

# 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

February 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,  
Sḵwx̱wú7mesh Úxwumixw (Squamish),  
səlilwətał (Tseil-Waututh) and  
xʷməθkʷəʔəm (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
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Ritch Seeley, Director	Ron Needham, Director
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# Silver Harbour Bulletin Board

## Silver Harbour's 2024 Report to the Community

We're sharing with you our most recent Report to the Community. In it you'll read about Silver Harbour's recent accomplishments, including the positive impacts of our programs, services, and connections for seniors in our community. We've also included a look forward, with information about our move to our new facility, expected in about a year's time. We're grateful for everyone's support of Silver Harbour Seniors' Activity Centre over the past year and send thanks to all who have been an essential part of our mission to help seniors thrive. You can read the entire report here:

[Silver Harbour's 2024 Report to the Community | Silver Harbour Centre](#)

## "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.

## Holiday Closing

Silver Harbour will be closed on Monday, February 17<sup>th</sup> for the Family Day long weekend, reopening at 9 am on Tuesday, February 18<sup>th</sup>.

## Musical Mondays

We are excited to have musicians coming to play on Mondays during lunch service: February 3<sup>rd</sup>, 10<sup>th</sup> and 24<sup>th</sup>, from 11:45 am to 12:30 pm.



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Presented by Falun Dafa Association of Vancouver

## Limited Numbers of Meals

Silver Harbour prices our meals well below the cost of producing them. Due to the cost and popularity of certain entrees, we restrict the number of meals purchased to 2 per person on those days. This will ensure that many seniors can access our meals. Please check the menu on page 5 to see which days have a limit.

## Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$35,000 or less per person and \$45,000 or less per couple, and interest income of \$1000 or less). Specially trained volunteers can help you complete your income tax and benefit return if your income is low and your tax situation is simple. Volunteers do not complete income tax and benefit returns for past years, deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. If you would like us to assist in completing your income tax forms, we are here to help.

**Call 604-980-2474 for  
information and an appointment.**

## Please Be Scent Free

When we talk about scents, we mean fragrances, aromas or perfumes – anything that adds a smell to something else. Scents can usually be found in personal-care products such as perfume, aftershave, cologne, shampoo and conditioner, soap, body lotion and deodorant. Some people have severe reactions to scents, so we ask you to be scent free while you are at 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.**

## Become a Flower Bulb Volunteer

Every spring the City of North Vancouver donates their used flower bulbs to Silver Harbour, where a group of dedicated volunteers helps to sort, dry and package the bulbs. The “repurposed” bulbs are then sold, as a fundraiser for Silver Harbour. If you're interested in helping out, please leave your name and phone number on the clipboard at the front desk.

## A Note About Waitlists

Many of our Silver Harbour programs are very popular, and registration fills up quickly. We can add your name to the waitlist, and if a space becomes available, we will contact you. Waitlists are managed by staff, not the program instructor. Note: waitlists are for the current session of a program.



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## Daily Menu for February

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken Breast With Mushrooms	<b>4</b> Duck Breast	<b>5</b> Bami Goreng (curried noodles with chicken & prawn)	<b>6</b> Meatloaf	<b>7</b> Salmon with Prawns
<b>10</b> Chicken Cordon Bleu	<b>11</b> Cod Nuggets	<b>12</b> Chicken A la King	<b>13</b> Meatballs Milanaise	<b>14</b> Lamb Shank (max 2 per person)
<b>17</b> Family Day Silver Harbour CLOSED	<b>18</b> Sausages with Perogies	<b>19</b> Shepherd's Pie	<b>20</b> Nasi Goreng (rice with chicken & prawn)	<b>21</b> Turkey Schnitzel
<b>24</b> Cod Loin With Prawns	<b>25</b> Pork Loin	<b>26</b> Cabbage Rolls	<b>27</b> Beef Stew	<b>28</b> BBQ Ribs & Chicken (max 2 per person)
<b>Entrée: \$10</b> <b>Full Meal Combo: \$14</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**

