

# 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

December 2024



## It's time to register for Winter Programs!

Thank you to  
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and our website.

Thank you to the  
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of north  
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for helping to fund the  
operations of Silver Harbour.



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# Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 70 seniors' 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 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*



*SilverHarbourC*

## 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, Słwłxwú7mesh Úxwumixw (Squamish), səlılwətał (Tseil-Waututh) and x<sup>w</sup>məθk<sup>w</sup>əyəm (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

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	

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## Thank You! Thank You!

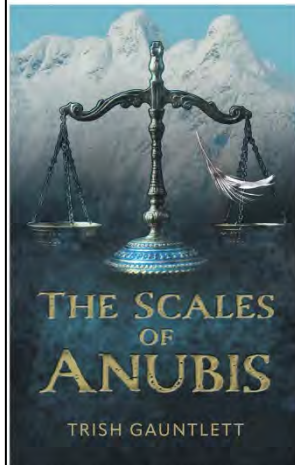
We'd like to say an enormous thank you to all the volunteers, staff, and shoppers at our recent Christmas Market. Over 100 volunteers and staff prepared and sold arts and crafts, baking, and second hand items (clothing, jewelry, household items, puzzles, flower bulbs, and craft supplies) and ran a wonderful Christmas tea room. We had our biggest year yet... over 1300 attendees and \$28,000 in sales. And we proudly showcased the creativity, skills, dedication, and hard work of many local seniors. We're very grateful to all who helped make this year's Market such a fabulous event!

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 (except during a postal strike), over the phone (604-980-2474) using a credit card, or through the Donate button at [www.silverharbourcentre.com](http://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.





**Trish Gauntlett is a local author and a member of Silver Harbour.** In this novel, set in North Vancouver, Trish weaves ancient Egyptian mythology and modern intrigue into a contemporary cozy mystery, inspired by a secret letter hidden in an old book, which tests the power of friendship and community.

[www.trishgauntlett.ca](http://www.trishgauntlett.ca)

\$20.00 paperback copy. To order, contact Trish at [trishgauntlett@shaw.ca](mailto:trishgauntlett@shaw.ca)

*Free delivery in North Vancouver up to December 22*

# Silver Harbour Bulletin Board

## Winter Program Registration and Membership Renewal

Registration for arts programs (beginning in January) will start at 9 am on Monday, December 9<sup>th</sup>. Registration for all other programs will start at 9 am on Thursday, December 12<sup>th</sup>. You may register by phone or in-person. You must have a current membership in order to register in most programs. Please check the expiry date on your membership card – renewing in advance of registration will streamline the process on that day, and make it a more pleasant experience for everyone.



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## Program Price Increases

We will be increasing the prices of many of our programs beginning in January to \$30/season (from \$25). Other programs will also have a small price increase. The last program price increase was two years ago.

## Holiday Closing

Silver Harbour will be:

- OPEN Monday, December 23<sup>rd</sup>
- CLOSED Tuesday, December 24<sup>th</sup> to Sunday, December 29<sup>th</sup>
- OPEN Monday, December 30<sup>th</sup>
- CLOSED Tuesday, December 31<sup>st</sup> and Wednesday, January 1<sup>st</sup>
- OPEN Thursday, January 2<sup>nd</sup> and Friday, January 3<sup>rd</sup>

## Bingo Break

There will be no Bingo on December 26<sup>th</sup> and January 2<sup>nd</sup>.

## Daytime Dance in December

Daytime Dance will happen on the regular day and time on Tuesday, December 3<sup>rd</sup> and 10<sup>th</sup> at 1 pm. For the rest of the month, it will take place on Monday – December 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> at 1 pm. This month, come and enjoy the special Christmas playlists December 3<sup>rd</sup> to 23<sup>rd</sup>, and a New Years playlist on December 30<sup>th</sup>.



## Elevator Shutdown

Please note: the elevator will be shut down for repairs all day on Wednesday, December 18<sup>th</sup>.

## Used Birthday Cards

We are looking for donations of used birthday cards in good condition. Please drop them off at the front desk.

