

# 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

January 2025



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# Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 75 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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## Bridging Generations: Connecting Seniors and Students

At Silver Harbour Seniors Activity Centre, an intergenerational program brought together 15 senior ladies from the Tea and Talk social group and grade 7 students from St. Edmund's Elementary School for a unique three-month exchange. Through interviews and conversations, students learned about the seniors' lives, comparing experiences, hobbies, and interests. The program culminated in a heartwarming wrap-up party where students and seniors shared reflections, looked at nostalgic items from the past, and wrote heartfelt messages to one another.

### A Teacher's Reflection

Grade 7 teacher A. Grossi noted, "For my students, having the opportunity to chat with these great people and learn about their lives and contributions to society was an invaluable experience that has helped them grow as people. Thank you, Silver Harbour!"

### Student Impressions

The students expressed how much they valued the experience. One student shared, "It was fascinating to learn about the life of my partner and make a new friend." Another said, "I really learned a lot from the stories they shared and the advice they had for me."

### Combating Ageism Through Connection

The program also helped break down ageism by fostering mutual respect and understanding. Many students, whose grandparents lived far away or whom they saw infrequently, found the experience so meaningful that it inspired them to reach out more to their own grandparents. The seniors, in turn, shared wisdom and life experiences, dispelling stereotypes about aging and showcasing the vitality of older generations.

### Looking Forward

This intergenerational program demonstrated the power of connection between young and older generations, creating lasting memories and fostering empathy. By encouraging students and seniors to look beyond physical appearances and connect on a deeper level, the program strengthened both individual relationships and the broader community. We look forward to future opportunities to bring people of all ages together to learn, grow, and build lasting bonds.



# Silver Harbour Bulletin Board

## 50 Amazing Stories

In honour of turning 50 years old, Silver Harbour collected the stories of 50 seniors connected with Silver Harbour. The final 50 stories were compiled in a book, which was given to all of the participants. You can view the book, with the entire story (not just the short version you have seen in the newsletter) on our website at:

<https://silverharbourcentre.com/wp-content/uploads/2024/11/50-Amazing-Lives-optimized-size.pdf>

## Farm Follow-Up

The amazing cabin and farmyard handcrafted by Robert (featured on the cover of the November newsletter, in the North Shore News and on Global TV) was purchased by Silver Harbour member Laurie R, and then donated to Ronald McDonald House, where many children can enjoy it.

## Become a Sewing Volunteer!

Are you an experienced sewer? Our Monday and Friday morning crafters are looking for volunteers with sewing experience to join them in making hand-crafted items for our craft sales.

## 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>

Have You Made  
a Plan yet?

If not, give our family a call



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## “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 are closed, then so is Silver Harbour.

## Bingo Break

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

## 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.**



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## 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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- ★ **Tanzania & Amboseli – Oct 01/25** African Safari
- ★ **New Zealand – Nov 04/25** North & South Islands
- ★ **Sri Lanka – Jan 16/26** Historically known as Ceylon
- ★ **India – Jan 27/26** All the must-see + the Taj Mahal
- ★ **Tanzania & Amboseli – May 16/26** Inclusive Safari

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## Daily Menu for January

| Monday  | Tuesday                        | Wednesday                            | Thursday                            | Friday   |
|---|--------------------------------|--------------------------------------|-------------------------------------|--|
| <b>Entrée: \$10</b><br><b>Full Meal Combo: \$14</b> |                                | <b>1</b><br>Silver Harbour<br>CLOSED | <b>2</b><br>Turkey Schnitzel        | <b>3</b><br>Salmon with<br>Prawns              |
| <b>6</b><br>Sausages &<br>Perogies                  | <b>7</b><br>Shepherd's<br>Pie  | <b>8</b><br>Nasi<br>Goreng           | <b>9</b><br>Cabbage<br>Rolls        | <b>10</b><br>Lamb<br>Shank                     |
| <b>13</b><br>Garlic<br>Prawns                       | <b>14</b><br>Duck<br>Breast    | <b>15</b><br>Meat<br>Loaf            | <b>16</b><br>Chicken<br>Cordon Bleu | <b>17</b><br>Fish &<br>Chips                   |
| <b>20</b><br>Cod<br>Nuggets                         | <b>21</b><br>Chicken<br>Breast | <b>22</b><br>Beef<br>Stew            | <b>23</b><br>Bami<br>Goreng         | <b>24</b><br>BBQ Ribs &<br>Chicken             |
| <b>27</b><br>Chicken<br>Paprikash over<br>Spaetzle  | <b>28</b><br>Pork<br>Loin      | <b>29</b><br>Cod<br>with Prawns      | <b>30</b><br>Chicken<br>a la King   | <b>31</b><br>Meatballs with<br>Sauce Milanaise |

*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

### 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**

### 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 8<sup>th</sup>**

**10:15 am**

**Meet in the Silver Harbour library**

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

**10:30 am – 12:00 pm**

**Silver Harbour Library**

**Free of charge**

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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**

## 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 27<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free drop-in**



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## Affirmations-Zine Workshop

Start the year off with intention and creativity at our "Zine Making Workshop". Join us for a 2-hour hands-on experience, where you'll create a personal zine filled with positive affirmations to inspire and motivate you throughout the year. Whether you're new to zine-making or an experienced creator, this workshop is the perfect opportunity to tap into your creativity and set a positive tone for 2025. All materials will be provided.

