

THE CENTRE POST



Silver Harbour Seniors' Activity Centre
144 East 22nd St, North Vancouver, BC V7L 4L5
www.silverharbourcentre.com tel: 604-980-2474

July 2020



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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and social services for seniors in North Vancouver. We are currently restarting some of our programs and we'd love to hear from you by phone or email!



144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre
SilverHarbourC

Our Vision

A community that honours and celebrates aging

Our Mission

To collaborate in offering adults 55+ social, creative, physical, and learning opportunities in a welcoming and inclusive environment

Our Values

Respect -- we honour the dignity, worth and independence of everyone

Excellence – we strive to do our best and to be a model for others

Diversity – we celebrate diversity, strive to overcome exclusion, and encourage participation

Collaboration – we encourage teamwork and partnerships

Responsiveness – we welcome new ideas and possibilities

Integrity – we are reliable, accountable, caring, and trustworthy

Board of Directors

Caroline Bell	Director
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Annwen Loverin	Executive Director
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Holly Gagnier	Program & Services Manager
John McCann	Go Bus Driver
Stephanie Blundell	Program Coordinator
Zoltan Csapkay	Head Cook

In this Issue...

Notes from the Executive Director.....	p.2	Community Programs & Workshops.....	p.6
Silver Harbour Bulletin Board.....	pp.2-3	Programs & Services.....	pp.7-13
Community Bulletin Board.....	pp.4-5	Program Schedule.....	p.14

Notes from the Executive Director... by Annwen Loverin

As you may know, Silver Harbour has been closed to the public since March 16th and, as of July 6th, we will be re-opening the Centre on a very limited basis. You'll see listings of the programs we're restarting on the pages that follow. In order for us to be able to have these programs run, we all need to work together to keep everyone safe. Please make sure you're following all the safety protocols (in the box to the right) and respectfully give each other reminders to follow them while at the Centre. If in doubt or if you have a concern, please talk to a staff member. We have missed everyone so much and are eagerly (but cautiously!) welcoming you back.

In order to come into Silver Harbour you must:

- Have pre-registered in your program (even if it is free)
- Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19
- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask inside the Centre (please bring your own)
- Stay at least 2m (6 ft) away from others
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Silver Harbour Bulletin Board

Connect with Us!

Silver Harbour staff are here to provide information and to support local seniors during these difficult times. We miss all the Silver Harbour members, program participants and volunteers that we are so used to seeing on a daily basis. We would very much like to hear from you, so please feel free to give us a call at 604-980-2474. Also, if you didn't receive a notification email for this newsletter you're currently reading, it probably means that we haven't got your email address. So if you use email, we encourage you to let us know your email address so that we can communicate with you effectively during this time. If you don't use email, we'd still love to talk to you on the phone, so please call!

Annual General Meeting Delayed

Typically, Silver Harbour holds our Annual General Meeting (AGM) mid-June and at this meeting, provides an annual report about the last year, presents audited statements, elects our Board of Directors and more. We are letting Silver Harbour members know that we will not be holding our AGM in June. Our bylaws and the BC Society Act allow for us to hold our AGM within the six months following our fiscal year end of March 31st, so up until the end of September. Our bylaws and the Act also allow for this meeting to be held virtually, within specific conditions. We will be giving due notice to all members once an AGM date is set.

Memberships

If your membership expired on March 31st, 2020, you will need to renew it before registering in programs. If your membership was set to expire after March 31st, it has been extended for 3 additional months (for example, if your membership was set to expire April 30th, it will now expire July 31st, etc.). You can renew your membership Mondays through Fridays between 10 am and 12 noon at the front desk. Please see box on page 2 for important information on how to come into Silver Harbour – renewing your membership is the only exception to requiring pre-registration to enter the building.

Sunshine Cards

If you know of a Silver Harbour member who is unwell or has lost a loved one, please call us at 604-980-2474 so that we can send a card.

Flower Bulbs For Sale

The City of North Vancouver has, once again, made a generous donation of repurposed daffodil and tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put just once into the City plantings. The cost is \$2/dozen. We will be selling them in the garden in front of Silver Harbour on the following dates:

- Thursday, July 9, 10 am – 12 pm
- Thursday, July 16, 1 - 3 pm
- Thursday, July 23, 10 am – 12 pm
- Tuesday, July 28, 1 – 3 pm



WELLS GRAY TOURS
a world to experience

Dreaming of going on an adventure?