## “Ice and Snow We Don’t Go” If Schools Are Closed, So Is Silver Harbour

If there is snow falling, or there is snow or ice on the ground, we’ve probably cancelled your program at Silver Harbour. While we try to stay open during bad weather and offer our food services, we frequently cancel programs on these days. If in doubt, please call Silver Harbour at 604-980-2474 before coming to the centre on a snowy or icy day. Remember the great saying – “ice or snow, we don’t go!” and if you hear on the news that schools in North Vancouver District are closed, then so is Silver Harbour.



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## Parking at Silver Harbour

In addition to designated parking spots on the west side of Silver Harbour, 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 most of the parking spots on East 22<sup>nd</sup> Street have been changed to **2-hour parking**. Please give yourself extra time to find parking. **DO NOT PARK IN STAFF OR LOADING ZONE PARKING.**

## Food Price Increases

Effective January 2, 2025, we will be increasing food prices at Silver Harbour. Food prices were last increased in September 2022 and since that time the cost of food products has increased significantly. Shown below is a sample of some of the price increases.

	Current Price	New Price
Full Meal	\$12	\$14
Entrée only	\$9	\$10
Soup	\$2.50	\$3.00
Salad/Dessert	\$1.50	\$2.00
Sandwich	\$4.00	\$5.00
Coffee	\$1.50	\$2.00
Tea	\$1.25	\$2.00



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 BC Reg # 2388

## Daily Menu for December

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Sausages	<b>3</b> Garlic Prawns	<b>4</b> Turkey Schnitzel	<b>5</b> Meat Patty	<b>6</b> BBQ Ribs & Chicken (max 2 per person)
<b>9</b> Pork Loin	<b>10</b> Nasi Goreng (Prawns & chicken over rice)	<b>11</b> Christmas Lunch (you must have purchased a ticket to attend)	<b>12</b> Meat Loaf	<b>13</b> Lamb Shank (max 2 per person)
<b>16</b> Salmon	<b>17</b> Chicken Breast	<b>18</b> Bami Goreng (Prawns & chicken over noodles)	<b>19</b> Cod Nuggets	<b>20</b> Turkey Dinner (max 2 per person)
<b>23</b> Ham & Scalloped Potatoes	<b>24</b> Silver Harbour CLOSED	<b>25</b> Silver Harbour CLOSED	<b>26</b> Silver Harbour CLOSED	<b>27</b> Silver Harbour CLOSED
<b>30</b> Tiger Prawns over Risotto	<b>31</b> Silver Harbour CLOSED	<b>Entrée: \$9</b> <b>Full Meal Combo: \$12</b>		

*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**



## Workshops & Special Events

### OASIS Arthritis: Foot & Ankle Arthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. This class will focus on specific strategies for management of foot and ankle arthritis, including joint protection, exercise and pain management.

**Wednesday, December 4<sup>th</sup>**  
**10:00 – 11:30 am**  
**Card Room**  
**Free of charge,**  
**but you must pre-register**

### 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 4<sup>th</sup>**  
**10:30 am – 12:00 pm**  
**Silver Harbour Library**  
**Free of charge**

### Climate Café

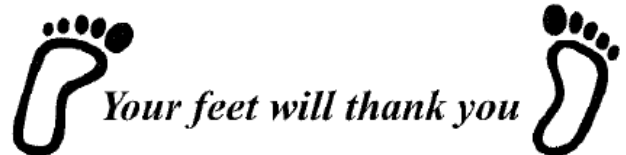
Presented by Ocean Ambassadors Canada, Climate Café is a monthly program, where we will meet for a friendly discussion about issues relating to climate change. This month's topic is "The Mighty Fraser River". The Fraser River lies at the heart of BC, flowing 1,375 kilometers from the Rocky Mountains to the Pacific Ocean. Floods and slides have sent debris into the Fraser. It is a major waterway for 6 types of salmon. How are they faring? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

**Tuesday, December 10<sup>th</sup>**  
**10:00 – 11:30 am**  
**Card Room**  
**Free of charge,**  
**but you must pre-register**

## Total Toe Care

*Great in-home foot care*

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*Serving the North Shore for 17 years*

**Christmas Lunch**  
**Presenting Sponsor:** **SORRY FULL**  
**PARC Retirement Living**

Enjoy a traditional Christmas turkey dinner with your friends, followed by a draw for gifts. Thank you to PARC Retirement Living for sponsoring this event.

