



# Program Guide

## Spring-Summer 2017



**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...

## 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

## Flexibly Fit

Improve your range of motion while gaining increased flexibility.

Wed 2:00 – 3:00 pm

\$76/8 classes

## Get Up & Go

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

Tue 2:00 – 3:00 pm

\$76/8 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

\$20/season

## Jointmasters

For graduates of the Jointworks program, this exercise program is designed for people with arthritis.

Mon & Thur 8:30 – 9:30 am

\$152/16 classes

## Jointworks II

This exercise program is designed for people with arthritis.

Tue 12:45 – 1:45 pm

Thu 9:45 – 10:45 am

\$152/16 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 Fri 2:00 - 3:00 pm

Adv Fri 3:00 - 4:00 pm

\$48/12 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. 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

A full-body workout designed for those with osteoporosis.

Mon & Thur 12:30 – 1:30 pm

\$152/16 classes

## Osteofit For Life

Thur 11:00 am – 12:00 pm

\$76/8 classes

## Snooker

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

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

\$5/month

## Expand Your Mind...

### 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

## Table Tennis

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

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

\$20/Apr-June; \$10/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

\$28/8 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

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

### **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 12:40 - 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. 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

Fri 10:00 am - 12:00 pm

No charge

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

### **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.

### **Computer Classes**

Silver Harbour offers a number of computer classes, including: Computers for Beginners, and Introduction to iPad, as well as occasional one-time presentations on specific topics, and a monthly “Tech Q & A”. Please see our newsletter, The Centre Post, for more 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

\$45/year (Sept–Aug); \$30 (Jan–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 for seniors. 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

\$20/season

## **Meditation Offered Sept-July**

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

Tue 10:00 – 11:00 am

\$20/season

## **Get Creative...**

### **Choir – Offered Sept-May**

Mixed choir entertains at the Centre and for outside groups.

Fri 9:45 am – 12:00 pm

\$28/season

## **Spanish for Beginners –**

### **Offered Sept-June**

Conversation and written work for beginners level.

Wed 10:00 am – 12:00 pm

\$20/season (plus book)

## **Spanish Conversation –**

### **Offered Sept-June**

Formerly called “Spanish III”, this program has conversation and written work for those are more advanced than beginners, but not yet at an intermediate level.

Mon 9:30 – 11:30 am

\$20/season (plus book)

## **Intermediate Spanish –**

### **Offered Sept-June**

Formerly called “Spanish for Travellers”, emphasis is on expanding vocabulary and conversation.

Thu 9:30 – 11:30 am

\$20/season (plus workbook)

## **Craft Workshops**

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

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

### **Dressmaking – Offered Sept-June**

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

Wed 1:00 - 3:00 pm

\$20/season

### **Knitting Instruction –**

#### **Offered Sept-June**

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

Wed 1:00 – 3:00 pm

\$20/season

### **Oil Painting Studio**

Enjoy Oil Painting in a cooperative studio setting. No instruction provided; bring your own materials and projects. Oil painting only during this time slot; no other mediums.

Thu 1:00 - 3:00 pm

\$5/season

### **Open Painting Studio**

Work on your own projects in a studio environment. Bring your own materials.

Fri 1:00 – 3:00 pm

No charge

### **Pottery**

Enhance your pottery skills in a cooperative learning environment. Pay as you go for materials.

Thu 1:00 - 3:00 pm

\$20/Apr-June; \$10/July-Aug

### **Seniors Acting Up – Offered Sept-June**

This group rehearses songs and cabaret acts for performance. Audition necessary.

Thu 10:00 am - 12:00 pm

\$20/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

\$20/season, plus cost of materials.

### **Tapestry Weaving**

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

\$20/season

### **Watercolour Painting –**

#### **Offered Sept-June**

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

Fri 10:00 am – 12:00 pm

\$20/season

### **Weaving**

Exceptional instructor, travel the world to learn new techniques. **Class full** Currently waitlisting.

Tue 10:00 am - 3:00 pm

\$20/season

### **Whittling/Woodcarving –**

#### **Offered Sept-June**

All levels are welcome.

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.

# 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

\$8 members/\$10 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.

Mon – 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

	<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>	Spanish Beginners Plus	Digital Storytelling	Keep Well	Intermediate Spanish	Supervised Bridge
		Chinese Seniors	Bridge Lessons	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	Creative Crafts
	Bazaar Group		Beginners Spanish		Knit & Crochet Volunteers
	Chess				Chess
		On-Loom Weaving	Whittling/ Woodcarving		Watercolour
<b>10:15 am</b>	Chair Yoga				
<b>11:00 am</b>				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>		On-Loom Weaving	Scottish Country Dancing	Bingo	Stained Glass
	Silk Painting	Cribbage	Knitting Instruction		Craft Workshops
		Quilting	Dressmaking	Pottery	Table Tennis
	Snooker	Snooker	Snooker	Snooker	Snooker
		Mandarin - Int		Oil Painting	Line Dance - Beg
					Open Painting Studio
					Current Conversations
<b>2:00 pm</b>		Get Up & Go			Line Dance - Int
<b>3:00 pm</b>					Line Dance - Adv

## **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.