We are pleased to announce that all of our tours this fall will be limited to 30 travellers or less. More personal space and a safer experience for all travellers.

Early Booking Discounts on Tours Close to Home!

Waterton Lakes & Cypress Hills	Sep 12	8 days	\$2890
Kootenays Ghost Towns	Oct 4	5 days	\$1845
Thanksgiving on the Island	Oct 9	6 days	\$1520
Jasper Park Lodge	Oct 12	5 days	\$1660
Wickaninnish Inn	Nov 16	6 days	\$2085
Leavenworth Lighting	Nov 29	4 days	\$1110

Exciting Small Group Tours in 2021!

Costa Rica (EB)	Jan 15	15 days	\$7730
Amazing Australia (EB)	Feb 12	21 days	\$13,250
Turkey & Greece	Mar 27	22 days	\$8565
Natural Wonders of Iceland	Jun 11	8 days	\$10,430
Ireland	Jun 21	6 days	\$6995

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Community Bulletin Board

Groceries & Pharmacy Items

If you are having a hard time getting groceries or items from a pharmacy, please call 211. They will get your request to the North Shore Better at Home Program who can assist you. If affording groceries is difficult, you can go to the Food Bank to pick up a free pre-packed bag of groceries on Wednesdays 4 – 6 pm (except on income assistance cheque day) at North Shore Neighbourhood House, 225 East 2nd Street, North Vancouver.

Emotional Support & Caregiving Support

Dealing with the current pandemic is very emotionally taxing. If you or someone you know is feeling anxious, fearful, isolated, depressed, or are grieving loss, please call Family Services of the North Shore for free support at 604-877-4381. The Seniors Distress Line is also available at 604-872-1234, 24 hours a day. If you are a caregiver, you can get phone support from Family Services' Caregivers Connect at 604-988-5281 ext. 354 and from North Shore Community Resources' Caregiver Support Program at 604-982-3320.

First Link® Dementia Help Line

People living with dementia and their caregivers can get information and guidance: call Monday to Friday in English (1-800-936-6033, 9 am to 8 pm), Cantonese or Mandarin (1-833-674-5007, 9 am to 4 pm), or Punjabi (1-833-674-5003, 9 am to 4 pm).

Legal Services & Form Filling

If you need legal information or advice, or need help filling in important forms, call the legal advocates at North Shore Community Resources at 604-982-3310.



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How to Zoom & Support with Technology

You've probably heard a fair bit about Zoom since COVID began. Zoom is a web platform that you can use to join a meeting or a program, including ones offered by Silver Harbour.

You can join Zoom meetings just by using a phone – you won't see the video portion but you'll be able to listen and speak. You'll dial the phone number the person organizing the program has given you and enter the meeting number and password they gave you.

North Shore Eldercollege has suggested the following videos to help you learn how to use Zoom, with the video functionality:

On a computer or laptop

<https://www.youtube.com/watch?v=OD2aDKzfZWk>

On an iPad or iPhone

<https://www.youtube.com/watch?v=TmZVN98Tmka>

On an Android phone or tablet

<https://www.youtube.com/watch?v=jCX0plut8gM>

If you or someone you know needs some phone-based support with using the Internet, please call your local library for assistance. If you live in the City of North Vancouver, you can call the library at 604-998-3450 Monday to Saturday 10 am to 5 pm for TechConnect help on the phone. If you live in the District of North Vancouver, you can call the Lynn Valley branch at 604-984-0286.

Other Seniors Services

For information about other seniors' services, you can call Silver Harbour at 604-980-2474 or Seniors One Stop at 604-982-3302. If you're comfortable navigating on your own, don't forget that the North Shore Seniors Directory has a wealth of information about services for local seniors:

https://issuu.com/nsnfeatures/docs/seniors_directory_2020_final_lr

During COVID, look for seniors resources at:

<https://nsem.info/resources>

A Gift to the Living From the Living

The decision to prearrange your cemetery or funeral needs today is very economically sound, although the strongest reasons to prearrange are love and peace of mind.