**Wednesday, December 11<sup>th</sup>**  
**(no other lunch served that day)**  
**Doors at 12:15 pm**  
**Lunch at 12:30 pm**  
**\$15 members; \$20 non-members**

## Holly Tea

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 17<sup>th</sup>**  
**(lunch service will end at 12:30 pm that day)**  
**Doors open at 1:45 pm**  
**\$10.00 per ticket**  
**Tickets must be purchased in person**  
**from the front desk**  
**Tickets on sale now**

## 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, December 23<sup>rd</sup>**  
**10:00 – 11:30 am**  
**Card Room**  
**Free drop-in**





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## Climate Café

Presented by Ocean Ambassadors Canada, Climate Café is a monthly program, where we will meet for a friendly discussion about issues relating to climate change. This month's topic is "Electric Vehicles". There are numerous types of electric vehicles on the road now. Are they better for the environment? They don't use gasoline, but their lithium batteries have a huge impact. Can we produce enough electricity to power them if every drive has one? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

**Wednesday, January 8<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free of charge,  
but you must pre-register**

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## Dance Before Dark

**Tickets on sale Thursday, January 2<sup>nd</sup>**

Dance away the winter blues to the music of Silver Harbour favourite John Cronin! Ticket price includes a cup of tea or coffee and a treat. Tickets must be purchased in person.

**Monday, January 20<sup>th</sup>**

**1:30 – 3:30 pm**

**\$10 ticket**

## Tax Planning for Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities. Presented by David Perkins of Assante Financial Management.

**Wednesday, January 22<sup>nd</sup>**

**1:00 – 2:30 pm**

**Card Room**

**Free of charge,  
but you must pre-register**



## Book Club

The Book Club meets monthly to discuss a pre-selected book. This month's book will be "Becoming" by Michelle Obama.

**Monday, January 27<sup>th</sup>**

**2:30 - 3:30 pm**

**Multi-Purpose Room**

**No charge**

## 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 2025.

**Monday, January 27<sup>th</sup>**

**1:30 – 2:30 pm**

**Auditorium**

**Free of charge,**

**but you must pre-register**

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*In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. You can read all 50 stories in full at:*

*<https://silverharbourcentre.com/50-amazing-lives/>*

## Meet Margaret

"Silver Harbour used to be a hidden gem in North Vancouver, but our presence has become increasingly more well-known. With this change, there has also been an uptick in participation from seniors of diverse backgrounds"

50 Amazing Stories

*In celebration of Silver Harbour's 50th Anniversary*

## Trips and Tours

### The Singing Christmas Tree With Enjoy Tours

**SORRY  
FULL**

Registration began on November 1<sup>st</sup>

The Singing Christmas Tree is a highlight of the Christmas season in Vancouver. The tree lights up with 80 singers. Actors, dancers, and musical soloists are all part of the festivities. Following the performance, you will enjoy dinner (included in price) at the historic Sylvia Hotel overlooking English Bay.

**Friday, December 13<sup>th</sup>**

**3:15 – 9:45 pm**

**\$139**

### Stonehenge at the Royal BC Museum With Enjoy Tours

Registration begins on Monday, Dec. 2<sup>nd</sup>

Discover one of the most mysterious and unique stone monuments in the world. Visit the Royal BC Museum to learn about the people who built it, featuring 400+ ancient artifacts. Enjoy a 2-course lunch (included in price) at the Steamship Bar & Grill in Victoria's Inner Harbour. There will be an additional \$36 ferry fee for those aged 64 years and under

**Thursday, January 2<sup>nd</sup>**

**7:00 am – 8:00pm**

**\$159**

**Please buy your tickets  
before December 20<sup>th</sup>  
or the trip may be cancelled.**



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## 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

### 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 6 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

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**Additional Tours**  
**2025 & beginning of 2026 include:**

