



Program Guide

Winter 2017



144 East 22nd Street
North Vancouver, B.C. V7L 4L5
604-980-2474
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

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

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

\$20/season

Jointmasters

An exercise program designed for people with arthritis

Mon & Thur 8:30 – 9:30 am

\$152/16 classes

Jointworks II

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 – New Day & Time!

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

Beg Wed 1:15 – 2:15 pm

Int Wed 2:15 – 3:15 pm

Adv Wed 3:15 – 4:15 pm

\$48/12 classes

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

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

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 or \$45/year

Table Tennis

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

Class full

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

\$20/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

\$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

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

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

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

Bridge - 4 groups to choose from

Social Bridge

Bridge with prizes. We cannot accommodate singles.

Mon 12:40 - 4:00 pm

\$3.00 drop-in

Low-Key Bridge

Friendly games. Table of 4 please.

Thu 1:00 - 3:00 pm

\$2.00 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 10:00 am - 12:00 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. Contact the front desk for details.

Silver Harbour membership not required.

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

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

\$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. 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

\$20/season

Meditation

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

Tue 10:00 – 11:00 am

\$20/season

Get Creative...

Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 9:45 am – 12:00 pm

\$28/season

Craft Workshops

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

Volunteers contribute 80% of the hours required to operate our Centre and activities. Please inquire at the front desk if you would like to volunteer at Silver Harbour.

Spanish for Beginners

Conversation and written work for those with little or no knowledge of Spanish.

Wed 9:30 – 11:30 am

\$20 season (plus book)

Spanish Conversation

For those with some prior knowledge of Spanish, this class (formerly called “Spanish III”) will focus on conversation and comprehension.

Mon 9:30 – 11:30 am

\$20/season (plus book)

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

\$20/season

Dressmaking

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

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

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. Beginners welcome! Pay as you go for materials.

Thu 1:00 - 3:00 pm
\$20/season

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
\$20/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
\$20/season, plus cost of materials.

Tapestry Weaving

Taught by a skilled and knowledgeable instructor.

Tue Time varies

Watercolour Painting

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

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.

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

\$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.

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

	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	Spanish Conversation	Chinese Seniors	Spanish for 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	Creative Crafts Volunteers
	Bazaar Group Volunteers	On-Loom Weaving	Whittling/ Woodcarving		Knit & Crochet Volunteers
	Chess	Tapestry Weaving			Chess
		Meditation			Watercolour
10:15 am	Chair Yoga				
11:00 am				Osteofit 4 Life	
12:30 pm	Osteofit 1			Osteofit 1	Duplicate Bridge
12:45 pm	Social Bridge	Jointworks II			
1:00 pm	Hula for Health	On-Loom Weaving	Dressmaking	Bingo	Stained Glass
	Calligraphy	Cribbage	Knitting Instruction	Low-Key Bridge	Craft Workshops
	Sudoku	Quilting Volunteers		Pottery	Table Tennis Drop-in
	Snooker	Snooker	Snooker	Snooker	Snooker
		Mandarin - Int		Oil Painting	Painting Studio
		Tapestry Weaving			Current Conversations
1:15 pm			Line Dance - Beg		
2:00 pm		Get Up & Go			
2:15 pm			Line Dance - Int		
3:15 pm			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 or ask for our Program Guide at the front desk.