

THE CENTRE POST



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

May 2025



Come to our Spring Market on Sat May 3rd!

Thank you to

parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the

city
of north
vancouver

and

DISTRICT OF
NORTH
VANCOUVER

for helping to fund the
operations of Silver Harbour.



Don't Miss out on *the Good Life*

Enjoy the best of life on the West Coast at Summerhill PARC. From tantalizing award-winning food that's as nutritious as it is delicious, to stunning views from our cherished neighbourhood location. Summerhill's active way of life is filled with social and cultural activities and plenty of great friends.

Come sample all the comforts of our lifestyle and suites, with a PARC Experience Stay! Your experience stay comes packaged with our exclusive PARC Active Living™ program, including a state-of-the-art seniors' gym, fitness classes, art and cultural programs, complimentary transportation and more. Plus, the PARC Experience Stay is fully immersive, lasting up to two weeks with no cost or commitment.

For a limited time, we have newly renovated 2-bedroom suites with a view starting at \$7,995.

**summerhill
parc**

parcliving.ca/summerhill

For details, and to book a complimentary experience stay, call Jackie at 604.980.6525

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 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

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, Skwxwú7mesh Úxwumixw (Squamish), səliłwətał (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.

In this Issue...

Silver Harbour Slow Fashion Show.....	p.2
Silver Harbour Bulletin Board.....	pp.3-4
In the Community.....	pp.5-6
Daily Menu.....	p.7

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	

Workshops & Special Events.....	pp.8-13
Trips & Tours.....	p.14
Programs	pp.15-19
Program Schedule.....	p.20

Silver Harbour Slow Fashion Show

What a fabulous event! On April 12th, Silver Harbour hosted a Slow Fashion Show where senior artists produced and modelled stunning upcycled and handmade fashions. The event was a celebration of creativity, sustainability, and community, all the while telling stories of resilience and imagination. Participants said that the show challenged their assumptions about aging and inspired them to reconsider their relationship with fashion and the environment. We were also able to raise over \$17,000 towards equipment for our fibre arts programming. We would like to thank everyone who was a part of this impactful event, including:

- Silver Harbour Arts Program Coordinator Simran Likhari
- Weaving Program Leader Toby Smith
- All the artists and models
- Blanche McDonald makeup artists and program leaders
- Photographer Dave Sutherland
- Videographer Stephen Molnar
- Musicians Natascha and CJ
- DJ Surbee
- Light Technician Adrien Hodgson
- Outfit stylists Grace Russel and Colette Rimml
- Change room and sales helpers Marilyn, Shirley, and Diane
- Raffle ticket sellers Heather Hockaday and Irma Bodo
- All the table setters and all the kitchen volunteers
- Robert and Alex, for setting up the red carpet
- Our sponsors:
 - Jane Stafford Textiles
 - Loblaws City Market
 - BC Association of Community Response Networks
 - Royal Bank of Canada
 - Amica Edgemont Village
 - PARC Retirement Living
 - TD Bank
 - Thirfty Foods
 - Annie Tejpar
 - Harmonique Fibre Arts Supply Inc
 - Silk Weaving Studio
 - Sanjo Silk Ltd
 - Saori Salt Spring
 - RBC Dominion Securities
- Our prize and gift card donors Blue Shore Credit Union, Sunrise at Lonsdale Square, Lonsdale & 3rd Pharmacy, Stong's Market, and Fresh St. Market



Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed on Monday, May 19th for the Victoria Day long weekend, re-opening at 9 am on Tuesday, May 20th.

Musical Mondays

We are excited to have musicians coming to play on Mondays during lunch service: May 5th and 12th from 11:45 am to 12:30 pm.

Suggestions Welcome

We value your opinions and ideas about Silver Harbour and our programming. Please feel free to talk to a staff member or make use of our anonymous suggestion box, located beside the elevator on our main floor. We will review suggestion box entries monthly. To date, thanks to your suggestions in the suggestion box, we have increased the variety in our soups and muffins, prepared more sandwiches on busy days, and offered Bollywood dance, bridge lessons, and acrylic painting.

