

# THE CENTRE POST



Silver Harbour Seniors' Activity Centre  
144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com) tel: 604-980-2474

September 2020



**Come to the Silver Harbour Street Market!**  
**Sat Sept 26<sup>th</sup> 11 am – 3 pm**

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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 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

[info@silverharbourcentre.com](mailto: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
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
John McCann	Go Bus Driver
Stephanie Blundell	Program Coordinator
Zoltan Csapkay	Head Cook

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## Notes from the Executive Director... by Annwen Loverin

Welcome to our September newsletter! Silver Harbour re-opened on Monday July 6<sup>th</sup> with a smaller number of programs and new COVID protocols. We are gradually expanding our program offerings and will continue to do so throughout the Fall whenever safely possible. If you were not able to get into a specific program because it is full, please make sure you put your name on the waitlist as we are trying to accommodate as many people as possible and create extra sessions where we can. And please watch future monthly newsletters for more programs starting up.

### Annual General Meeting

The Silver Harbour Annual General Meeting is now scheduled for Wednesday, September 23<sup>rd</sup> at 1:00 pm. It will take place in the auditorium as well as on Zoom and AGM business shall include:

- Reviewing the annual report of the Directors
- Receiving annual financial statements and auditor's report on those financial statements
- Approving the auditor for the next year
- Election of Board members

You must register in advance to attend in person or by Zoom: call 604-980-2474 or email [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com) to register. Only members in good standing (current membership paid on or before September 21<sup>st</sup>, 2020) may attend.

**Please remember that 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**

## Have You Made a Plan yet?

If not, give our family a call

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## Our Family Serving Yours For Over 70 Years

# Silver Harbour Bulletin Board

## Silver Harbour Street Market

Silver Harbour Seniors Activity Centre is stepping outside this fall with an in-person Street Market. We'll be celebrating and selling handcrafted Woodwork, Silk Scarves, Weaving, Knitting, Pottery, Crafting, Painting, Tulip Bulbs, and Jewelry. You'll have the opportunity to meet the artists, be immersed in live music, and stock up on gifts. We invite you bring a painted stone with a positive message for our garden or make one on the day.

**Saturday, September 26<sup>th</sup>**

**11:00 am – 3:00 pm**

**Outside Silver Harbour**

## 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 – twenty 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.

## Connect with Us!

Silver Harbour staff are here to provide information and to support you during these times! If you use email, we encourage you to let us know your email address so that we can send you newsletters during this time. If you don't use email, we'd still love to talk to you on the phone, so please call us at 604-980-2474.

## Memberships

If your membership expired on March 31<sup>st</sup>, 2020, you will need to renew it before registering in programs. If your membership was set to expire after March 31<sup>st</sup>, it has been extended for 3 additional months (for example, if your membership was set to expire April 30<sup>th</sup>, it expired July 31<sup>st</sup>, etc.). 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 come in.

## Experienced Soapmakers Needed

Our craft volunteers are interested in making soap. If you have any experience with this and would like to help out, please contact [stephanie@silverharbourcentre.com](mailto:stephanie@silverharbourcentre.com).

## Macrame Cord Needed

We are looking for 3mm-4mm Single Strand Cotton Cord for macramé. Please contact [stephanie@silverharbourcentre.com](mailto:stephanie@silverharbourcentre.com) if you can donate.

# Community Programs & Workshops

## 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](mailto:oasis@vch.ca).

## 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. Topics include self-care, setting boundaries, coping with intense emotions and other topics suggested by participants. Monthly meetings take place on Friday at 1:00 pm (next meeting is Friday, September 11<sup>th</sup>). Pre-registration is required. Contact Robin Rivers at [rivers@familyservices.bc.ca](mailto:rivers@familyservices.bc.ca) or 604-988-5281, ext. 354.

## Lions Gate Sinfonia Online

In response to COVID-19, Lions Gate Sinfonia has deferred their fall concert season until further notice. In the meantime, they have created Lions Gate Online, a hub for their recorded concert videos, as well as their brand new music and education series, Clyde's Chats. Lions Gate Online is accessible, user-friendly and entertaining for users with all levels of musical experience. You can access it at <http://lionsgatesinfonia.com/lionsgateonline>.



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## Virtual Workshops & Seminars

### Pre-planning Your Funeral

Isn't it time to have "the conversation"? In this online seminar, Debby Stephenson from First Memorial will provide information on how to protect your family and estate, secure your cremation or burial arrangements and final resting place. By registering for this workshop, you agree to let Silver Harbour provide the presenter with your name and email address.

Tuesday, September 22<sup>nd</sup>

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.

#### 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  
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### BC Seniors Advocate, Isobel Mackenzie

BC Seniors Advocate, Isobel Mackenzie, will speak to current issues for seniors in the province and answer questions during this seminar. To join the webinar using Zoom (you can join online or use your telephone), please register with the Silver Harbour front desk – (you will provide your email address and then log-in information will be emailed to you a few days before the seminar). To see and hear the presentation in person in the Silver Harbour auditorium, please call the Silver Harbour front desk to register (there are a limited number of seats to ensure physical distancing).