**Monday, January 27<sup>th</sup>**  
**10:00 am – 12:00 pm**  
**Sewing Room**  
**\$15**

## 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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## Book Club

The Book Club meets monthly to discuss a pre-selected book. This month's book will be "Becoming" by Michelle Obama. Members are responsible for finding their own copy of the book.

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

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

**Multi-Purpose Room**

**No charge**

## Fire Safety At Home

A representative from North Vancouver City Fire Department will speak about fire department services and their role in the community, fire safety in the home, including how to prevent a fire and what to do when there is a fire.

**Tuesday, February 4<sup>th</sup>**

**10:00- 11:00 am**

**Card Room**

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

## OASIS Arthritis:– Exercise & Arthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

**Wednesday, February 5<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Heart Health

February is Heart Month. Presented by Proof of Care Home Care Services, this presentation will discuss the difference between strokes and Transischemic attacks (TIAs), how to recognize the signs and symptoms of a stroke, and how to treat and prevent strokes.

**Tuesday, February 11<sup>th</sup>**

**10:00 – 11:00 am**

**Card Room**

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

## 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 "Food Security". Last January's cold snap wiped out the Okanagan stone fruit crop. Floods and droughts impact farmers ability to deliver produce. We have a greater variety of food in our stores than ever before. Is it sustainable? To ensure Food Security do we need to look at other methods or locations for growing our food? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

**Wednesday, February 12<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Introduction to Qi Gong

In this one hour presentation, you will be introduced to gentle body and mind exercises that can be practiced to help maintain and enhance balance, coordination, cognition, and calmness. In addition to movement, some foundational philosophy around five elemental organ and emotional relationships will be shared.

**Tuesday, February 18<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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



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## **Tech Connect: Navigating Health Portals**

From accessing your medical history to booking appointments, a lot of our health care is now done online. This introductory class will discuss setting up, managing, and navigating your online health accounts, including the BC Health Gateway, LifeLabs, and MyCareCompass.

**Wednesday, February 19<sup>th</sup>**

**1 – 2:30 pm**

**Card Room**

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

## **Lunch & Learn:**

### **Brain Health & Falls Prevention**

**Registration begins on Thursday, January 2<sup>nd</sup>**

Deb Chmelauskas of BetterBrains will teach you about age related brain changes and several lifestyle choices that promote brain health as we age. Erwin Ketterer of My Home Rehab will teach effective strategies for falls prevention to ensure safety and improve quality of life. Following the presentation, each participant will be given a certificate for lunch (entrée, soup, salad, small dessert and tea or coffee) valid on that day only. You'll also receive 2 packed take-away entrees (you're welcome to share one with a friend or neighbour who couldn't attend the session). Only registered participants will be admitted and you must attend the presentation in order to get lunch. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

**Wednesday, February 26<sup>th</sup>**

**11:00 am – 12:00 pm**

**Card Room**

**Followed by lunch in the Auditorium**

**Free of charge,**

**but you must pre-register**

**before February 21<sup>st</sup>**



## Trips and Tours

### Stonehenge at the Royal BC Museum

With Enjoy Tours

Registration began on  
Monday, December 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

### Northwest Flower & Garden Festival (USA)

With Enjoy Tours

Registration begins on Thursday, January 2<sup>nd</sup>

Held at the Washington State Convention Centre in Seattle, the Northwest Flower & Garden Festival presents more than 6 acres of displays over 4 floors. You will have 4 hours to explore all the flower and garden exhibits, and maybe take in a seminar or two. Trip includes Garden Festival admission and transportation. Participants must have USA travel documents; travel medical insurance is recommended.

**Wednesday, February 19<sup>th</sup>**

7:45 am – 7:45 pm

\$109

Please buy your tickets before February 10<sup>th</sup>  
or the trip may be cancelled.

## Total Toe Care

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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.

*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/wp-content/uploads/2024/11/50-Amazing-Lives-optimized-size.pdf>

**Meet Leslee**

50 Amazing Stories

"When I first joined in my 50s I was like every other younger person who comes in with all of these preconceptions about seniors. But when I got to know them as people, I realized we're all the same and age doesn't matter."

