

THE CENTRE POST



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

November 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 have restarted 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

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Silver Harbour Bulletin Board

Lest We Forget

While there will not be a Remembrance Day event at Silver Harbour this year, we take this opportunity to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve.

Holiday Closing

Silver Harbour will be closed on Wednesday, November 11th for Remembrance Day.

Do You Have Christmas Fabric?

Our crafters are looking for donations of fabric with a festive theme for their creations. Please leave your donations at the front desk.

Tulip Bulbs

The City of North Vancouver has, once again, made a generous donation of repurposed 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 into the City plantings. Only \$2 a dozen – a dozen different varieties of tulips to choose from and they are for sale in the main hallway at Silver Harbour.

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.

Do You Want to Zoom?

If you are interested in learning how to use Zoom, email info@silverharbourcentre.com or call us at 604-980-2474.

Be Kind, Be Calm, Be Safe

Thank you for working hard to stay safe and healthy during the pandemic. It is important that everyone who comes to Silver Harbour observes the COVID safety protocols, even though you may sometimes find it frustrating or annoying.

IMPORTANT COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

- Have pre-registered in your program (even if it is free), except for membership renewal, Clothes Closet, Pop Up Christmas Shop and other sales
- 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

Pop-Up Christmas Shop

For the months of November and December, the Silver Harbour library has been transformed into the Pop-Up Christmas Shop, where you can safely do the shopping that you would have previously done at our Christmas Market! Volunteers have been working hard, making products and setting up displays. There will be a huge variety of handmade arts and crafts including woodworking, silk scarves, weaving, knitting, pottery, quilting, stained glass and more. See you soon!



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INCLUDING WOODWORKING,
SILK SCARVES, WEAVING,
KNITTING, POTTERY, QUILTING,
STAINED GLASS AND MORE!**

**SILVER HARBOUR
CHRISTMAS
POP-UP SHOP**

-FREE ADMISSION-
**MONDAYS THRU FRIDAYS
11 AM TO 1 PM
STARTING NOVEMBER 2**

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Fall Tours Close to Home

Jasper Park Lodge	Oct 12	5 days	\$1660
Wickaninnish Inn	Nov 23	6 days	\$2085
Leavenworth Lighting	Nov 29	4 days	\$1110

Exciting Small Group Tours in 2021

Amazing Australia (EB)	Feb 12	21 days	\$13,250
Belize Winter Getaway (EB)	Feb 23	12 days	\$6995
Turkey & Greece	Mar 27	22 days	\$8565
Majestic Japan	Mar 29	16 days	\$11,840
Columbia River Cruise	Apr 17	12 days	\$7020
Natural Wonders of Iceland	Jun 11	8 days	\$10,430



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Community Programs & Workshops

Caregivers Connect: Online Support for North Shore Caregivers

Caring for an aging family member or friend requires commitment, compassion and time. Caregiving can be stressful at any time, and especially during COVID-19. We are here to help you maintain your health while you care for your loved one. You are invited to join Caregivers Connect online sessions. Next meeting is Friday, November 13th from 1:00 to 2:30 pm and the topic will be memory loss, with a guest speaker from the Alzheimer Society of BC. Please pre-register by contacting Robin Rivers at rivers@familyservices.bc.ca or 604-988-5281, ext. 354.

OASIS Arthritis Programs

Vancouver Coastal Health's OsteoArthritis Service Integration System is a program that helps people with osteoarthritis self-manage their condition. At this time in-person OASIS classes are currently on hold, but they are offering webinars (via Zoom) to help support your learning needs – class descriptions and registration information is available online at <http://oasis.vch.ca/our-classes/>. For questions about classes or about managing your osteoarthritis, please contact us at oasis@vch.ca.

Living Successfully With Hearing Loss

Do you have a hearing loss and want to learn to communicate more effectively? Living Successfully with Hearing Loss through Vancouver Community College is available online with new sessions beginning in January. Material is presented weekly on a course website, and participants meet on Zoom once per week to review, discuss, and practice the material. Online sessions typically last 60-90 minutes and are limited to 8 people per class. Online time options are Monday evenings and Tuesday afternoons, once a week for 12 weeks. Senior tuition waivers may be available to you. For details you can contact the instructor, Lisa Dillon Edgett at 604-871-7348, or by email at ldillonedgett@vcc.ca.



