

THE CENTRE POST



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

December 2023



Happy Holidays from Silver Harbour!

Thank you to
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official sponsor of the Centre Post
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for helping to fund the
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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 70 programs and services. If you have questions about programs or would just like to connect, we'd love to hear from you by phone, in person or by email!

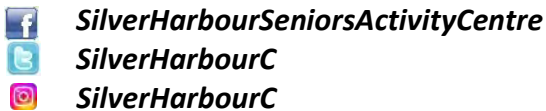


144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



Centre Opening Hours

Silver Harbour is open Monday to Friday, 9 am to 4 pm, except for statutory holidays and scheduled closures.

Our Code of Conduct

At Silver Harbour, everyone is expected to be...

- respectful and considerate
- welcoming and inclusive
- responsible and safe

and to help uphold our vision, mission and values. If you have questions or concerns, please talk to a staff member.

Silver Harbour gratefully operates on the traditional and unceded territory of the, *Sḵw̓x̓wú7mesh Úxwumixw (Squamish), səliilwətaʔ (Tseilil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.*

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Our Vision

A Diverse Community that Celebrates Aging

Our Mission

To help seniors thrive by offering a wide range of programs, services, and connections.

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 in everything we do.

Diversity: We are committed to diversity, participation and inclusion in all aspects of our work.

Collaboration: We cultivate strong relationships throughout our community for greater impact.

Responsiveness: We welcome new ideas, possibilities and approaches.

Stewardship: We believe care for the environment and land runs through everything we do.

Staff

Andrea Picchi	Admin. & Program Assistant
Annwen Loverin	Executive Director
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
Simran Likhari	Arts Program Coordinator
Zoltan Csapkay	Head Cook

Board of Directors

Brenda Harrison, Director	Doug Blakeney, Treasurer
Elizabeth Jones, Vice-President	Leanne Roy, Director
Naseem Amarshi, Director	Margaret Coates, Secretary
Richard Gauntlett, President	Ritch Seeley, Director
Ron Needham, Director	Virginia Baldwin, Director
Wayne Hanna, Director	

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Holiday Thank You!

We'd like to say an enormous thank you to all the volunteers, staff, and shoppers who made our recent Christmas Market such a success – more than 1000 people participated! And don't forget that some of our beautiful crafts will be for sale in the main hallway for the next few weeks and that you can shop at the Clothes Closet and Boutique Monday to Friday, 11 am to 1 pm. If you're reading this newsletter online, you can click on this link to watch Global TV News coverage of our Christmas Market: <https://globalnews.ca/video/10101510/local-christmas-market-empowers-seniors>

We'd also like to thank everyone who has given a charitable donation to Silver Harbour in response to our recent mailed request and to those who give throughout the year too. Every donation, in any amount, is extremely valuable and appreciated. You can donate in person, by mailed cheque, over the phone (604-980-2474) using a credit card, or through the Donate button on our website (www.silverharbourcentre.com). You will be provided with a tax receipt for your donation.

We wish you and all of yours peace, joy, and a happy holiday season.



Discover the World with Travel Specialist Ron Boiman 35+ Years	
Kenya - June 01, 2024	Limited Space
See the wonders of an Africa Safari Lions, Leopards, Cape Buffalos, Rhinos, Elephants & more Famous Masai Mara, Samburu, Aberdare Ol Pejeta, Lake Nakuru, Lake Naivasha All Meals & Guide & Driver Gratuities Are Included	
Kenya & Tanzania - Oct. 02, 2024	Books Underway
Serengeti, Masai Mara, Amboseli, Lake Manyara & Ngorongoro Crater Five incredible wildlife areas each offering unique experiences. All Meals & Guide & Driver Gratuities Are Included	
Slovenia & Croatia - Oct 16, 2024	Call for Details
Enjoy the wonderful Autumn Colours of Central Europe Dalmatian Coastline on the beautiful Adriatic Sea Day trip to Bosnia / Herzegovina, plus Dubrovnik, Ljubljana, Zagreb, Sarajevo Mostar, Spit, Bled, Lipizzaner Horses, Wine Tasting, Kornati Boat Cruise Tour include Guide/Driver Gratuities & Hotel Portage Numerous Meals, All Sightseeing as per Tour Itineraries	
Peru - Land of the Inca's - Nov. 07, 2024	Call for Details
Experience iconic Machu Picchu, Enjoy sightseeing on the Amazon River Visit Arequipa including the famous Ice Princess Juanita & see Misti Volcano Experience the Floating Villages of Lake Titicaca, enjoy many wonderful Inca Ruins including Sacsayhuaman, Ollantaytao, Sillustani & Raqchi plus Local Folklore Entertainment Tour include Guide/Driver Gratuities & Hotel Portage Numerous Meals, All Sightseeing as per Tour Itineraries	
TravelWithRon.ca	ron@travelwithron.ca
The Travel Group	
Call for Details: 604.575.7788 / 1.800.946.0091	
CPIC #1473 CPIC # 9106	

Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed from December 23rd to January 1st, reopening at 9 am on Tuesday, January 2nd.