Kenya – June 02/25 Famous Masai Mara, Lake Nakuru Aberdare & more  
 Tanzania & Amboseli – Oct 01/25 African Safari **All the Major Highlights**  
 New Zealand – Nov 04/25 North & South Islands **Bookings Have Started**  
 Sri Lanka – Jan 15/26 Historically known as Ceylon **Fabulous Tour**  
 India – Jan 27/26 All must-see + the Taj Mahal **Bookings Have Started**  
 Kenya & Tanzania – TBA Five incredible wildlife area

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 + Guide/Driver Gratuities Included

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CRIC #1473  
 CRIC # 81988



## Keep Fit...

### Chair Yoga

At the time of publication we were not able to confirm dates for the next session of Chair Yoga. We hope to have more information in the January newsletter.

### Daytime Dance

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

Tue 1:00 – 2:30 pm

Auditorium

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

Jan 6 – Feb 24 (no class Feb 17)

Fitness Room

\$64.75/7 classes

### 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

Jan 2 – Feb 27

Fitness Room

\$83.25/9 classes

#### ***Program Registration Information:***

- ***Registration for Arts Programs will begin on Monday, December 9th. Registration for all other programs, will begin on Thursday, December 12<sup>th</sup>.***
- ***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.***

## 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 and/or Thu 8:15 – 9:15 am  
 Jan 2 – Feb 27 (no class Feb 17)  
 \$148/16 classes  
 Fitness Room

## Keep Well

Exercise to music. Silver Harbour membership not required.

Wed and/or Fri 9:30 – 10:30 am  
 Auditorium  
 By donation

## Line Dance

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Sorry, no drop-ins.

### Line Dance – Level 1 (Wed)

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

Wed 1:30 – 2:30 pm  
 Jan 8 – Mar 26  
 Auditorium  
 \$66/12 classes

### Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm  
 Jan 8 – Mar 26  
 Auditorium  
 \$66/12 classes

### Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm  
 Jan 3 – Mar 28  
 Auditorium  
 \$71.50/13 classes

### Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm  
 Jan 3 – Mar 28  
 Auditorium  
 \$71.50/13 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 10 – Feb 28

Multipurpose

\$68/8 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 and/or Thu 11:30 am – 12:30 pm

Jan 2 – Feb 27 (no class Feb 17)

Fitness Room

\$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 and/or Thu 10:00 – 11:00 am

Jan 2 – Feb 27 (no class Feb 17)

Fitness Room

\$148/16 classes

\$64.75/7 classes (Mon only)

\$83.25/9 classes (Thurs only)

## Snooker

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

Mon through Fri, 9 am to 4 pm

Billiards Room

\$30/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

Fitness Room

\$30/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 6 – Mar 31 (no class Feb 17)

\$66/12 classes



## Expand Your Mind...

### Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

### Book Club

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

4<sup>th</sup> Monday of the month

2:30 pm

Multipurpose Room

No charge, but you must pre-register

### Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

Card Room

\$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

### 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

Computer Room

\$30/season

### Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$3 drop-in

#### **Program Registration Information:**

- **Registration** for Arts Programs will begin on Monday, December 9th. Registration for all other programs, will begin on Thursday, December 12<sup>th</sup>.
- **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.

## 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  
Multipurpose Room  
\$3 per session

## ElderCollege

**Presented By PARC Retirement Living**

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

- Ancient Egypt: Life Along the Nile
- Books Unlimited Book Club
- Champions of the Environment
- What's News

Detailed descriptions of these programs are available on page 19.

## Intermediate ESL for Seniors

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

Thur 9:30 – 11:30 am  
Starts Jan 9  
Multipurpose Room  
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

Starts Jan 15

Computer Room

\$30/season

## 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. Light refreshments will be served. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

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

Auditorium

\$1 drop-in

### **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.



## ElderCollege at Silver Harbour Presented by PARC Retirement Living

### Ancient Egypt: Life Along the Nile

This course will provide a general introduction to the culture and history of ancient Egypt during different periods of antiquity, focusing particularly on the Nile. We will discuss the emergence of and development of ancient Egyptian society through both archaeological remains and textual sources, exploring topics like the emergence of writing, religious beliefs, kingship ideology, governance and bureaucracy, funerary culture, pyramid building and climate change. Presented by Christine Johnston, Associate Professor of Ancient Mediterranean History at Western Washington University.