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My Wishes My Care: Advance Care Planning Information Sessions (on Zoom) Wednesday, November 18th & 25th, 10 – 11:30 am

Presented by the Adult Cognitive Wellness Centre, in partnership with the BC Centre for Palliative Care, this 2-part program is for people living with the early stages of dementia to learn about the steps of Advance Care Planning. To register, please call 604-418-1476 or email info@CognitiveWellness.ca. Register before November 15th – space is limited.

Seniors Benefits and Credits - Presented by Canada Revenue Agency November 25th, 1:30 – 3:00 pm

Doing your taxes has its benefits! Benefits, credits and deductions you could be eligible for are the Disability Tax Credit, GST/HST credit, medical expenses, Canada caregiver credit and pension income splitting. Other government departments also use your tax information to calculate your payments, such as the guaranteed income supplement. If you do your taxes after the filing deadline, your payments could be delayed. You can register for the Seniors Benefits and Credits webinar, and others too, by going to this link:

<https://gts-ee.webex.com/gts-ee/onstage/g.php?PRID=e9783f96aad4ac271c2f69e789604a2>



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Thanksgiving at Harrison Kilby Museum, Harrison Hot Springs, Winter Gardens Country Store
October 12 - 14
5 incl. meals *dbl.* \$989.⁰⁰



Sold Out

Deluxe Victoria Christmas Tour
Christmas Eve concert & dinner, High Tea at the Empress, Butchart Gardens
December 24 - 27
6 incl. meals *dbl.* \$2,016.⁰⁰



Sold Out

Wickaninnish Inn Experience
Stormwatching, 5 star resort, Long Beach
November 2 - 5
7 incl. meals *from dbl.* \$1,789.⁰⁰



Space is Limited

Yukon's Northern Lights
Whitehorse, Aurora viewing tours, Dog Sled Ride, Beringia Centre and more ..
February 4 - 8, 2021
7 incl. meals *dbl.* \$2,469.⁰⁰

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- Grizzly Bear Getaway
- Van. Island Garden Tour
- BC Circle Tour
- And much more ...

Discover Your Own Backyard

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Prices include home pick-up and all taxes

Sleep Health for a COVID-19 World

Presented by Providence Healthcare's "Dialogue on Aging" series, November 18th, 12:45 – 3:00 pm.

To register: <https://register.gotowebinar.com/rt/7618549463147742731>

North Vancouver District Public Library – Online Events

- Seniors Health & Wellness Talks: Frauds & Scams
Wednesday, November 4th, 10:30 am – 12:00 pm
For more information and to register:
<https://nvdpl.ca/event/seniors-health-and-wellness-talks-frauds-scams>
- Wills and Estates with Richard Bell
Thursday, November 5th, 10:30 am
For more information and to register:
<https://nvdpl.ca/event/wills-estates-richard-bell>
- Mere Mortals: Medical Assistance in Dying with Jennifer Sanford
Tuesday, November 10th, 7:00 pm
For more information and to register:
<https://nvdpl.ca/event/mere-mortals-medical-assistance-dying-jennifer-sanford>

Crosswords & Coffee on Zoom (with Parkgate Seniors)

Keep your brain fit with group crosswords. Meet Ava, the volunteer host and enjoy the company of other seniors while working on a virtual New York Times crossword puzzle. Working together makes this puzzle a breeze. Wednesdays at 10 am. Contact ava.hughes19@gmail.com for details on how to join.

Travel Training Workshop

Presented by BEST (Better Environmentally Sound Transportation) this workshop explores alternatives to driving for older adults. Representatives from TransLink will be on hand to tell you about conventional services (bus, train, seabus) and custom services (HandyDART) for people with disabilities. Participants will also hear from an ICBC Road Safety Coordinator who will explain how older adults can stay safe on the roads while walking or driving. The topic of driving license renewals for senior citizens will also be discussed. This online webinar will be on Wednesday, November 25th, 10 am -12 pm. To register, please visit www.seniorsonthefirstmove.org/traveltraining.