Winter Program Registration

Registration for arts programs (beginning in January) will begin at 9 am on Thursday, December 7th. Registration for all other programs will begin at 9 am on Thursday, December 14th. You may register by phone or in-person.

No Daytime Dance – Tuesday, December 12th

Daytime Dance is cancelled on Tuesday, December 12th only, for the Holly Tea.

Parking at Silver Harbour

With construction in the neighbourhood, it may be challenging to find parking nearby. Besides the designated parking spots on the west side of the building, you may also park across the parking lot (on the Harry Jerome side), or in the parking lot outside Memorial recCentre, east of Silver Harbour. Please note that some of the parking spots on East 22nd Street have been changed to **2-hour parking**. Please give yourself extra time to find parking.

Clothing Donations Wanted

After the fabulous turnout at the Christmas Market, the Clothes Closet is now looking for new donations of gently used ladies winter clothing and accessories including shoes, boots, scarves, sweaters, and jewellery.



Bayshore[®]
Home Health

What does remaining at home mean to you?

Whether it's just a little assistance for daily tasks or round-the-clock care, Bayshore's caregivers can ensure you are living your best life while remaining at home.

LET'S TALK.

604.873.2545

northshore@bayshore.ca

PERSONAL CARE | HOME SUPPORT | NURSING

Legal Advice and Referral Clinic

Qualified lawyers volunteer to assist seniors with legal concerns and questions (North Shore residents 55 and over). The lawyer will offer you summary advice, information, interpretation of documents, and, if necessary, a referral for more extensive work. Sign up at the front desk for a ½ hour appointment on a Thursday morning. Silver Harbour membership not required.

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Suggestions Welcome

We value your opinions and ideas about Silver Harbour and our programming. Please feel free to talk to a staff member or make use of our anonymous suggestion box, located beside the elevator on our main floor. So far we are following through on suggestions to restart serving sandwiches, increase the variety of soups, and providing amplification at more of our informational workshops.

Volunteer Needed

Calling art enthusiasts! Volunteer as an instructor teaching Glass Fusing or Copper Enameling. Share your passion, inspire creativity and foster connections. For more information, please contact Simran at simran@silverharbourcentre.com.

Total Toe Care

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Call Diane @ 604-649-1624

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In The Community

Peer Assisted Care Team

The Peer Assisted Care Team (PACT) program is an alternative emergency response service on the North Shore. PACT is community-led and pairs a trained mental health professional and peer support worker to provide trauma-informed and culturally safe support to people experiencing mental health, substance use, or other social challenges. It provides support through in-person visits, phone calls, and text messages. We serve individuals and families (ages 13+) on the North Shore, in English and Farsi. Our hours of operation are 8 a.m. to 12:30 a.m., Monday to Sunday.

If you are in distress or crisis and require support, contact us during our operating hours at:
 1-888-261-7228 (call) OR
 778-839-1831 (text)



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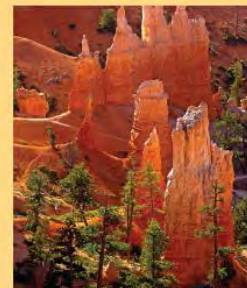
Many included meals, showcasing local cuisine

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604-542-5566

or online at:
agelessadventures.com



Workshops & Special Events

Christmas Lunch **SOLD OUT** Presenting Sponsor: **PARC Retirement Living**

Enjoy a traditional Christmas menu, festive entertainment by the Merry & Bright Christmas Trio and a draw for gifts. Thank you to PARC Retirement Living for sponsoring this event.

Wednesday, December 6th
(no other lunch served that day)

Doors at 12:15 pm

Lunch at 12:30 pm

\$15 Members; \$20 Non-members

Origami Ornaments

Join us for a delightful two-hour Origami Ornament Workshop where you'll embark on a creative journey to craft beautiful paper ornaments. Origami, the ancient Japanese art of paper folding, offers a perfect blend of relaxation, mindfulness, and creativity. In this workshop, you will learn how to transform simple sheets of paper into intricate ornaments that can adorn your home, tree, or even make wonderful gifts for your loved ones.

Monday, December 11th

Sewing Room

1-3pm

\$10

Holly Tea **SOLD OUT**

A plate of Christmas sweets make this event a sheer delight! And our very own Silver Harbour Choir will present a beautiful program of Christmas music to help celebrate the holiday season.