**AGELESS
ADVENTURES**



Escorted Tours
Serving B.C. Seniors for 37 years

604-542-5566 or toll free 1-877-277-5577

DISCOVER THE BEAUTY OF CANADA IN 2025
EXPLORE BC, YUKON & NWT, ONTARIO, QUEBEC,
NEWFOUNDLAND & NOVA SCOTIA



Call for a 2025 Brochure.
Ask about our 5% Early Payment Discount

#237 -1959 152nd
Street, Surrey, BC
V4A 9E3



agelessadventures.com



No Daytime Dance on May 20th

Daytime Dance is cancelled on Tuesday, May 20th only, so the choir can perform their Spring Concert.

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 22nd 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.**

Please Note: We Do Not Accept the Following Donations

- Hardcover Books
- Electronics
- CDs and DVDs
- Children's clothing and toys
- Gift bags and wrapping paper
- Men's clothing
- Furniture
- Bedding, pillows, cushions and towels

We DO appreciate donations of other small household goods as well as ladies clothing and accessories, that are good quality and in good condition. Thank you for supporting the Silver Harbour Boutique and Clothes Closet!

Clothes Closet Sale

Month of May only -
reduced prices on
winter clothing!



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.

In the Community

HealthyBC | Self-Assessment Tool for 50+

The Ministry of Health has created the HealthyBC Self-Assessment Tool, a free online health survey designed to empower people in British Columbia aged 50 or older with personalized wellness insights and resources. This innovative tool helps seniors better navigate British Columbia's health-care system while highlighting areas for enhanced well-being. If you're reading this newsletter online, you can click: [HealthyBC Self-Assessment Tool | HealthLink BC](#)

Emergency Preparedness Week 2025

North Shore Emergency Management encourages residents of the North Shore to use Emergency Preparedness Week (May 4 to 10, 2025) to learn about getting prepared for emergencies. True preparedness and resilience come from all of us working together so we can respond and recover better. Connect with your loved ones, friends and neighbours and plan to be better prepared:

- Know the hazards in your community
- Make a home emergency plan
- Gather emergency supplies
- Know where to turn for trusted information
- Sign up for Alertable (public notification system)
- Get to know others in the community

Use Emergency Preparedness Week to do your part to help build a resilient North Shore. Visit the North Shore Emergency Management website to learn more: <https://nsem.ca/>

CYCLING WITHOUT AGE



Cycling Without Age North Shore offers free trishaw rides for mobility challenged passengers and their caregivers along North Shore's amazing forest trails! You can register for upcoming rides by contacting the Silver Harbour front desk (604-980-2474):

July 17th to 19th - Seymour Demonstration Forest (Lower Seymour Conservation Reserve)

July 31st to August 2nd - Bridgman Park (Lynn Creek)

August 14th to 16th - Seymour Demonstration Forest (Lower Seymour Conservation Reserve)

August 28th to 30th - Bridgman Park (Lynn Creek)



7TH ANNUAL CAREGIVER SENIOR EXPO

SAVE THE DATE

**SATURDAY
MAY 24, 2025
12-4PM**

**SILVER HARBOUR CENTRE
144 EAST 22ND ST, NORTH VAN**

GOLD SPONSOR



SILVER SPONSORS



VENUE SPONSOR



Daily Menu for May

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$10 Full Meal Combo: \$14			1 Meat Patty	2 Lamb Shank
5 Shepherd's Pie	6 Duck Breast	7 Meat Loaf	8 Cod Loin with Tiger Prawns	9 Chicken Cordon Bleu
12 Salmon with Tiger Prawns	13 Bami Goreng	14 Cod Nuggets	15 Pork Loin	16 BBQ Ribs & Chicken
19 Victoria Day Silver Harbour CLOSED	20 Cottage Pie	21 Fish & Chips	22 Lasagna	23 Nasi Goreng
26 Tiger Prawns	27 Beef Stew	28 Turkey Schnitzel	29 Chicken a la King	30 Cabbage Rolls

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

Spring Market & High Tea

Whether you're celebrating with family, friends, or enjoying a solo day out, everyone is welcome at our Spring Market and High Tea. Shop our curated selection of handcrafted treasures, lovingly crafted by Silver Harbour seniors – everything from exquisite stained glass pieces to intricate woodwork, unique pottery creations, elegant hand-painted silk scarves, woven scarves and more. Indulge in a splendid High Tea experience (\$15 per person) filled with sweet and savory delights, paired with tea or coffee, in our charmingly adorned tea room.