Fri 10:00 am – 12:00 pm

Jan 24 – Feb 21

Card Room

\$30

### 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. If you would like more information on Books Unlimited, please email [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com), and we will have the facilitator contact you. The book list for winter and spring will be available in mid-December.

Wed 1:30 – 3:00 pm

Jan 22, Feb 12, Mar 5, Mar 26, Apr 16

\$30

### Champions of the Environment

This interesting and informative lecture series hosts a variety of speakers on environmental issues related to the importance of biodiversity and its contribution to our wildlife, rivers, forests and more. However, the loss of biodiversity is occurring at an alarming rate. This course looks at what is happening both locally and internationally to face this challenge.

Mon 1:00 – 2:30 pm

Feb 24 – Mar 31

Card Room

\$30

### What's News?

Are you interested in following current events? What's News is a discussion group that focuses on current topics in local, national and international news. Meeting once a week, this group offers you an opportunity to be informed, get caught up to date, and express your opinions about the significant stories of the day.

Thur 1:30 – 3:00 pm

Jan 16 – Apr 24

Card Room

\$30

## 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

Arts & Crafts Room

No charge. Materials provided.

### Quilting Volunteers

Supported, non-instructional environment  
Intermediate+

Passionate about quilting?

Join us weekly to craft beautiful quilted items sold at our craft markets. Showcase your skills and connect with other enthusiasts.

Tue 1:00 - 3:00 pm

Sewing Room

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

Woodshop

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

Have You Made  
a Plan yet?

If not, give our family a call

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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 3

Sewing Room

\$30/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 2

Arts & Crafts Room

\$30/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.

### 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 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

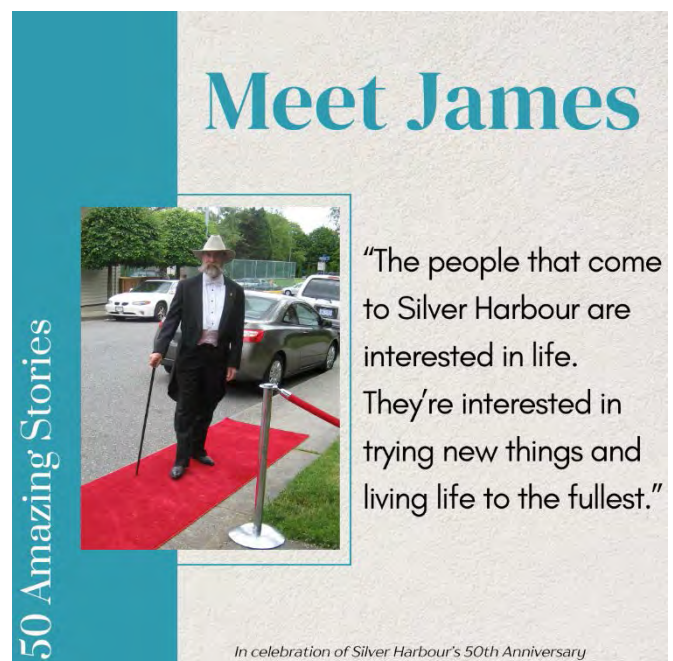
Starts Jan 8

Sewing Room

\$30

*In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. You can read all 50 stories in full at:*

<https://silverharbourcentre.com/50-amazing-lives/>



**Meet James**

50 Amazing Stories

“The people that come to Silver Harbour are interested in life. They’re interested in trying new things and living life to the fullest.”