Tuesday, December 12th
(lunch service will end at 12:30 pm that day)

Doors open at 1:45 pm

\$8 per ticket

YOU WORKED HARD FOR YOUR HOME,
Now let your home work for you.



Is inflation impacting your monthly cash flow? Are you wondering if you should downsize? Do you get a line of credit on the house or a reverse mortgage? You want to talk to someone about your choices. Someone you can trust who will listen and walk you through your options. Ask Marci for help.

ASK MARCI HOW!
Book a FREE Consult:
604-816-8950 or
marci@askmarci.ca

www.askaboutreversemortgages.ca

Therapy Dogs

Once a month two volunteer therapy dog teams from St. John Ambulance come to Silver Harbour. These specially trained dogs offer comfort and companionship. Interacting with a therapy dog has many health benefits – both mental and physical. If you like dogs, please drop by and say hello.

Wednesday, December 13th

10:30 am – 12:00 pm

Silver Harbour Library

Stand Strong

Stand Strong is a program that teaches assertiveness, self-defense and fitness, to inspire confidence, wellness and self-awareness in participants. In this multi-faceted program you will learn simple self-defense techniques, improve posture, balance, flexibility and strength, as well as develop assertive communication skills, and learn how to avoid internet and social media frauds.

Tuesdays, January 9th – 30th

1:00 – 2:15 pm

Fitness Room

\$10

Space is limited; you must pre-register

Newcomers Tea and Tour

All new members and those considering becoming members or joining programs are invited to attend a tour of Silver Harbour and enjoy a free cup of tea (or coffee).

Wednesday, January 10th

10:15 am

Meet in the Silver Harbour library

Free of charge, but you must pre-register

Beeswax Wrap Workshop

Join us for an exciting workshop where you can delve into the world of sustainability by creating your own beeswax wraps. Beeswax wraps are a fantastic eco-friendly alternative to plastic wrap, perfect for preserving food and reducing waste in your kitchen. This hands-on workshop will guide you through the process of making these reusable, versatile wraps. You will go home with your own set of wraps to use at home. All materials provided.

Wednesday, January 24th

10:00 am – 12:00 pm

Multipurpose Room

\$15

Bone Health 101

Presented by the Osteoporosis Society of Canada, Bone Health 101 will give you information on what osteoporosis is, risk factors, bone health, the impact of nutrition and physical activity, and fall prevention.

Wednesday, January 24th

1:00 – 2:00 pm

Card Room

Free of charge, but you must pre-register

Sound Advice

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.

Monday, January 29th

10:00 – 11:30 am

Card Room

Free drop-in

Travel Presentation: Ageless Adventure Tours

Ageless Adventure Tours is a BC family owned and operated Tour Company specializing in escorted tours of Canada, the US, and beyond for over 35 years. Come have a look at what they're offering in 2024.

Monday, January 29th

1:15 – 2:15 pm

Auditorium

Free of charge, but you must pre-register

OASIS Arthritis: Hip & Knee Osteoarthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about osteoarthritis in these commonly affected joints, ways of managing your osteoarthritis without surgery, and what happens if you need joint replacement surgery.

Wednesday, January 31st

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register

Trips and Tours

Heritage Christmas and Lights at Lafarge

With Enjoy Tours

Registration began on
Wednesday, November 1st

Our trip begins with a step back in time at Burnaby Village Museum's Heritage Christmas. Stroll through the village and take a ride on the carousel. The bus will then take us for dinner (included in price) at the Saint Street Grill in Port Moody. After dinner we will take a walk around Lafarge Lake where the spectacular light displays make up the biggest Christmas display in the Lower Mainland. Lots of walking.

Thursday, December 7th

2:45 – 9:15 pm

\$139 members;

\$149 non-members



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Daily Menu for December

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12				1 Lamb Shank
4 Salmon with Shrimp	5 Chicken Breast	6 SOLD OUT Christmas Lunch <u>(you must have bought a ticket to attend)</u>	7 Shepherd's Pie	8 Chicken Cordon Bleu
11 Garlic Prawns	12 Turkey Schnitzel <u>Note: Lunch service will end at 12:30 pm</u>	13 Bami Goreng	14 Meat Loaf	15 Barbecue Chicken & Ribs
18 Cod Loin With Prawns	19 Sausages	20 Beef Stew	21 Lasagna	22 Ham Dinner
25 Silver Harbour CLOSED	26 Silver Harbour CLOSED	27 Silver Harbour CLOSED	28 Silver Harbour CLOSED	29 Silver Harbour CLOSED

Management reserves the right to change the menu without notice.