# In The Community

## Federal Minister of Seniors' Newsletter

There is a ton of information older Canadians need to know, and sometimes it can be hard to keep track of it all. That's why the monthly Minister of Seniors' newsletter is such a valuable tool. Easy to navigate, the seniors' newsletter provides subscribers with monthly updates on important topics such as upcoming senior tax information webinars, fraud prevention, and more. Another great benefit of subscribing? These updates are sent straight to your inbox, where you can access them on your computer, or mobile device, making it easy to stay informed wherever you are. You can subscribe to receive these updates in your inbox by visiting the sign-up page. [Updates from the Minister of Seniors - Canada.ca](https://www.canada.ca/en/minister-seniors/newsletter)

### Grandma. Gangsta. Guerilla

This ain't a sob story about war crimes, dementia, nor getting old. It's a sprint down the memory lane of a butt-kickin', bar-spittin', tough grandma who escapes the care home to be with her family. When our favourite Filipino grandma Lola Basyang goes missing, it's up to her grandchildren Nika and Jun-jun to bring her back to safety. Tickets are on sale from \$20.

"Grandma. Gangsta. Guerilla" is on at Shadbolt Centre for the Arts from Feb 6 – 8, and at Presentation House Theatre in North Vancouver from Feb 13 – 16, 2025.

For more information, or to buy tickets, call the Presentation House Box Office at 604-990-3474.



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## The Fine Art of Aging

Hosted by the North Shore Primary Care Network, all North Shore and Vancouver residents are invited to attend this FREE half-day event dedicated to providing valuable information on ageing for seniors, their families, and caregivers. Learn how to age in place on your terms. Aging in place means having access to services and the health and social supports you need to live safely and independently in your home for as long as you wish or are able.

Conference sessions will cover both clinical health and legal and estate planning topics. Clinical health sessions will be led by family physicians and will cover topics that include hypertension, heart attacks, cognitive decline, healthy ageing techniques and more. Simultaneous sessions will be held on legal and estate planning and will cover such things as Representation Agreements, Power of Attorney, wills and estate planning. Among the many guest experts presenting, is keynote speaker BC Seniors Advocate, Dan Leavitt a dynamic and informative speaker who has championed the rights of BC and Canadian seniors for the past 30 years.

Friday, March 7<sup>th</sup>

8:30 am – 12:00 pm

Delbrook RecCentre

You can register online at

[The Fine Art of Aging Tickets, Fri, Mar 7, 2025 at 9:00 AM | Eventbrite](#)  
or call 778-945-3017.



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## Workshops & Special Events

### 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**





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### Heart Health

February is Heart Month. Presented by Proof of Care Home Care Services, this presentation will discuss the difference between strokes and transient ischaemic 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 **SORRY, FULL**

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**

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

**10:30 am – 12:00 pm**

**Silver Harbour Library**

**Free of charge**

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

[Copy of Digital Copy 50 Amazing Lives](#)

50 Amazing Stories

**Meet Joan**



"I think it gives people a great sense of generosity and fulfillment volunteering at the centre. You get to be an age where you can't work, and your kids don't really need you. Having a place where you feel valued is important."

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

## Introduction to Qi Gong

**SORRY,  
FULL**

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**

## 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**

## Cedar Weaving: Indigenous Bracelet Workshop

**JUST  
ADDED**

Join us for a special 2-hour workshop celebrating the timeless art of cedar weaving. Guided by an experienced instructor, participants will learn traditional techniques to craft their very own woven cedar bracelet. This hands-on experience honours Indigenous traditions, and offers a meaningful way to connect with the natural world and cultural heritage. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

**Friday, February 21<sup>st</sup>**

**10:00 am – 12:00 pm**

**Sewing Room**

**\$15**

## Indigenous **JUST ADDED** Beadwork Keychain Workshop

Join us for a hands-on workshop where you'll learn the art of Indigenous beadwork while creating your very own personalized keychain! This 2-hour session will guide you through traditional beading techniques that have been passed down through generations. Led by a skilled artist, you'll gain insight into the cultural significance of beadwork in Indigenous communities, while crafting a beautiful keepsake to take home. Whether you're a beginner or an experienced crafter, this workshop offers an opportunity to connect with Indigenous culture and create something meaningful with your hands. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

**Monday, February 24<sup>th</sup>**

**10:00 am – 12:00 pm**

**Sewing Room**

**\$15**

## Total Toe Care

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## 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, February 24<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free drop-in**

## Book Club

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

**Monday, February 24<sup>th</sup>**

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

**Multi-Purpose Room**

**No charge**

## Lunch & Learn: **SORRY, FULL** Brain Health & Falls Prevention

**Registration began 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. 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>**

## **OASIS Arthritis – Pain Management**

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest and have a function-centred life.