Please contact Debby Stephenson of First Memorial Funeral Services to discuss your prearrangements.

604-202-3509

Debby.Stephenson@sci-us.com



FIRST MEMORIAL
FUNERAL SERVICES

Community Programs & Workshops

Living Successfully With Hearing Loss

Presented by Vancouver Community College, Living Successfully with Hearing Loss (Level 1) enables adults with hearing loss to engage more confidently in a hearing world, by developing and practicing speechreading, communication strategies, and assertiveness skills. This 27-hour course is offered online, starting in September. For more information, please contact the instructor, Lisa Dillon Edgett at 604-871-7348, or by email at ldillonedgett@vcc.ca.

Connecting With Technology for Beginners

The CNIB Foundation is offering this online program for people with vision loss. These interactive workshops, offered on Zoom, can help you make sense of technology, and see how technology can enhance your life. The program will be on Tuesday mornings from 10 to 11:30 am, starting on July 7th. For further information, or to register please contact Alfredo del Arenal at 604-431-2121, ext. 6030 or email alfredo.delarenal@cnib.ca.



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Programs & Services

This month we are re-starting a limited number of our programs – a selection of those where we can most effectively practice physical distancing and other safety protocols. Over time, we hope to increase the number of programs here at Silver Harbour. Unfortunately, there is a large number of programs which we will not be able to have in the near future. These include: Bingo, Board Games, Bridge, Bus Trips, Chess, Choir, Cribbage, Daytime Dance, Dinner Dances and other large Special Events, Seniors Acting Up, Table Tennis, Tile Rummy and Ukulele.

You must pre-register to attend any program – please call 604-980-2474 to register.

Affirmations on Zoom

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

Tue July 7th

10:00 am – 12:00 pm

Call Holly at 604-980-2474 or email holly@silverharbourcentre.com for more info on participating

Book Club

The next book for discussion will be “When Life Gives You Lululemons” by Lauren Weisberger. You must provide your own book.

Tue July 14th

2:00 pm

Auditorium

No charge, but you must pre-register

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 9:30-11:00 am July 6 – Aug 31 **FULL!**

OR

Fri 9:30-11:00 am July 10 – Aug 28

Computer Room

\$8.50

In order to come into Silver Harbour you must:

- **Have pre-registered in your program (even if it is free)**
- **Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19**
- **Accept the risk of possible illness due to your participation**
- **Check in with the volunteer at the front door**
- **Wear a mask inside the Centre (please bring your own)**
- **Stay at least 2m (6 ft) away from others**
- **Sanitize your hands frequently**
- **Not eat inside the Centre**
- **Report to a staff member if you feel unwell**

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. Please leave your name and phone number at the front desk. Silver Harbour membership not required.

Fri 1:00 – 2:30 pm

Auditorium

\$3 per session

Farsi Seniors Group (Advanced) **FULL!**

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

Thu 9:30 – 11:30 am

Auditorium

No charge, but you must pre-register

Get Up & Go – Thursday

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention.

Thu 2:00 – 3:00 pm

July 9 – Aug 27

Fitness Room

\$74/8 classes

Hula for Health

Did you know that Hula 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 2:30 – 3:30 pm

Auditorium

\$11.50/July 6 – Aug 3 (no class Aug 3)

Jointmoves

Combining Jointmasters and Jointworks II you will learn appropriate, progressive and consistent joint friendly ways to develop strength, balance and coordination. Small class size ensures personalized attention.

Mon & Thu 9:15 – 10:15 am

July 6 – Aug 31 (no class Aug 3)

Fitness Room

\$148/16 classes

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Meditation

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

Tue 10:00 – 11:00 am

July 7 – Aug 25

Library

\$11.50

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 & Thu 12:30 – 1:30 pm

July 6 – Aug 31 (no class Aug 3)

Fitness Room

\$148/16 classes

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- **Check in with the volunteer at the front door**
- **Wear a mask inside the Centre (please bring your own)**
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Osteofit For Life - Thurs

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

July 9 – Aug 27

Fitness Room

\$74/8 classes

Snooker

Splendid tables for your use. Everyone from novice to expert is welcome. Please note: you must register for a specific day and time. For this season, only open to returning players.