Food Services Available Monday through Friday

Drinks & Refreshments **10:00 am – 1:00 pm**
Hot Full Course Lunch **11:30 am – 12:45 pm**

Programs & Services

Boutique

The boutique sells household goods and other treasures, with bargains galore. Donations of small, saleable merchandise welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon – Fri

10:00 am – 1:00 pm

Clothes Closet

The Clothes Closet sells stylish and good quality new and used women's clothing at bargain prices. Drop by to check on the new ladies wear, as well as the \$1.00 rack. Donations of ladieswear and accessories are always welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon-Fri 10:00 am – 1:00 pm

Program Registration Information:

- **Registration** for Arts Programs will begin on Thursday, December 7th. Registration for all other programs, including ElderCollege, will begin on Thursday, December 14th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Legal Advice and Referral Clinic

Qualified lawyers volunteer to assist seniors with legal concerns and questions (North Shore residents 55 and over). The lawyer will offer you summary advice, information, interpretation of documents, and, if necessary, a referral for more extensive work. Sign up at the front desk for a ½ hour appointment on a Thursday morning. Silver Harbour membership not required.

Library

The Silver Harbour library has a great selection of books and jigsaw puzzles to borrow. Silver Harbour membership not required.

Meal Program

Silver Harbour offers delicious full meals, entrées, soup, drinks and refreshments. The menu of daily entrees is on page 12 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

Keep Fit...

Chair Yoga – Fully Seated

In this seated class students will explore meditative breathing, functional postures and stretches, as well as guided relaxation. No experience is necessary, and all movements will be performed from the safety and comfort of a chair. Students can experience the same benefits of other yoga classes, such as improved balance, strength and mobility, while learning techniques to calm the mind and body. All levels and abilities welcome.

Masks required.

Wed 1:00 – 2:00 pm

Jan 3 – Feb 28

\$67.50/9 classes

Chair Yoga – Standing Options

In this seated class students will explore meditative breathing, functional postures and stretches, as well as guided relaxation. No experience is necessary and all movements can be performed from the safety and comfort of a chair with options to stand while using the chair as support. Students can experience the same benefits of other yoga classes, such as improved balance, strength, and mobility while learning techniques to calm the mind and body. All levels and abilities are welcome.

Masks required.

Wed 2:15 – 3:15 pm

Jan 3 – Feb 28

\$67.50/9 classes

Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock!

Tue 1:00 – 2:30 pm

No charge

Flexibly Fit

Flexibility is defined as the range of motion about a joint. Along with many other benefits, it can help to improve our ability to do daily activities like reaching to get something off a shelf, and may also help decrease our risk of injuries. This is a great way to ease into fitness. Please note that participants must be able to get down to and up from the floor.

Mon 1:30 – 2:30 pm

Jan 8 – Feb 26 (no class Feb 19)

\$64.75/7classes

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Get Up & Go

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Thu 1:30 – 2:30 pm

Jan 4 – Feb 29

\$83.25/9 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. Masks required.

Mon 1:00 – 2:00 pm

Jan 8 – Mar 11 (no class Feb 19)

\$25

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. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 8:15 – 9:15 am

Jan 4 – Feb 29 (no class Feb 19)

\$148/16 classes

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed & Fri 9:30 – 10:30 am

By donation

Line Dance – Level 1

This class is for those with no previous line dance experience.

Wed 1:30 – 2:30 pm

Jan 10 – Mar 20

\$55/11 classes

Line Dance – Levels 2 & 3

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Sorry, no drop-ins. Please note: we have changed the names of the different levels, and added a class on Wednesdays for those with no previous line dance experience.

Level 2 (formerly Beginners)

Fri 1:30 – 2:30 pm

Jan 12 – Mar 22

\$55/11 classes

Level 3 (formerly Improvers)

Fri 2:30 – 3:30 pm

Jan 12 – Mar 22

\$55/11 classes

Minds In Motion®

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Silver Harbour membership not required

Fri 9:45 – 11:15 am

Jan 19 – Mar 15 (no class Feb 16)

\$64/8 classes

(Rate is for one person and their care partner)

Osteofit 1

Designed for those with osteoporosis, the class goal is to improve spinal stability and 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. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 11:45 am – 12:45 pm

Jan 4 – Feb 29 (no class Feb 19)

\$148/16 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. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 10:00 – 11:00 am

Jan 4 – Feb 29 (no class Feb 19)

\$148/16 classes

Snooker

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

Mon through Fri, 9 am to 4 pm

\$25/season

Stand Strong

Stand Strong is a program that teaches assertiveness, self-defense and fitness, to inspire confidence, wellness and self-awareness in participants. In this multi-faceted program you will learn simple self-defense techniques, improve posture, balance, flexibility and strength, as well as develop assertive communication skills, and learn how to avoid internet and social media frauds. Silver Harbour membership not required.