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

**10:00 – 11:30 am**

**Card Room**

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

## **Indigenous Storytelling: The History of the Squamish People**

Join us for a special 2-hour workshop featuring two captivating storytellers, Paitsmauk and Glen Newman, as they share the rich history of the Squamish people. This interactive session will explore the Squamish culture, language and traditions, with Glen diving into the role of sports like boxing, canoeing and lacrosse in Indigenous life. Don't miss this unique opportunity to learn, connect and experience the power of Indigenous storytelling firsthand. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

**Friday, March 7<sup>th</sup>**

**10:00 am – 12:00 pm**

**Card Room**

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

## **Climate Café**

This month's topic is ocean warming. Ocean warming has intensified hurricanes, but did you know that fish are migrating? Ocean warming impacts how we live and what we eat, and what other sea creatures eat, unless they move too. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

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

**10:00 – 11:30 am**

**Card Room**

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

## Empowering Seniors: Stay Safe from Fraud and Scams

The best way to combat fraudsters is through prevention and awareness. Learn how to protect yourself and share the information with those around you.

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

**10:00 – 11:00 am**

**Card Room**

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

## Tech Connect: Privacy & Security

Do you feel insecure about the information you are putting online, or worry about scams, fraud and identity theft? This class will look at the basics of online privacy and security, and how to keep data and devices secure and private. Topics will include internet tracking, cookies, password management, and scam and fraud prevention. Come learn some strategies for protecting yourself.

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

**1:30 – 3:00 pm**

**Card Room**

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

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## Lunch & Learn: Volunteering in the Community

**Registration begins  
on Monday, February 3<sup>rd</sup>**

Volunteering doesn't just help the community – it helps the volunteer as well. Join Lionsgate Rotary members Ian and Stan, who will discuss the health and wellness benefits of volunteering. 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, March 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 March 20<sup>th</sup>**

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- ★ India – Jan 27/26 All the must-see + the Taj Mahal
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## Trips and Tours

### Northwest Flower & Garden Festival (USA)

With Enjoy Tours

Registration began 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 5<sup>th</sup>  
or the trip may be cancelled.

### Mystery Tour With Enjoy Tours

Registration begins on Monday, February 3<sup>rd</sup>

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes and props! A must-see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes!

**Friday, March 28<sup>th</sup>**

8:15 am – 5:45 pm

\$119

Please buy your tickets before March 21<sup>st</sup>  
or the trip may be cancelled.

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## Programs & Workshops (February-March sessions)

Our program sessions specifically scheduled for February-March are detailed here. For a full listing of our programs, please see the last page of this newsletter or visit us online at [www.silverharbourcentre.com](http://www.silverharbourcentre.com).

### Cedar Weaving:

#### Indigenous Bracelet Workshop

Join us for a special 2-hour workshop celebrating the timeless art of cedar weaving. Guided by an experienced instructor, participants will learn traditional techniques to craft their very own woven cedar bracelet. This hands-on experience honours Indigenous traditions, and offers a meaningful way to connect with the natural world and cultural heritage. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Friday, February 21<sup>st</sup>

10:00 am – 12:00 pm

Sewing Room

\$15

**JUST  
ADDED**

### Chair Yoga – Standing Options

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

Wed 2:15 – 3:15 pm

Feb 5 – Mar 26

Fitness Room

\$64/8 classes

### Chair Yoga – Fully Seated

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

Wed 1:00 – 2:00 pm

Feb 5 – Mar 26

Fitness Room

\$64/8 classes

### 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

**FULL**

Detailed descriptions of these programs are available on page 21.