Daily Menu for November

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salmon with Shrimp Hollandaise	3 Meatballs Alsacien <u>PICK UP ONLY</u>	4 Cottage Pie	5 Lasagna <u>PICK UP ONLY</u>	6 Paella
9 Bangers & Mash	10 Chicken Cordon Bleu <u>PICK UP ONLY</u>	11 Remembrance Day Silver Harbour CLOSED	12 Cod Nuggets <u>PICK UP ONLY</u>	13 Lamb Shank
16 Garlic Prawns	17 Butter Chicken <u>PICK UP ONLY</u>	18 Fish & Chips	19 Shepherd's Pie <u>PICK UP ONLY</u>	20 BBQ Ribs & Chicken
23 Cod with Tiger Prawns	24 Chicken Breast Florentine <u>PICK UP ONLY</u>	25 Turkey Schnitzel	16 Meatballs & Cabbage Rolls <u>PICK UP ONLY</u>	27 Bami Goreng
30 Thai Chicken Breast				

Silver Harbour's meal program is available for pick up (Monday-Friday) or delivery (Monday, Wednesday and Friday only). Each meal (entrée, soup, salad, and dessert) costs \$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, but no later than 1 pm the day before – 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.

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). 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. Please specify delivery or pickup when you order your meals.

Seminars & Special Events

Flu Vaccinations – By Appointment Only

Davies Pharmacy will come to Silver Harbour to administer flu vaccines, by appointment only. Registration is online only. Please use the link below to book your appointment:

<https://intakeq.com/booking/ygsbhf?locationId=11>

If you need assistance with this please contact Holly at 604-980-2474.

Wednesday, November 4th

1:00 – 4:00 pm

By appointment only – no walk-ins!

Demystifying the Driver's License Re-Exam (Virtual & On Screen at Silver Harbour)

A representative from ICBC will talk about the road test, and answer any questions you may have. By registering for this workshop, you agree to let Silver Harbour provide the presenter with your name and email address. If you would prefer to watch the presentation here at Silver Harbour, we will set it up on our screen in the auditorium. Please let us know how you will attend.

Tuesday, November 17th

10:00 – 11:00 am

Free of charge, but you must pre-register. Log-in information will be provided to you a few days before the seminar.

Tech Connect: Phone Photography (In Person)

Cameras, and the software to work with the images they capture, have seen large changes and improvements in the last few years - have you stayed up to date? Presented by staff from North Vancouver City Library, you can come to this class to learn some tips and tricks to staging and capturing great shots with your smartphone, how to upload and organize pictures on your desktop, the basics of digital photo editing, and how to save and share your photos. When you register, let us know if you use an Apple or Android phone.

Thursday, November 19th

1:30 – 2:30 pm

Auditorium

Free of charge, but you must pre-register.

Have You Made
a Plan yet?

If not, give our family a call

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Intro to (Non-Certified) First Aid (Virtual)

Presented by First Aid For Everyone, a community service group of UBC medical students, this workshop will include tips on recognizing and responding to common medical emergencies, such as stroke, heart attack, fainting, and traumatic falls.

Monday, November 23rd

1:00 – 2:30 pm

Free of charge, but you must pre-register. Log-in information will be provided to you a few days before the seminar. Please register before November 14th or the workshop may be cancelled.

Christmas Meals

As we are unable to have a large in-person Christmas Luncheon this year, we will be providing a delicious and festive alternative through our meal program. A multi-course turkey dinner (chilled, ready for you to reheat) will be available for pick up or delivery on Fri Dec 4th, Fri Dec 11th, and Tue Dec 22nd at a cost of \$10. There will also be extra treats and gifts in the meal bag and we thank PARC Retirement Living for helping to sponsor this initiative. You can call to order starting at 9 am on Mon Nov 23rd using a credit card.



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Programs & Services

Please see www.silverharbourcentre.com or call 604-980-2474 for additional programs in progress.

Affirmations

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

Fri, Nov 6th

10:00-11:45 am

Auditorium

By donation and you must pre-register

Book Club **NEW DAY!**

The next book for discussion will be "Do Not Say We Have Nothing" by Madeleine Thien. You must provide your own book.