Saturday, May 3rd

10:30 am – 2:00 pm

Free Admission

OASIS Arthritis: Introduction to Meditation

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Are you interested in learning meditation skills to help manage pain and stress? This information and practice session will get you started on your wellness path!

Wednesday, May 7th

10:00 am – 11:30 am

Card Room

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

Climate Café

This month's topic is volcanoes. Volcanoes are dangerous and exciting, as long as you are not close to them. A volcanic eruption in Iceland disrupted air travel. A series of earthquakes has shaken Washington State's most active volcano, Mount Adams, raising concerns among scientists. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, May 14th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

ADVANCED MEDICAL
Healthcare Equipment
RENTALS . SALES . REPAIRS . INSTALLATIONS . MAINTENANCE

Please follow us on Instagram/Facebook
@AdvancedMedicalBC
to learn more about our customers, products
and the jobs we have done.

(604) 912-0106
1863 Marine Drive, West Vancouver
www.AdvancedMedicalBC.ca

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, May 14th

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, May 14th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge




Comfort Keepers
Elevating the Human Spirit™

Keeping Seniors Safe. At Home.

HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES

(604) 998.8806

northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver


ACCREDITATION PRIMER AWARD
ACCREDITATION
AGRÉMENT
CANADA

Choose To Move Information Session

Being active is one of the most important things you can do to maintain your overall health – it helps you to feel better, have more energy and live longer. Choose To Move is a free 10-week physical activity support program (not a fitness class), that helps you to select activities and make goals. Led by a knowledgeable activity coach, Choose To Move combines a series of informational workshops on different topics, and a one-on-one coaching session to help you make a plan to achieve your fitness goals. Come learn about this program that will be offered starting this May.

Thursday, May 15th

1:00 – 2:00 pm

Multi-purpose Room

Free of charge, but you must pre-register

Total Toe Care

Great in-home foot care

Call Diane @ 604-649-1624



Your feet will thank you



Serving the North Shore for 17 years

Spring Choir Concert

The Silver Harbour Choir presents "It's About Time," a programme focusing on different aspects of time, from seconds, times of day, days, seasons to clocks. It includes old favourites such as "Oh what a Beautiful morning," "Summertime," and "Rock Around the Clock," as well as newer songs that quickly became favourites of the choir. Please join them for their final concert of the season.

Tuesday, May 20th

2:15 – 3:30 pm

(includes a 20-minute intermission)

Auditorium

Free of charge

Urinary Health

Presented by Proof of Care Home Services, this workshop will discuss urinary incontinence, how it is treated and how to prevent it; as well as urinary tract infections – the causes, and how to recognize the signs and symptoms.

Wednesday, May 21st

1:00 – 2:00 pm

Card Room

Free of charge, but you must pre-register

Sound Advice

Presented by the Canadian Hard of Hearing Association North Shore Branch, this monthly program includes a series of informal workshops and discussions for people who are hard of hearing. Discussion topics include technology, speech reading, coping strategies, improving relationships, improving hearing environments and more.

Monday, May 26th

10:00 – 11:30 am

Card Room

Free drop-in

Book Club

The Book Club meets monthly to discuss a pre-selected title. This month's book will be "I Know Why The Caged Bird Sings" by Maya Angelou. Members are responsible for finding their own copy of the book.

Monday, May 26th

2:30 – 3:30 pm

Multi-Purpose Room

No charge

Lunch & Learn: Funeral Planning

Registration begins on Thursday, May 1st

Jefferson Lee of Dignity Memorial will discuss funeral planning. 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. 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, May 28th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

Free of charge,

but you must pre-register





HELPING THE MATURE GENERATION IN TRANSITION

Offering...

A customized approach to your real estate needs.

