
\$23/season

## **Stained Glass – Offered Sept-June**

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.

## **Watercolour Painting –**

### Offered Sept-June

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

Fri 10:00 am – 12:00 pm  
\$23/season

## **Weaving: Shaft (Loom)**

Learn all about floor-loom weaving from our resident expert. Pay for your own materials.

### Currently waitlisting.

Tue 10:00 am - 3:00 pm  
\$23/Apr-June; \$11.50/July-Aug

## **Weaving: Tapestry**

Have you ever wondered how those magnificent medieval tapestries were woven? We use the same simple techniques to create our own masterpieces. All levels of experience welcome.

Tue 10:00 am – 3:00 pm  
\$23/season

## **Woodcarving – Offered Sept-June**

Work on your project in a cooperative studio environment. Bring your own materials and projects. Instruction is available.

Wed 10:00 am – 12:00 pm  
\$20/season

## **Woodworking Shop**

A splendidly equipped woodworking shop.

Tue through Fri Call first for hours  
(Please check schedule on door of shop).  
Mondays are reserved for work on Centre projects and cleaning the shop. Shop use by donation to cover material costs.

**Membership is \$30/year 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.



## 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, 604-345-9626 for a ride.



# Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmasters			Jointmasters	
9:00 am	Snooker	Snooker	Snooker	Snooker	Snooker
	Yoga**	Woodworking	Woodworking	Woodworking	Woodworking
	Computer Club	Tai Chi			Computer Club
9:30 am		Chinese Seniors	Spanish-Continuing Beginners	Intermediate Spanish	Supervised Bridge**
			Keep Well**	Farsi Seniors**	
9:45 am				Jointworks II	Choir
					Minds in Motion
10:00 am	Table Tennis	Daytime Dance**	Table Tennis	Seniors Acting Up	Watercolour
	Craft Volunteers	Weaving: Shaft	Whittling/Woodcarving	Repujado	Craft Volunteers
	Chess**	Weaving: Tapestry	Printmaking		Chess**
	Paper Tole	Meditation			
10:15 am	Chair Yoga				
11:00 am			Tile Rummy**	Osteofit 4 Life	
12:30 pm	Osteofit 1			Osteofit 1	Duplicate Bridge**
	Social Bridge**				
12:45 pm		Jointworks II			
1:00 pm	Bingo**	Weaving: Shaft	Dressmaking	Bingo**	Stained Glass
	Silk Painting	Quilting Volunteers	Knitting	Pottery: Studio	Table Tennis Drop-in**
	Snooker	Snooker	Snooker	Snooker	Snooker
	Hula for Health	Mandarin - Int	Chess**		Painting Studio**
		Weaving: Tapestry	Pottery: Instructional		Current Conversations**
		Cribbage**			Line Dance-Beg**
2:00 pm		Get Up & Go			Line Dance-Int1**
3:00 pm					Line Dance-Int2**

\*\* Indicates Drop-in Programs

### 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