Tues 1:00 – 2:15 pm

Jan 9 – 30

Fitness Room

\$10

Table Tennis

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

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

\$25/season

Yoga

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

Mon 9:00 – 10:00 am

Auditorium

Jan 8 – Feb 26 (no class Feb 19)

\$35/7 classes

Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Book Club

**CURRENTLY
WAITLISTING**

Book Club meets monthly to discuss a pre-selected book. Masks required.

3rd Monday of the month

2:30 pm

No charge, but you must pre-register

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

\$3 drop-in

Circle of Friends

**CURRENTLY
WAITLISTING**

The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required. Please leave your name and number with the front desk and the leader will contact you. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Wed 1:00-2:30 pm

\$3 per session

Program Registration Information:

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- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Computer Club

The Computer Club meets twice a week, either in person or by Zoom, to exchange information about technology, software and applications. Members can use the in-house computers provided, or bring their own devices. Note: If you are looking for computer instruction, please contact your local library or see page 6 for tech learning happening at Silver Harbour.

Mon & Fri 9:00 am – 12:00 pm

\$25/season

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

\$3 drop-in

Current**Conversations****CURRENTLY
WAITLISTING**

Join us 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 number with the front desk and the leader will contact you. Silver Harbour membership not required. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Fri 1:00-2:30 pm

\$3 per session

ElderCollege

We are pleased to offer ElderCollege at Silver Harbour. Programs this fall include:

- Books Unlimited Book Club
- Champions of the Environment Lecture Series
- Mythos – The Shaping Of Our Mythic Tradition
- Outdoor Learning – Lighthouse Park Guided Walk
- What's News

Detailed descriptions of these programs are available on pages 18 and 19.

Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoke and written English. Masks required.

Thur 9:30 – 11:30 am

No charge

Starts Jan 4

**Mandarin Chinese
for Beginners****NEW!**

In this introductory class you will learn some practical conversational phrases and how to read and write some simplified Chinese characters. You will also learn about fascinating Chinese festivals and traditions, as well as interesting cultural and etiquette tips.

Wed 1:00-2:30 pm

Computer Room

Feb 7 – Mar 27

\$25

Meditation

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

Wed 10:00-11:00 am

\$25/season

Starts Jan 9

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Tea & Talk

**CURRENTLY
WAITLISTING**

Tea and Talk members gather weekly to enjoy lively and fun conversation while meeting and making new friends! There are a few spaces available in this already popular program. The Silver Harbour LINKS Team will provide support to members, such as linking you to transportation options to and from the centre, reminder phone calls and one-on-one volunteer support while in the program. Please register at the office. Joni will contact new participants prior to joining the program. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Light refreshments will be served.

Thurs

10:00 - 11:30 am

Card Room

\$3 per session

Tile Rummy

This tile-based game combines elements of mah jong and the card game rummy. Newcomers welcome – instruction will be provided.

Wed

11:00 am – 12:00 pm

\$1 drop-in



Davies
Prescription Pharmacy

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1401 St. Georges Avenue, North Vancouver

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- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

ElderCollege at Silver Harbour

Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book. (Titles for this session were not yet available at the time of publication).

Wed 1:30 – 3:00 pm

Jan 24, Feb 14, Mar 6, Mar 27, Apr 17

\$25

Champions of the Environment

Our selected speakers for this program will challenge us to look at environmental issues through their knowledge of the difficulties climate change presents to us in our land, sea and air. Topics will include:

- Three Waters
- Unprecedented Wildfires – The Role of Global Warming
- Sustainable Urban Futures: Adapting to Climate Change Through Innovative Water Management
- We Are Drowning in Plastic Waste: The Plastics Conundrum
- A Scientific Case For Climate Courage

Mon 1:00 – 2:30 pm

Card Room

Mar 4 – Apr 8 (no class Apr 1)

\$25

“Mythos: The Shaping Of Our Mythic Traditions” by Joseph Campbell

This is an opportunity to enrich your life with the excitement of powerful ideas and masterful storytelling. Each class will begin with a 50-minute viewing of a recorded presentation by Joseph Campbell, who spent his life examining the relationship between mythology and religion. The video will be followed by a facilitated discussion of the ideas presented.

Wed 10:00 am – 12:00 pm

Card Room

Feb 21 – Mar 20

\$25

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Outdoor Learning

There are several Outdoor Learning programs offered each season. Participants provide their own transportation and meet at the location. All of the outdoor programs require a moderate level of fitness, and full mobility is required. These programs take place outside on natural terrain, with some steep and uneven ground. Programs will proceed rain or shine, so dress accordingly. Walking poles and sturdy footwear are recommended. This spring we are offering the following:

Lighthouse Park

Come join author Stephen Hui, writer of "Best Hikes and Nature Walks for Kids" for a guided walk through Lighthouse Park. In this 90-minute walk, you will learn about historical and botanical topics of interest at Lighthouse Park. We will meet in the parking lot at Lighthouse Park, by the trail sign. A reasonable level of mobility is required.