Mon, Nov 16th

2:30 pm

Fitness Room

No charge, but you must pre-register

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In order to come into Silver Harbour you must:

- Have pre-registered in your program (even if it is free), except for membership renewal, Clothes Closet, Pop Up Christmas Shop and other sales
- 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

Clothes Closet

The Clothes Closet sells stylish and good quality new and used women's clothing at bargain prices. Donations of women's winter clothing in good condition are now welcome. Customers will have to sign in at the front entrance before shopping.

Mon-Fri 11 am – 1 pm

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

Nov 5 – Dec 17

Fitness Room

\$64.75/7 classes

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

Nov 2 – Dec 21

Fitness Room

\$138.75/15 classes

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

Nov 2 – Dec 21

Fitness Room

\$138.75/15 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.

Mon & Thu 11:00 am – 12:00 pm

Nov 2 – Dec 21

Fitness Room

\$138.75/15 classes

Sound Advice on Zoom

Presented by the Canadian Hard of Hearing Association North Shore Branch, this monthly program includes a series of informal workshops and discussions for people who are hard of hearing. Discussion topics include technology, speech reading, coping strategies, improving relationships, improving hearing environments and more.

Mon, Nov 30th

10:00 – 11:30 am

On Zoom

Please email chha_nsb@telus.net to register

Table Tennis

Get a great workout with this popular sport! Singles play only; bring your own paddle.

Tue 9:30 – 10:15 am

OR

Tue 10:30 – 11:15 am

Fitness Room

\$10/season

Tai Chi

**2nd CLASS
ADDED!**

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

Tue 10:30 – 11:30 am

Oct 6 – Dec 8

Auditorium

\$40/10 classes

(Cost will be pro-rated from date of registration)

Yoga

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

Mon 9:15 – 10:15 am

OR

Mon 10:30 – 11:30 am

Nov 9 – Dec 14

Auditorium

\$36/6 classes



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Seniors urged to file taxes as thousands at risk of losing benefits

The federal government says tens of thousands of seniors are at risk of losing benefits because they haven't yet filed their taxes. The Liberals are making a public plea for them to submit their returns as soon as possible so payments of the guaranteed income supplement doesn't get suspended come Jan. 1. The government estimates that 63,000 seniors could see an interruption in benefit payments if they don't file tax returns quickly.

The returns are how the government determines eligibility and the value of payments like the GIS, which goes to low-income seniors. Without it, seniors receiving the income top-up will find the payment taps closed until they provide the needed information.

Normally, returns would have been due in April and the calculations made before the annual benefit calendar reset in July. But due to the pandemic, the deadline for those seniors to file was extended to this month, and benefits continued uninterrupted for 214,000 GIS recipients until December.

Seniors Minister Deb Schulte says Service Canada has sent reminders to the 63,000 to file their returns, or at least provide the agency with their income information. She also says the government is reaching out through seniors' organizations and on social media.

This report by The Canadian Press was first published Oct. 14, 2020.

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604-202-3509
Debby.Stephenson@sci-us.com



**FIRST MEMORIAL
FUNERAL SERVICES**

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves	Tai Chi		Jointmoves	
	Snooker		Snooker		Snooker
9:30 am	Computer Club	Table Tennis		Advanced Farsi Seniors	Computer Club
			Spanish Level 2+		
10:00 am	Craft Volunteers	Meditation	Art Space	Watercolour	Knitting Volunteers
		Weaving	Woodcarving	Weaving	Watercolour Painting
		Tapestry			
10:30 am	Yoga	Tai Chi			
		Table Tennis			
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	Pottery	Pottery	Craft Volunteers
		Tapestry	Chair Yoga		Knitting Volunteers
		Quilting Volunteers			Watercolour Painting
2:00 pm				Get Up & Go	

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.

Silver Harbour's November 2020 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Christmas Pop-Up Shop Opens (Mon to Fri 11 am – 1 pm)	3	4 Flu shots (by appointment only)	5	6 Affirmations	7
8	9	10	11 Remembrance Day Silver Harbour CLOSED	12	13	14
15	16 Book Club	17 Demystifying the Driver's License Re-exam (Virtual/ On Screen)	18	19 Tech Connect: Phone Photography (In Person)	20	21
22	23 Intro to First Aid (Virtual) * Christmas Meal ordering begins	24	25	26	27	28
29	30 Sound Advice (on Zoom)	1	2	3	4	5