

Silver Harbour Seniors' Activity Centre Fall/Winter 2024 **PROGRAM GUIDE**



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

www.silverharbourcentre.com

tel: 604-980-2474

Silver Harbour Seniors' Activity Centre

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



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info@silverharbourcentre.com



[SilverHarbourSeniorsActivityCentre](#)



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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, Sḵw̱x̱wú7mesh Úxwumixw (Squamish), səliiwətaʔ (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.

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

Arthur Davies, Director	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
Shideh Shadfar, Director	Virginia Baldwin, Director
Wayne Hanna, Director	

Important Notes about Programs

We hope you enjoy reading this Program Guide to learn more about our programs and services. Program registration starts each season on the date listed in our monthly newsletter (available on our website and at the front desk). Many programs can be joined at any time during the season, but some programs fill very quickly and may not always be available every season. Membership is \$35/year and is required to register for all programs, except where specified. 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 the front desk).

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

Bus Trips

Silver Harbour offers partial and full day trips to a wide variety of local attractions and places of interest. Please see our monthly newsletter to learn about upcoming trips. Silver Harbour membership not required.

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 ladies wear and accessories are always welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon-Fri 10:00 am – 1:00 pm

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 in the monthly newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

Newcomers Tea and Tour

All new members and those considering becoming members are invited to attend a tour of Silver Harbour and enjoy a free cup of tea (or coffee). Please see our monthly newsletter for the date of the next tour.

Volunteering

Silver Harbour relies on volunteers to help operate our Centre and programs, including food services, program instruction, crafts, boutique and clothes closet sales, building and garden maintenance, bus driving and more.

Workshops and Seminars

Silver Harbour offers free and low-cost workshops and seminars on a wide variety of topics including issues related to health, housing, finances, technology, seniors services, and much more. Check out the latest monthly newsletter for upcoming workshops and seminars. 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.

Wed 1:00 – 2:00 pm

\$60/8 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.

Wed 2:15 – 3:15 pm

\$60/8 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 1:00 – 2:00 pm

\$74/8 classes

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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 1:00 – 2:00 pm

\$74/8 classes

Hula for Health

Did you know that Hula has health benefits as an alternative form of mild exercise? Taught by an experienced instructor, the gentle moves to relaxing music can improve strength, flexibility, balance and coordination, even while seated. Masks required.

Mon 1:00 – 2:00 pm

\$25/season

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

\$148/16 classes

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed & Fri 9:30 – 10:30 am

By donation

Line Dancing

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. 3 levels – beginners (Level 1), intermediate (Level 2) and advanced (Level 3). Sorry, no drop-ins.

Level 1 Wed 1:30 – 2:30 pm

Level 2 Wed 2:30 – 3:30 pm

Level 2 Fri 1:30 – 2:30 pm

Level 3 Fri 2:30 – 3:30 pm

\$50/10 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

\$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 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 11:30 am – 12:30 pm

\$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

\$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

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

\$50/10 classes

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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Book Club

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

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

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. Silver Harbour membership not required.

Wed 1:00-2:30 pm

\$3 per session

**CURRENTLY
WAITLISTING**

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 – they have excellent tech training programs.

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.

Fri 1:00-2:30 pm

\$3 per session

ElderCollege

We are pleased to offer ElderCollege at Silver Harbour, with different programs each season.

We have recently offered:

- Books Unlimited Book Club (on Zoom)
- Changing Demographics of Canada
- Geological Rambles
- Healthy People, Healthy Planet
- History from A to Z in 3
- Meet Our Local Authors
- Mythos: Eastern Religions
- What's News

Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoken and written English.

Thur 9:30 – 11:30 am

No charge

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Meditation

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

Wed 10:00 – 11:00 am

\$25/season

**CURRENTLY
WAITLISTING**

Tea & Talk

Tea and Talk members will gather weekly to enjoy lively and fun conversation while meeting and making new friends! The Silver Harbour Seniors Outreach Team will provide support to members, such as: transportation to and from the centre, reminder phone calls and one on one volunteer support while in the program. Light refreshments will be served. Please register at the office and new participants will be contacted prior to joining the program. Silver Harbour membership not required.

Thurs 10:00 – 11:30 am

\$3 per session

Tile Rummy

This tile-based game combines elements of mah jong and the card game rummy.

Wed

11:00 am – 12:00 pm

\$1 drop-in

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

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

\$25/season

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

Pottery – Open Studio

Supported, non-instructional environment, 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

\$25/season

Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre.

Woodcarving – Open Studio

Supported, non-instructional environment.

All levels

Work on your carving project with a fun and welcoming group of carvers.

Wed 10:00 am – 12:00 pm

\$25/season

Bring your own materials – wood available at the centre.