Mon 9:15 – 11:15 am

July 6 – Aug 31 (no program Aug 3)

Tue 1:00 – 3:00 pm **FULL!**

July 7 – Aug 25

Wed 9:15 – 11:15 am

July 8 – Aug 26

Thu 1:00 – 3:00 pm **FULL!**

July 9 – Aug 27

Fri 9:15 – 11:15 am

July 10 – Aug 28

Free of charge (for summer season only), but you must pre-register

Yoga

Gentle stretches and breathing exercises to help increase your flexibility and relax your mind. No drop-ins.

Mon 9:15 – 10:15 am

July 6 – Aug 31 (no class Aug 3)

Auditorium

\$48/8 classes

Arts Programs...

This month we are re-starting some of our in-person Arts programs, as well as continuing some of the programs on Zoom. You will notice that many of the in-person programs are offered on multiple days and times, in order to provide adequate physical distancing. You must pre-register for all programs, even if they are free – please call 604-980-2474 to register.

Art Space

Art Space is a creative program for anyone looking to enhance their brain health and make social connections. It's designed to help increase quality of life and become a new way of expressing yourself. If you're interested in learning more about the program and think it would be a good fit for you or someone you know, please leave your name and number at the front desk. This program was made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Wed 10:00 am – 12:00 pm

July 8 - 29

No charge, but you must pre-register

Craft and Knitting Volunteers on Zoom

Help make quality items for our future craft sales (materials provided), using email and Zoom. Please call us at 604-980-2474 or email stephanie@silverharbourcentre.com to join this group.

Facebook: Silver Harbour Crafters

Zoom: Wednesdays at 10:00- 11.30 am

Craft Volunteers

Join this volunteer group of experienced crafters and help make quality items for our craft sales. Materials provided.

Mon 10:00 am - 12:00 pm

OR

Fri 1:00 – 3:00 pm

No charge, but you must pre-register

In order to come into Silver Harbour you must:

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Knitting Volunteers

Join this volunteer group of experienced knitters and help make quality items for our craft sales. Materials provided.

Mon 1:00 – 3:00 pm

OR

Fri 10:00 am – 12:00 pm

OR

Fri 1:00 – 3:00 pm

No charge, but you must pre-register

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.

Wed 1:00 – 3:00 pm

No charge, but you must pre-register

Open Studio on Zoom

An open, self-organised art group, with skill sharing, learning, and open discussions. Please call us at 604-980-2474 or email stephanie@silverharbourcentre.com to join this group.

Zoom: Thursdays at 2:00 – 4:00 pm

Pottery: Open Studio

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

Wed 9:30 am – 12:00 pm (July 8 – Aug 26)

OR

Thu 1:00 - 3:30 pm (July 9 – Aug 27)

\$11.50

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 (July 6 – Aug 31, no class Aug 3)

OR

Wed 1:00 – 3:00 pm (July 8 – Aug 26)

\$23

In order to come into Silver Harbour you must:

- Have **pre-registered** in your program (even if it is free)
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Watercolour Painting

Watercolour is a delicate and timeless art form. Not currently instructed. Bring your own materials.

Thu 10:00 am – 12:00 pm

July 9 – Aug 27

OR

Fri 10:00 am – 12:00 pm

July 10 – Aug 28

\$11.50

Weaving: Shaft (Loom)

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

Tue 10:00 am - 12:00 pm (July 7- Aug 25)

OR

Tue 1:00 – 3:00 pm (July 7 – Aug 25)

OR

Thu 10:00 am - 12:00 pm (July 8- Aug 26)

\$11.50

In order to come into Silver Harbour you must:

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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 – 12:00 pm

OR

Tue 1:00 – 3:00 pm

July 7 – Aug 25

\$11.50

Woodworking Shop

A splendidly equipped woodworking shop for those of you who no longer have the space at home to enjoy your hobby. Shop use by donation to cover material costs. You must pre-register

Tue 9:15 am – 12:00 pm

OR

Wed 9:15 am – 12:00 pm

OR

Thu 9:15 am – 12:00 pm

OR

Fri 9:15 am – 12:00 pm

Meal Program

At this time, there is no eating inside Silver Harbour. However, we are offering our meal program for pick up or delivery! Each meal (entrée, soup, salad, and dessert) is \$10 and is chilled, ready for you to reheat. To order, please phone 604-980-2474, Monday through Friday between 10 am and 3 pm – you may order multiple days in advance. We accept Visa and Mastercard only for payment. There is a maximum of 2 meals per person and daily quantities are limited.