Tues, Apr 9th

1:00 – 2:30 pm

\$10/1 class



What's News

Is it fact or is it fake? Are you interested in news and current affairs? Here's your chance to engage in discussion with others about what is happening in our world and is reported in the media. If you'd like to learn about what's going on, share your opinion about current events, or help distinguish facts from fake news, please join us. New participants are always welcome.

Thurs 1:30 - 3:00 pm

Card Room

Jan 18 – Apr 25

\$25

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Arts Programs (Volunteers)

Craft & Knitting Volunteers

Supported, non-instructional environment

All levels

Join this creative volunteer group of crafters in making handmade items for our craft markets. Explore Crafting, Knitting, Crochet, Felting, Sewing and Painting within a supportive, community environment. No previous experience needed, enthusiasm will be an asset. All new volunteers must book an orientation with the Arts Program Coordinator before registering.

Mon & Fri 9:30 am - 12:00 pm

No charge. Materials provided.

Quilting Volunteers

Supported, non-instructional environment

Intermediate+

Join this volunteer group of quilters to help make handmade items for our Craft Markets. Come have fun solving enormous geometry problems!

Tue 1:00 - 3:00 pm

No charge. Materials provided.

Woodworking Volunteers

Supported, non-instructional environment

Intermediate+

Supervisors: Neil and Robert

Join this volunteer group of woodworkers to help make handmade items for our Craft Markets. Full range of electric and manual equipment. All new volunteers must book in an orientation with Neil before registering. For experienced woodworkers only.

Mon – Fri mornings

No charge. Materials provided. Alternatively pay a donation of \$3.00 per visit and make for yourself.

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Arts Programs (Studio)

Open Studio

Supported, non-instructional environment.

Work on your watercolour, printmaking, acrylic, or textile project in welcoming and relaxed atmosphere.

Fri 1:00 – 3:00 pm Starts Jan 12

\$25/season

Bring your own materials. Some printmaking supplies, watercolour paper and brushes are available for purchase.

Pottery – Open Studio

Supported, non-instructional, co-operative studio environment

Intermediate+

Explore the world of clay within a co-operative studio environment. New participants: Call to book an orientation with the Arts Coordinator.

Thu 1:00 - 3:30 pm Starts Jan 11

\$25/season

Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre. All participants must review and sign off on the pottery guidelines, which will be provided at the first session.





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Wood Carving – Open Studio

A haven for beginners and experienced carvers alike. Whether you're new to the craft or refining your skills, our space offers personalized guidance for newcomers and a supportive environment for seasoned artisans. Unleash your creativity, sculpt intricate designs, and join us in the transformative art of wood carving.

Wed 10:00 am -12:00 pm

\$25

Arts Programs (Instructed)

Beeswax Wrap Workshop

Join us for an exciting workshop where you can delve into the world of sustainability by creating your own beeswax wraps. Beeswax wraps are a fantastic eco-friendly alternative to plastic wrap, perfect for preserving food and reducing waste in your kitchen. This hands-on workshop will guide you through the process of making these reusable, versatile wraps.

All materials provided.

Wed, Jan 24th

10:00 am – 12:00 pm

Multipurpose Room

\$15

Ceramics Underglaze Painting Workshop

Embark on a creative journey in ceramics with our one-day, three-hour Underglaze Painting Workshop. This immersive experience offers a unique opportunity to explore the vibrant world of underglaze painting, regardless of your prior experience. With all materials provided, including ceramics, underglazes, brushes, and firing services, you can focus solely on honing your artistic skills. Our experienced instructor will be on hand to provide personalized tips, ensuring you leave with a stunning, personally crafted ceramic piece.

Wed, Jan 31

9:00 am – 12:00 pm

\$15, all materials provided (one ceramic tile included in price, additional tiles will be available for purchase)

Program Registration Information:

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Choir

Mixed choir entertains at the Centre and for outside groups. Masks required.

Fri 10:00 am – 12:00 pm

\$35/season

Starts Jan 5

Creative Journey

Join us on an enriching journey of self-discovery and personal growth as we explore the transformative power of art making. We will experiment with a variety of creative mediums, techniques, and insight focused art projects, with a view to deepening the enjoyment of our own creative journey. Whether you're a seasoned artist or a complete beginner, this class welcomes all skills levels. This course is led by a professional art educator and art therapist.