*In celebration of Silver Harbour's 50th Anniversary*



## Arts Programs (Instructed)

### Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

Starts Jan 3

Fitness Room

\$40/season

### 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

Starts Jan 8

Sewing Room

\$30

### 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

Jan 9 – Mar 13

Sewing Room

\$30

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## 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

Jan 7 – Mar 25

Multipurpose Room

No charge

## 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

Jan 6, 20, Feb 3 (no class Feb 17), Mar 3, 17

10:00 am – 12:00 pm

Sewing Room

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 10:15 am – 12:15 pm

Starts Jan 8

Arts & Crafts Room

\$30/season

### **Program Registration Information:**

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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 11:30 – 12:20 am

Jan 6 – Mar 17 (no class Feb 17)

Multipurpose Room

\$30

## Pottery: Hand Building Techniques

This beginner-friendly course focuses on shaping clay by hand, using methods like pinch pots, coil building, and slab construction to create unique, one-of-a-kind pieces. Whether you're crafting functional pottery or decorative sculptures, you'll learn the fundamentals of texture, form and design, while developing skills of your own. No prior experience need.

Clay must be purchased at the Centre

Wed 1:00 – 3:00 pm

Arts & Crafts Room

Jan 8 – Mar 12

\$30

## Rigid Heddle Weaving Program

Discover the art of weaving using a rigid heddle loom. You will learn the basics of weaving, including yarn selection, pattern creation, and how to finish your woven piece. Whether you're looking to create beautiful scarves, towels or home décor items, this class offers a supportive environment to explore your creativity. Join us for a relaxing and creative afternoon of weaving – all you need is a love for crafting and a desire to learn something new!

Tues 1:00 – 3:00 pm

Jan 21 – Feb 25

\$30



## 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

Feb 3 – Mar 31 (no class Feb 17)

Arts & Crafts Room

\$30

## 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

Starts Jan 9

Arts & Crafts Room

\$30

## 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 Jan 7

Sewing Room

\$30

***In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. You can read all 50 stories in full at:***

***<https://silverharbourcentre.com/50-amazing-lives/>***

**Meet Gerda**

*"I've always had a passion for fashion. I began making children's clothes for Silver Harbour, and the centre quickly became a second home and a haven for me. Volunteering at the centre became a pivotal part of my life."*

*In celebration of Silver Harbour's 50th Anniversary*

## 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.

Mon 10:30 – 11:20 am

Jan 6 – Mar 17 (no class Feb 17)

Multipurpose Room

\$30

## 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 9:30 – 10:20 am

Jan 6 – Mar 17 (no class Feb 17)

Multipurpose Room

\$30

## Watercolor Painting

Discover the art of watercolor painting with our three-part 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 13 - 27

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

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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.

## 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

Jan 9 – Feb 27

Sewing Room

\$30/8 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 Jan 7

Arts & Crafts Room

\$30/season

***In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. You can read all 50 stories in full at:***

***<https://silverharbourcentre.com/50-amazing-lives/>***

**Meet Naseem**

50 Amazing Stories

"I want recognition for the amazing talents that are hidden inside Silver Harbour, to show people the work of our seniors and to dismantle the myth of ageism. Silver Harbour truly is a hidden gem."

*In celebration of Silver Harbour's 50th Anniversary*



## Silver Harbour Program Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:15 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
	Yoga				Woodworking
<b>9:30 am</b>	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Int. Ukulele	Weaving			Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>	Osteofit For Life		Meditation	Advanced Watercolour	Ancient Egypt
			Table Tennis	Osteofit For Life	Choir
			Woodcarving	Stained Glass	Drawing & Pastels
				Tea & Talk	
<b>10:15 am</b>			Knit & Crochet		
<b>10:30 am</b>	Beg. Ukulele				
<b>11:00 am</b>			Tile Rummy		
<b>11:30 am</b>	Musical Journey			Osteofit 1	
	Osteofit 1				
<b>12:30 pm</b>	Silk Painting				Duplicate Bridge
<b>1:00 pm</b>	Flexibly Fit	Cribbage			Current Conversations
		Daytime Dance	Circle of Friends	Bingo	Open Studio
	Watercolour - Beginner	Golden Fireflies	Dressmaking	Creative Journey	Table Tennis
				Get Up & Go	Weaving
		Quilting Volunteers		Pottery: Open Studio	
		Rigid Heddle Weaving	Pottery: Handbuilding		
<b>1:30 pm</b>			Line Dance – Level 1	What's News	Line Dance – Level 2
<b>2:30 pm</b>			Line Dance – Level 2		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](mailto:info@silverharbourcentre.com).