Meals are delivered Mondays, Wednesdays and Fridays (except on holidays) between approximately 10 and 2 pm. We deliver to North Vancouver neighbourhoods between the Seymour River and the Capilano River. You will be called 5 or 10 minutes before delivery and asked to come out to the front of your house or apartment building. If you are not sick, you may pick up your pre-ordered/pre-paid meals at the back of Silver Harbour from 11 am to 12 pm (physical distancing procedures are required). Please specify delivery or pickup when you order your meals.

<p style="text-align: center;">Friday, July 3rd – Fish & Chips Orders must be placed before Thursday, July 2nd, 1:00 pm</p>
<p style="text-align: center;">Monday, July 6th – Bangers & Mash Orders must be placed before Friday, July 3rd, 1:00pm</p>
<p style="text-align: center;">Wednesday, July 8th – Cottage Pie Orders must be placed before Tuesday, July 7th, 1:00 pm</p>
<p style="text-align: center;">Friday, July 10th – BBQ Ribs & Thighs Orders must be placed before Thursday, July 9th, 1:00pm</p>
<p style="text-align: center;">Monday, July 13th – Chicken Cordon Bleu Orders must be placed before Friday, July 10th, 1:00 pm</p>
<p style="text-align: center;">Wednesday, July 15th – Paella Orders must be placed before Tuesday, July 14th, 1:00 pm</p>
<p style="text-align: center;">Friday, July 17th – Pork Stew Milanaise Orders must be placed before Thursday, July 16th, 1:00 pm</p>
<p style="text-align: center;">Monday, July 20th – Shepherd's Pie Orders must be placed before Friday, July 17th, 1:00 pm</p>
<p style="text-align: center;">Wednesday, July 22nd – Garlic Prawns Orders must be placed before Tuesday, July 21st, 1:00 pm</p>
<p style="text-align: center;">Friday, July 24th – Meatballs Orders must be placed before Thursday, July 23rd, 1:00 pm</p>
<p style="text-align: center;">Monday, July 27th – Turkey Schnitzel Orders must be placed before Friday, July 24th, 1:00 pm</p>
<p style="text-align: center;">Wednesday, July 29th – Cod with Shrimp Orders must be placed before Tuesday, July 28th, 1:00 pm</p>
<p style="text-align: center;">Friday, July 31st – Butter Chicken Orders must be placed before Friday, July 30th, 1:00 pm</p>

Silver Harbour Summer Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am	Yoga	Woodworking	Woodworking	Wookworking	Wookworking
	Jointmoves			Jointmoves	
	Snooker		Snooker		Snooker
9:30 am	Computer Club		Pottery	Advanced Farsi Seniors	Computer Club
10:00 am	Craft Volunteers	Meditation	Art Space	Watercolour	Knitting Volunteers
		Weaving		Weaving	Watercolour Painting
11:00 am				Osteofit For Life	
12:30 pm	Osteofit 1			Osteofit 1	
1:00 pm	Knitting Volunteers	Snooker	Open Painting Studio	Snooker	Current Conversations
	Silk Painting	Weaving	Silk Painting	Pottery	Craft Volunteers
					Knitting Volunteers
2:00 pm				Get Up & Go	
2:30 pm	Hula for Health				

If you have any questions about programs or would just like to connect please give us a call at 604-980-2474 or email us at info@silverharbourcentre.com.

**We've collected a few words of appreciation for Silver Harbour.
Please remember, we're here for you!**

Thank you so very much for the meals delivered to my door on Fridays. They are delicious!! Thanks to all who are involved in this service.

I have to send a 'thank you' to all involved in the newsletter. When I see a Silver Harbour email in my inbox, it's a bit normalcy in un-normal times, and to read it gives me a smile. Thanks again to all. Very much appreciated.

Thank you to Silver Harbour, for all the work you do. Much appreciated.

The meals are delicious. It helps my spirits to look forward to them each week.