Thur 1:00 – 3:00 pm

Jan 11 – Mar 14

\$25

Dressmaking

Expert instruction in all aspects of sewing including tailoring, cutting, sewing and fitting. Sewing machines and sergers available to use, but bring your own materials

Wed 1:00 – 3:03 pm

Jan 17 – Mar 20

\$25

Juicy Wordplay

Facilitated by writer Crystal Hurdle, this is a twice-monthly writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit – whatever you like!) to help one another grow and develop as writers. Must be a registered participant (no drop-ins).

No Drop ins.

2 sessions a month

Starts Jan 15

10:00 am – 12:00 pm

No charge

Knit & Crochet Circle

The Knit and Crochet Circle is a welcoming gathering where enthusiasts of all skill levels come together to indulge in the artistry of yarn crafting. Whether you're a novice seeking guidance, or a knitter eager to revive your skills, our circle offers a supportive and inclusive space. Join us to explore the soothing rhythm of needles or hooks, engage in creative patterns, and bond with fellow knitters. Our sessions encourage camaraderie, learning, and the joy of crafting handmade treasures while fostering a sense of community and connection.

Wed 10am-12pm

\$25/season

Starts Jan 10

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Music Therapy

Taught by a professional music therapist, this group session supports health and well-being through music. This class will involve singing, music creation, music listening, relaxation to music, discussion, movement to music and more. Musical background and ability is not required to benefit from this class.

Mon 11:00 – 11:50 am

\$25

Starts Jan 8

Origami Ornaments Workshop

Join us for a delightful two-hour Origami Ornament Workshop where you'll embark on a creative journey to craft beautiful paper ornaments. Origami, the ancient Japanese art of paper folding, offers a perfect blend of relaxation, mindfulness, and creativity. In this workshop, you will learn how to transform simple sheets of paper into intricate ornaments that can adorn your home, tree, or even make wonderful gifts for your loved ones.

Mon Dec 11

Sewing Room

1:00 – 3:00 pm

\$10

Silk Painting

A fun way to learn about salt resists, and other techniques to apply to your scarves, cards and other projects. Intimate and peaceful studio setting with a skilled instructor. Pay as you go for materials.

Mon 12:30 – 2:30 pm

Jan 22 – April 18 (no class Feb 19, Apr 4)

\$25

Stained Glass

We all see beautiful stained glass décor in a large scale in cathedrals and museums, but here at Silver Harbour you can learn how to make your own. Skilled instructors are on hand for assistance with your project. Experience encouraged. Pay as you go for materials.

Thur 10:00 am – 12:00 pm

\$25

Starts Jan 4

Tapestry

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. No experience necessary; pay as you for materials

Tue 9:30 am – 3:00 pm

\$25

Starts Jan 9

Ukulele

Two levels to choose from. You will learn basic Ukulele chords and strumming patterns, to learn familiar songs. You will also learn to accompany yourself while singing. Ukuleles are not provided, participants must bring their own ukulele

Beginners

Mon 9:00 – 9:50 am

Starts Jan 8

\$25

Advanced

Mon 10:00 – 10:50 am

Starts Jan 8

\$25

Beginners Watercolor Painting

Discover the art of watercolor painting with our three-part beginner workshop series. Over six hours of instruction, you'll build a foundation in watercolor techniques and create your own artworks.

Mon 1:00 – 3:00 pm

Jan 15 - 29

\$15/3 classes

Please collect the materials list when you register.

Intermediate

Watercolour Painting

This course is tailored for individuals who have some prior experience with watercolour painting and would like to advance their skills and technique. Throughout the course our dedicated instructor will provide guidance and constructive feedback, enabling your growth as an artist. Additionally you will have the opportunity to engage in invigorating group discussions, share your artistic progress, and learn from fellow participants in a creative, stress-free environment. Students must bring their own supplies, including pencils, paper, brushes and watercolour paints.

Thur 10 am – 12 pm

Sewing Room

Jan 18 – Mar 7

\$25/8 classes

Weaving - Loom

With Toby

Learn all about cloth weaving using a variety of looms, including; floor, table and rigid heddle looms. This group is set within a supportive and dedicated environment with a skilled instructor. Pay as you go for materials

Tue 9:30 am - 3:00 pm

\$25/season

**CURRENTLY
WAITLISTING**

Wheel Throwing Pottery Class for Beginners

Dive into the art of wheel throwing as our skilled instructor guides you through clay basics, wheel mechanics, and shaping techniques. Discover the joy of crafting functional pottery like mugs, vases, and bowls while exploring your creative style. No prior experience needed—just bring your enthusiasm! Join us for a hands-on, therapeutic journey turning clay into unique, beautiful pieces of art.

Wed 1:00 – 3:00 pm

Jan 10 – Feb 28

\$35/8 sessions

Clay to be purchased at the centre.