Thursday, October 1<sup>st</sup>

1:00 – 2:30 pm

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## Dealing with Stress During Uncertain Times

Presented by Victoriya Litargne, RN, this Zoom presentation will help you with most types of crisis that a person can go through. You will learn how to recognize the alarming signals your body sends you, and what simple strategies to take to lessen the impact on your wellbeing. By registering for this workshop, you agree to let Silver Harbour provide the presenter with your name and email address.

Wednesday, October 7<sup>th</sup>

1:00 – 2:00 pm

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

## Preparing Your Estate Plan

It's a topic people tend to put off or ignore, but one of the most important things you can do is to develop a sound estate plan. Presented on Zoom by Financial Advisor Adam Wang, you will learn more about what to consider when creating your will, the benefits of trusts, and how insurance can help protect your family. By registering for this workshop, you agree to let Silver Harbour provide the presenter with your name and email address.

Tuesday, October 20<sup>th</sup>

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.



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 <p><b>Thanksgiving at Harrison</b> Kilby Museum, Harrison Hot Springs, Minter Gardens Country Store October 12 - 14 5 incl. meals dbf: \$989.<sup>00</sup></p>	 <p><b>Fairmont Jasper Park</b> Seniors Fall Fling October 12 - 17 15 incl. meals dbf: \$2,184.<sup>00</sup></p>	 <p><b>Tyax Lodge Fall Spectacular</b> Fraser Canyon, Lillooet, Gold Bridge, Duffey Lake Road September 21 - 24 8 incl. meals dbf: \$1,768.<sup>00</sup></p>
 <p><b>Wickannish Inn Experience</b> Stormwatching, 5 star resort, Long Beach November 2 - 5 7 incl. meals from dbf: \$1,789.<sup>00</sup></p>	 <p><b>Deluxe Victoria Christmas Tour</b> Christmas Eve concert &amp; dinner, High Tea at the Empress, Butchart Gardens December 24 - 27 6 incl. meals dbf: \$2,016.<sup>00</sup></p>	 <p><b>Yukon's Northern Lights</b> Whitehorse, Aurora viewing tours, Dog Sled Ride, Beringia Centre and more... February 4 - 8, 2021 7 incl. meals dbf: \$2,469.<sup>00</sup></p>

\*Due to Covid-19 surcharges will apply

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Prices include home pick-up and all taxes

## Programs & Services

### 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, Sept 8th (monthly, please check newsletter for future sessions)

10:00 am – 12:00 pm

Call Holly at 604-980-2474 or email

[holly@silverharbourcentre.com](mailto:holly@silverharbourcentre.com) for more info on participating

### Book Club

The next book for discussion will be “Blink” by Malcolm Gladwell. You must provide your own book.

Tue, Sept 15

2:00 pm

Auditorium

No charge, but you must pre-register

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### 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 Sept 14 – Dec 21

**OR**

Fri 9:30-11:00 am Sept 4 – Dec 18

Computer Room

\$17.00

### Current Conversations **FULL!**

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 **FULL!** (Advanced)

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

Sept 3 – Oct 29

Fitness Room

\$83.25/9 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

Sept 3 – Oct 29 (no class Sept 7, Oct 12)

Fitness Room

\$138.75/15 classes

## Meditation

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

Tue 10:00 – 11:00 am

Library

\$23

Starts Sept 8

## 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

Sept 3 – Oct 29 (no class Sept 7, Oct 12)

Fitness Room

\$138.75/15 classes

## 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

Sept 3 – Oct 29

Fitness Room

\$83.25/9 classes



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## Snooker

Splendid tables for your use. Everyone from novice to expert is welcome. Please note: you must register for a specific day and time.

Mon 9:15 – 11:15 am Starts Sept 14  
 Tue 1:00 – 3:00 pm Starts Sept 1  
 Wed 9:15 – 11:15 am Starts Sept 2  
 Thu 1:00 – 3:00 pm Starts Sept 3  
 Fri 9:15 – 11:15 am Starts Sept 4  
 \$17/season

## 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, Sept 28<sup>th</sup> (monthly, please check newsletter for future sessions)

10:00 – 11:30 am

On Zoom

Please email [chha\\_nsb@telus.net](mailto:chha_nsb@telus.net) to register

## Spanish – Level 2 Plus

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

Wed 9:30 – 11:30 am

Fitness Room

Sept 16 – Nov 25 (no class Nov 11)

\$23

## Yoga

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

Mon 9:15 – 10:15 am

Sept 14 – Oct 26 (no class Sept 7, Oct 12)

Auditorium

\$36/6 classes

### In order to come into Silver Harbour you must:

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- Check in with the volunteer at the front door
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- Sanitize your hands frequently
- Not eat inside the Centre
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## Arts Programs...