The patience, professionalism & expertise you deserve.



garyborn

PERSONAL REAL ESTATE CORPORATION

Email gary@garyborn.com

Website garyborn.com

604 - 787 - 9418

Estate Planning: Beyond the Will

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Wednesday, May 28th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

Bowinn Ma

North Vancouver - Lonsdale MLA and Cabinet Member Bowinn Ma will come to talk about her role as Minister for Infrastructure in British Columbia.

Monday, June 2nd

1:30 – 2:30 pm

Auditorium

Free of charge,

but please let us know if you are coming

An Introduction to Brain Health

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. Presented by the Alzheimer's Society of B.C.

Wednesday, June 4th

1:00 – 2:00 pm

Card Room

Free of charge,

but you must pre-register



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

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

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

ASK ABOUT REVERSE MORTGAGES

www.askaboutreversemortgages.ca

Top Hits "Bingo" **NEW!**

We're trying something new! Join DJ Gary Richards for this Music Bingo-type game, where you can enjoy music from the 50's and 60's, while checking off the songs on your bingo card. There will be great tunes, non-cash prizes and a lot of fun. Ticket price includes bingo card, a drink (juice or pop) and crunchy snacks. Tickets must be purchased in person.

Monday, June 9th

1:30 – 3:30 pm

\$10/ticket

Tickets must be purchased in advance

Climate Café

This month's topic is Orcas and Dolphins. There is a new Orca calf in our waters. It is a descendant of the last whale captured by Seaworld. Dolphins have been spotted near Squamish, frolicking around people on jet skis. Are things looking up for our bit of ocean? Join us for a friendly discussion. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, June 11th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

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

**Our Family Serving Yours
For Over 70 Years**

Volunteer Appreciation Ice Cream Social Sponsored by PARC Retirement Living

Silver Harbour is an excellent example of volunteers in action! If you have volunteered for Silver Harbour over the last year, in any capacity, we encourage you to come to our Volunteer Appreciation event. Earnest Ice Cream is bringing their Scoop Stand, so volunteers can enjoy a scoop of their delicious ice cream, all thanks to a sponsorship by PARC Retirement Living. Thank you for being a Silver Harbour volunteer!

Monday, June 16th

1:30 – 3:30 pm

Auditorium

**Please call 604-980-2474
to let us know you're coming**

Trips and Tours

Please note: we do not provide reminder calls for bus trips. If a trip is cancelled, we will inform you; otherwise you can assume that it is going ahead as planned. We also suggest that you arrive 15 minutes before the scheduled departure time.

Westminster Abbey With Enjoy Tours

**SORRY,
FULL**

Westminster Abbey in Mission is a beautiful, peaceful place with magnificent architecture and stunning stained glass. See and hear about the monks unique way of life including the Midday Prayer. This tour includes a morning tour and tasting at Golden Ears Cheesecrafters, lunch at Greek Islands Restaurant, and an afternoon ice cream cone at Birchwood Dairy Farms.

Tuesday, May 13th

8:00 am – 4:45 pm

\$129

The Train Tour

With Enjoy Tours

Registration begins on Thursday, May 1st

Our trip starts with an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. You will learn about the first passenger train to Vancouver in 1887. You will then enjoy lunch (included in price) beside a train car in Gastown. You will finish the day travelling on the West Coast Express from Waterfront Station to Mission City Station, where the bus will transport you back to Silver Harbour.

Friday, June 20th

10:15 am – 6:45 pm

\$119

**Please buy your tickets before June 13th
or the trip may be cancelled.**



Programs

Our program sessions specifically scheduled for May onwards 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.

Basket Weaving **JUST ADDED**

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

Thur 10:00 am – 12:00 pm

June 5 - 26

Sewing Room

\$35

Supplies provided (bring tools)

Program Registration Information:

- **Call 604-980-2474 or come to the Silver Harbour front desk to register**
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.



SureFit
DENTURE CLINIC

We craft custom dentures, designed for a natural look and perfect fit, just for you!

- Complete Dentures
- Partial Dentures
- Immediate Dentures
- Implant Overdentures
- Relines & Rebases
- Soft Relines
- Flexible Partial
- Repairs
- Mobile Services:

We can come to you!

WE ACCEPT THE CANADIAN DENTAL CARE PLAN!