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



## Keep Fit...

### Chair Yoga

At the time of publication we were not able to confirm dates for the next session of Chair Yoga. We are hopeful the program will resume in February.

### 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 began on Monday, December 9th. Registration for all other programs, began 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.

**Iranian Dance****JUST  
ADDED**

Come and learn some of the basics of traditional Iranian dance.

Thurs 1:00 – 2:00 pm

Feb 6 - 27

Multipurpose Room

\$20/4 classes

**Jointmoves**

Combining Jointmasters and Jointworks II, you will learn appropriate, progressive and consistent joint-friendly ways to develop strength, balance and coordination. Small class size ensures personalized attention. 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

\$4 drop-in (new price starting Feb 1<sup>st</sup>)

### 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. 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

**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 or see page 12 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

\$4 drop-in (new price starting Feb 1<sup>st</sup>)

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

- **Registration** for Arts Programs began on Monday, December 9th. Registration for all other programs, began 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 21.

**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

**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





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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. 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:**

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

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## 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

**CURRENTLY  
WAITLISTING**

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.



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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

**SORRY,  
FULL**

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/wp-content/uploads/2024/11/50-Amazing-Lives-optimized-size.pdf>

## Meet Peter

50 Amazing Stories



"We joined, and the Society has been a very important part of our lives ever since. A place of healing after a hard day's work, and fun too."

In celebration of Silver Harbour's 50th Anniversary

## Arts Programs (Instructed)

### Acrylic Painting **JUST ADDED**

Join us for a fun and immersive 6-session acrylic painting class, where you'll learn to create a stunning painting from start to finish! In this step-by-step course, we'll guide you through the entire process, from sketching your design to mastering layering and brushing techniques. Whether you're a beginner or have some experience, this class will help you develop your skills and confidence with acrylics. Canvas and paints will be provided. Additional supply list will be shared. Participants must commit to attending all six sessions to complete their painting.

Mon 1:00 – 3:00 pm

Jan 27 – Mar 10

Sewing Room

\$40 (includes 1 canvas and paint)

### Affirmations

### Zine Workshop

**JUST ADDED**

Start the year off with intention and creativity at our "Zine Making Workshop". Join us for a 2-hour hands-on experience, where you'll create a personal zine filled with positive affirmations to inspire and motivate you throughout the year. Whether you're new to zine-making or an experienced creator, this workshop is the perfect opportunity to tap into your creativity and set a positive tone for 2025. All materials will be provided.

Mon, Jan 27<sup>th</sup>

10:00 am – 12:00 pm

Sewing Room

\$15

### 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

### 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

## 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

## 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 grown 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

## 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:**  
**SORRY,  
FULL**

## 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

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

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

## 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

**SORRY,  
FULL**

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

### **Program Registration Information:**

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## 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

**SORRY,  
FULL**

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.

### **Program Registration Information:**

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## Advanced Watercolour Painting

**SORRY,  
FULL**

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/wp-content/uploads/2024/11/50-Amazing-Lives-optimized-size.pdf>

50 Amazing Stories

# Meet Anne



"Being able to give back and help the community at Silver Harbour through my volunteer work has been a great way to enjoy my sunset years."

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<br>Volunteers | Tapestry                | Keep Well                | Intermediate<br>ESL     | Craft & Knit<br>Volunteers |
|                 | Int. Ukulele               | Weaving                 |                          |                         | Keep Well                  |
| <b>9:45 am</b>  |                            |                         |                          |                         | Minds in Motion            |
| <b>10:00 am</b> | Osteofit For Life          |                         | Meditation               | Advanced<br>Watercolour | Ancient Egypt              |
|                 |                            |                         | Table Tennis             | Osteofit For<br>Life    | Choir                      |
|                 |                            |                         | Woodcarving              | Stained Glass           |                            |
|                 |                            |                         |                          | 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> |                            |                         |                          |                         | Duplicate Bridge           |
| <b>1:00 pm</b>  | Acrylic Painting           | Cribbage                |                          | Bingo                   | Current<br>Conversations   |
|                 | Flexibly Fit               | Daytime Dance           | Circle of Friends        | Creative<br>Journey     | Open Studio                |
|                 | Watercolour -<br>Beginner  | Golden Fireflies        | Dressmaking              | Get Up & Go             | Table Tennis               |
|                 |                            | Quilting<br>Volunteers  | Pottery:<br>Handbuilding | Pottery:<br>Open Studio | Weaving                    |
|                 |                            | Rigid Heddle<br>Weaving |                          |                         |                            |
| <b>1:30 pm</b>  |                            |                         | Line Dance –<br>Level 1  | What's News             | Line Dance –<br>Level 2    |
| <b>2:30 pm</b>  |                            |                         | Line Dance –<br>Level 2  |                         | Line Dance –<br>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).