### 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

Mar 3 – Apr 28 (no class Apr 21)

Fitness Room

\$74/8 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

Mar 6 – Apr 24

Fitness Room

\$74/8 classes

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## Indigenous Beadwork Keychain Workshop

**JUST  
ADDED**

Join us for a hands-on workshop where you'll learn the art of Indigenous beadwork while creating your very own personalized keychain! This 2-hour session will guide you through traditional beading techniques that have been passed down through generations. Led by a skilled artist, you'll gain insight into the cultural significance of beadwork in Indigenous communities, while crafting a beautiful keepsake to take home. Whether you're a beginner or an experienced crafter, this workshop offers an opportunity to connect with Indigenous culture and create something meaningful with your hands. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Monday, February 24th

10:00 am – 12:00 pm

Sewing Room

\$15

## Iranian Dance

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 Thu 8:15 – 9:15 am

Mar 3 – Apr 28 (no class Apr 21)

\$148/16 classes

Fitness Room

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

[Copy of Digital Copy 50 Amazing Lives](#)

**Meet Joy**

50 Amazing Stories

"It gets people together and it gets them doing stuff which is so important for seniors. You can tell how popular and valuable the programs are in the lives of the seniors in the community from the waitlists on all the classes."

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

## Memory & Aging **JUST ADDED**

Taught by an occupational therapist, this program is aimed at individuals who are interested in learning about the effect of aging on memory. With a focus on instructor-led discussions, in-class exercises and proven strategies, you'll gain a new understanding of how your memory works and learn some tools that help with memory function. This program is made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Wed 10:00 am – 12:00 pm

Mar 12 – Apr 9

Multi-Purpose Room

\$15

## Memory Bear Workshop **JUST ADDED**

Join us for a heartwarming 3-day workshop where you'll create a Memory Bear, a cherished keepsake crafted from the clothing of your loved ones. Over the course of 3 days, you'll learn sewing techniques to transform sentimental garments into a unique hand-sewn bear that tells a personal story. Whether honouring a loved one, celebrating a milestone, or preserving memories, this workshop provides a creative, therapeutic space to stitch together the pieces of your past into something truly special.

Sewing experience required – bring your loved one's clothes and a heart full of memories. All other supplies will be provided.

Fri 10:00 am – 12:00 pm

Feb 28 – Mar 14

Sewing Room

\$25

## Have You Made a Plan yet?

If not, give our family a call



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S  
West Vancouver, BC

mckenziefuneralservices.com

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For Over 70 Years**

## 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 Thu 11:30 am – 12:30 pm

Mar 3 – Apr 28 (no class Apr 21)

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

Mar 3 – Apr 28 (no class Apr 21)

Fitness Room

\$148/16 classes

\$74/8 classes (Mon only)

\$74/8 classes (Thurs only)

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

[Copy of Digital Copy 50 Amazing Lives](#)



## 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

## ElderCollege at Silver Harbour Presented by PARC Retirement Living

### Ancient Egypt:

### Life Along the Nile

**SORRY,  
FULL**

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 – Apr 7

Card Room

\$30

o

### 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

## 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	Osteofit For Life	Ancient Egypt
			Table Tennis	Advanced Watercolour	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>	Osteofit 1			Osteofit 1	
	Musical Journey				
<b>12:30 pm</b>					Duplicate Bridge
<b>1:00 pm</b>	Acrylic Painting	Cribbage	Chair Yoga – Fully Seated	Bingo	Current Conversations
	Flexibly Fit	Daytime Dance	Circle of Friends	Creative Journey	Open Studio
	Champions of Environment	Golden Fireflies	Dressmaking	Get Up & Go	Table Tennis
		Quilting Volunteers	Pottery: Handbuilding	Pottery: Open Studio	Weaving
		Rigid Heddle Weaving		Iranian Dance	
<b>1:30 pm</b>			Line Dance – Level 1	What's News	Line Dance – Level 2
<b>2:15 pm</b>			Chair Yoga – Standing Option		
<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).