Seniors Can Take These Steps To Reduce Holiday Stress

I do not know about you, but for the first time in awhile I am excited about the holiday season this year.

After dealing with the constraints that COVID-19 put on us over the holiday season in the last few years, we may be back to enjoying more normal activity. Most of us are looking forward to a holiday season full of fun and joy, unshackled by the pandemic.

However, this time of year as I have noted in the past, can also be somewhat stressful as we try to meet all the expectations that go with the season. Ironically, the pandemic often forced us to cut back on our favourite activities because of masking, distancing and not being allowed to congregate in large groups. However, while this may have reduced some of the usual stresses of the season, it also increased loneliness and a sense of disconnectedness.

The holiday season is generally a time when we increase our activities in addition to performing our usual daily pursuits. This extra activity can increase our stress levels as we try to get everything done from buying gifts, baking, decorating inside and outside our home, going to get-togethers and more. It can also cause us to neglect our good habits such as exercise and maintaining a good diet. It is so hard to pass up the goodies and to take an extra walk after a high calorie dinner full of our favourite things.

Seniors may be more at risk for increased stress than a younger person, and this may affect our health. An article written in Harvard Women's Health Watch states that "while stress certainly isn't easy to manage at any age, it can become more difficult to cope as you get older."

The authors of the study suggest that an older person's body can't physically and mentally handle stress the same way it did when they were younger, stating that "signs of stress may mimic symptoms of memory loss or dementia or include appetite changes, headaches, anxiety, irritability, or trouble concentrating."

In addition to stress, some seniors commonly experience depression at this time of year as they revisit old memories and mourn the losses and change of times. For some seniors who are somewhat isolated, there is an increased sense that they might be missing out on the good things that others are enjoying.

As seniors, taking care of ourselves without getting stressed will again be a challenge after the pandemic's restrictions. How can we manage to navigate the holiday season so that it is enjoyable and fun? The Harvard Women's Health Watch article suggests that we can "manage stress by using

relaxation techniques, getting involved in community activities, taking care of yourself, eating right, getting enough sleep, and sticking to other healthy habits.”

It's always wise to pace yourself if you are overwhelmed by the addition of many events to join, cooking, or even attending big dinners with family and friends. Spending extra money for gifts and holiday goodies can be stressful when you are on a fixed income. As many of us are experiencing this year, the cost of everything has gone up. Taking time to plan with a strict budget might help. Not only spending the money can be stressful, but so is taking the time to shop in crazy busy malls. Ask yourself: Do you need the biggest tree on the lot? Does everyone need a personalized gift?

Taking care of our health means keeping up with regular sleep routines and maintaining our exercise programs despite the call of the mall. It also means sticking to your good eating habits in the face of the abundance of the holiday season. Try surveying the goodie tray and take only one or two special treats. Eat only at mealtimes and resist snacking, especially if you know you are going to have a big meal later.

Giving of yourself can reduce stress. Assist seniors you know who may be needing some support or extra social connection. Donate to a charity that serves people at this time of year. The food bank needs your support as do many of the organizations on the North Shore – see lists of charities in the 2023 Seniors Directory, which is found at your nearest seniors centre or at North Shore Community Services (call 604-982-3302). It's also online at:

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

Proper self-care is the gift you can give to yourself over this season. Try to take a few moments for yourself, take a nap or a bath, curl up with a good book, watch a new series on TV (or pick up a set at your local library) or chat with a friend.

Let's get back to a new holiday season “normal,” but let's stay unstressed, feel the joy, and have fun.

Margaret Coates is the co-ordinator of Lionsview Seniors' Planning Society. She has lived on the North Shore for 52 years and has worked for and with seniors for twenty-seven of those years.

This column was first published in the North Shore News © 2022 North Shore News.

Silver Harbour Program Schedule – Winter 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
	Yoga				
	Beginner Ukulele				Woodworking
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
		Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Advanced Ukulele		Meditation	Stained Glass	Choir
	Osteofit For Life		Table Tennis	Osteofit For Life	
			Woodcarving	Intermediate Watercolour	
			Knit & Crochet Circle	Tea & Talk	
11:00 am	Music Therapy				
			Tile Rummy		
11:45 am	Osteofit 1			Osteofit 1	
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Hula for Health	Cribbage	Chair Yoga – Fully Seated	Pottery: Open Studio	Table Tennis
	Beginner Watercolour	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
		Stand Strong	Dressmaking	What's News	Open Studio
		Daytime Dance	Wheel Throw Pottery	Creative Journey	
			Beginner Mandarin		
1:30 pm	Flexibly Fit		Line Dance – Level 1	Get Up & Go	Line Dance – Level 2
2:15 pm			Chair Yoga – Stand Options		
2:30 pm					Line Dance – Level 3

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.