### 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

Starts Sept 9

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](mailto:stephanie@silverharbourcentre.com) to join this group.

**Facebook: Silver Harbour Crafters**

**Zoom: Tuesdays, 10:30- 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

### 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

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

Starts Sept 2

No charge, but you must pre-register

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## 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](mailto: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 1:00 – 3:30 pm (starts Sept 2)

OR

Thu 1:00 - 3:30 pm (starts Sept 3)

\$23/season

## Quilting

You are invited to a meeting on Thursday, September 10<sup>th</sup>, as we plan for this program's future sessions. You must pre-register for this meeting – call 604-980-2474 or email [stephanie@silverharbourcentre.com](mailto:stephanie@silverharbourcentre.com).

Thur, Sept 10

1:00 pm

Sewing Room

## 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 – 3:30 pm

Sept 14 – Nov 9 (no class Oct 12)

\$23/season

## Watercolour Painting

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

Fri 10:00 am – 12:00 pm

Starts Sept 4

\$23/season

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- **Not eat inside the Centre**
- **Report to a staff member if you feel unwell**

## Weaving: Shaft (Loom)

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

Tue 9:30 am - 12:00 pm Starts Sept 1

OR

Tue 1:00 – 3:30 pm Starts Sept 1

OR

Thu 9:30 am - 12:00 pm Starts Sept 3

\$23

## 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

Starts Sept 1

\$23/season

## Woodcarving

Work on your carving project in a cooperative studio environment. Bring your own materials and projects.

Wed 10:00 am – 12:00 pm

\$23/season.

Starts Sept 2

## Woodworking Shop

Unfortunately we cannot welcome newcomers to the woodshop at this time. If you have been approved to use the woodshop prior to COVID, please contact Stephanie to check on availability and pre-register for a time slot.

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## 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;"><b>Wednesday, September 2<sup>nd</sup> – Beef Stew</b></p> <p style="text-align: center;">Orders must be placed before Tuesday, September 1<sup>st</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Friday, September 4<sup>th</sup> – Lamb Shank</b></p> <p style="text-align: center;">Orders must be placed before Thursday, September 3<sup>rd</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Wednesday, September 9<sup>th</sup> - Cod</b></p> <p style="text-align: center;">Orders must be placed before Tuesday, September 8<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Friday, September 11<sup>th</sup> – BBQ Ribs &amp; Thighs</b></p> <p style="text-align: center;">Orders must be placed before Thursday, September 10<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Monday, September 14<sup>th</sup> – Turkey Schnitzel</b></p> <p style="text-align: center;">Orders must be placed before Friday, September 11<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Wednesday, September 16<sup>th</sup> – Pork Stew</b></p> <p style="text-align: center;">Orders must be placed before Tuesday, September 15<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Friday, September 18<sup>th</sup> – Chicken Cordon Bleu</b></p> <p style="text-align: center;">Orders must be placed before Thursday, September 17<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Monday, September 21<sup>st</sup> - Prawns</b></p> <p style="text-align: center;">Orders must be placed before Friday, September 18<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Wednesday, September 23<sup>rd</sup> – Shepherd's Pie</b></p> <p style="text-align: center;">Orders must be placed before Tuesday, September 22<sup>nd</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Friday, September 25<sup>th</sup> – Fish &amp; Chips</b></p> <p style="text-align: center;">Orders must be placed before Thursday, September 24<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Monday, September 28<sup>th</sup> – Salmon with Shrimp Hollandaise</b></p> <p style="text-align: center;">Orders must be placed before Friday, September 25<sup>th</sup>, 1:00 pm</p>
<p style="text-align: center;"><b>Wednesday, September 30<sup>th</sup> – Butter Chicken</b></p> <p style="text-align: center;">Orders must be placed before Tuesday, September 29<sup>th</sup>, 1:00 pm</p>

## Silver Harbour Program Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:15 am</b>	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves			Jointmoves	
	Snooker		Snooker		Snooker
<b>9:30 am</b>	Computer Club		Pottery	Advanced Farsi Seniors	Computer Club
			Spanish Level 2+		
<b>10:00 am</b>	Craft Volunteers	Meditation	Art Space	Watercolour	Knitting Volunteers
		Weaving	Woodcarving	Weaving	Watercolour Painting
		Tapestry			
<b>11:00 am</b>				Osteofit For Life	
<b>12:30 pm</b>	Osteofit 1			Osteofit 1	
<b>1:00 pm</b>	Knitting Volunteers	Snooker	Open Painting Studio	Snooker	Current Conversations
	Silk Painting	Weaving		Pottery	Craft Volunteers
		Tapestry			Knitting Volunteers
<b>2:00 pm</b>				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](mailto:info@silverharbourcentre.com).

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