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Arts Programs (Instructed)

Basket Weaving

Embark on a captivating journey into the world of basket making. Over the span of four weeks, participants will immerse themselves in the art of basket weaving, learning fundamental techniques and exploring a diverse array of materials and styles. Whether you're a novice or looking to enhance your existing skills, this course provides a warm and inclusive environment, suitable for all levels of experience. Please bring small garden snips or multi-purpose scissors, towel, spray bottle, a small packing tool or very small screwdriver with a flat blade. Reed will be provided.

Fri 10:00 am – 12:00 pm

\$35/season

Supplies provided (bring tools)

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Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

\$35/season

Creative Journey

Join us on an enriching journey of self-discovery and personal growth as we explore the transformative power of art making. Experiment with a variety of creative mediums, techniques, and insight focused art projects, to deepen 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. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Thur 1:00 – 3:00 pm

\$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 – 3:00 pm

\$25

Golden Fireflies

Release your creativity and free your imagination to create stories. Using humour, fun acting games and professional theatre techniques in a safe, lighthearted environment, we'll awaken our senses, learn acting and writing skills, and explore the world of storytelling. Guaranteed to be fun, freeing and stimulating for your mind. Everyone is welcome, no experience necessary. Golden Fireflies is facilitated by professional theatre artists from Presentation House Theatre.

Tues 1:00 – 3:00 pm

No charge

Inkle Loom Weaving

Inkle loom weaving is a traditional craft for creating colorful bands, straps, and belts. Using a compact loom with a continuous warp, you will learn to weave intricate patterns and designs, from geometric motifs to elaborate creations.

Tues 1:00 – 3:00 pm

\$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

Mon 10:00 am – 12:00 pm

Sewing Room

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 10:15 am – 12:15 pm

\$25/season

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Musical Journey

Musical Journey is a social-wellbeing program for seniors and intentionally includes seniors who feel isolated and people living with an early-stage dementia and/or their care partners and friends. In a relaxed and safe environment, come reminisce, laugh and have fun to familiar tunes and explore the therapeutic benefits of making music together. Sessions may include rhythm activities, gentle movement to music, games, singing and supported conversations led by a certified music therapist. Activities are tailored to promote emotional well-being, cognitive vitality, creativity, social connection, and personal growth. Whether you're a seasoned musician or have never picked up an instrument before, 'Musical Journey' welcomes all levels of musical ability. Please join us for social time after the class. Refreshments will be available for purchase. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Mon 11:00 – 11:50 am
\$25

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
\$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

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
Starts Sept 10
Sewing Room
\$25

Beginners Ukulele

Whether you're picking up an instrument for the first time or revisiting an old passion, our gentle and supportive classes provide a nurturing environment to learn at your own pace. Join us as we strum through the basics of chords, melodies, and rhythms, fostering relaxation, cognitive stimulation, and a sense of community through the power of music. Please join us for social time after the class. Refreshments will be available for purchase.

This program is made possible with funding from the BC Ministry of Health through the United Way of BC. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

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Mon 10:00 – 10:50 am

\$25

Intermediate Ukulele

Come join us for a fun and rewarding ukulele experience. Whether you're a seasoned player looking to refine your skills or an intermediate player ready to take your abilities to the next level, this class is designed to challenge and inspire you. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 9:00 – 9:50 am

\$25

Advanced 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

\$25/8 classes

Weaving – Loom

**CURRENTLY
WAITLISTING**

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 – 3:30 pm

Starts Sept 3

Arts & Crafts Room

\$25/season

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

\$35/8 classes

Clay to be purchased at the centre.

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Silver Harbour Program Schedule – Fall 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Int. Ukulele	Woodworking	Woodworking	Woodworking	Snooker
	Snooker				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	Beg. Ukulele		Meditation	Advanced Watercolour	Basket Weaving
	Osteofit For Life	Meet Local Authors	Table Tennis	Osteofit For Life	Choir
			Woodcarving	Stained Glass	Changing Demographics
				Tea & Talk	
10:15 am			Knit & Crochet		
11:00 am	Musical Journey		Tile Rummy		
11:30 am	Osteofit 1			Osteofit 1	
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Flexibly Fit	Cribbage	Chair Yoga – Fully Seated		Current Conversations
	Healthy People, Healthy Planet	Daytime Dance	Circle of Friends	Bingo	Open Studio
	Hula for Health	Golden Fireflies	Dressmaking	Creative Journey	Table Tennis
		Inkle Loom Weaving		Get Up & Go	Weaving
		Quilting Volunteers	Mythos	Pottery: Open Studio	
			Pottery: Wheelthrowing		
1:30 pm			Line Dance – Level 1	What's News	Line Dance – Level 2
2:15 pm			Chair Yoga – Stand Options		
2:30 pm			Line Dance – Level 2		Line Dance – Level 3