778-723-3348 | info@surefitdenture.ca
1405 Bellevue Ave, West Vancouver

Chair Yoga – Fully Seated

**NOTE: NEW
START TIME**

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 – 1:50 pm

May 7 – June 25

Fitness Room

\$64/8 classes

Chair Yoga – Standing Options

**NOTE: NEW
END TIME**

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 2:00 – 2:50 pm

May 7 – June 25

Fitness Room

\$64/8 classes

Choose To Move

Being active is one of the most important things you can do to maintain your overall health – it helps you to feel better, have more energy and live longer. Choose To Move is a free 10-week physical activity support program (not a fitness class), that helps you to select activities and make goals. Led by a knowledgeable activity coach, Choose To Move combines a series of informational workshops on different topics, and a one-on-one coaching session to help you make a plan to achieve your fitness goals. Participants are expected to commit to the full 10-week session.

Thu 1:00 – 2:00 pm

May 22 – July 24

Multi-Purpose Room

Free of charge, but you must pre-register

You are invited to attend an information session on Thursday, May 15th at 1 pm

Program Registration Information:

- **Call 604-980-2474 or come to the Silver Harbour front desk to register**
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

ElderCollege at SilverHarbour

Presented by PARC Retirement Living

Geological Rambles: Rocking Around the North Shore

This course consists of 4 field trips to locations within local parks or nature areas containing interesting and significant rock exposures. Lead by Lindsay Bottomer P.Geo, who has over 45 years' experience working in mineral exploration worldwide, the last 35 years in Vancouver, participants will learn about the history and geological evolution of the region. Participants must provide their own transportation. A moderate level of fitness and mobility is required, as the course takes place outside on natural terrain with some steep, uneven ground. The course will proceed regardless of weather conditions, so please dress accordingly. Walking poles and sturdy footwear are recommended. Locations will include Capilano Dam, Princess Park, Deep Cove and New Brighton Park. Exact locations and directions will be emailed to registrants.

Thu 9:50 am – 12:00 pm

May 8 - 29

\$30

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

May 1 – June 26

Fitness Room

\$83.25/9 classes



Caring Shepherd

Home care services

Your skilled & compassionate caregivers

24 / 7 AVAILABILITY

- Companionship and Conversation
- Live-in & Live-out Caregiving
- Dementia Care
- Palliative Care
- Gastric Tube Feeding
- Respite Care
- Housekeeping
- Ostomy Care
- Alzheimer Care
- Parkinson Care
- Postoperative Care
- Home Parenteral Care
- Central Venous Catheter Care
- Transportation Services

604-614-8544 (Digna)
digna.obar@caringshepherd.ca

778-522-1544 (Ruben)
www.caringshepherd.ca

• LICENSED • INSURED • WCB • ICBC REGISTRATION

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

May 1 – June 30 (no class May 19)

\$157.25/17 classes

Fitness Room

Living Well With Memory Loss – Memory Café

NEW!

Are you a care partner supporting someone with memory loss? Join us for this creative arts program for people with memory challenges and their family/friend caregiver. Explore professionally-led art, music and improvisation activities that bring joy, learning and meaningful social connections with others.

Mon 1:00 – 3:00 pm

April 28 – June 9

\$99/pair

Fitness Room



Davies
Prescription Pharmacy

Serving the North Shore with quality medical supplies and pharmaceuticals for 30 years.

Tel: (604) 985-8771 www.daviesrx.com
1401 St. Georges Avenue, North Vancouver

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

May 16 – June 27

Multipurpose

\$59.50/7 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

May 1 – June 30 (no class May 19)

\$157.25/17 classes

Fitness Room

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

May 1 – June 30 (no class May 19)

\$157.25/17 classes

Fitness Room

\$74/8 classes (Mon only)

\$83.25/9 classes (Thurs only)

Qi Gong

You will be introduced to gentle body and mind exercises to help maintain and enhance balance, coordination, cognition, and calmness.

Tue 10:00 – 11:00 am

Multi-Purpose Room

May 6 – June 24

\$64/8 classes

Program Registration Information:

- **Call 604-980-2474 or come to the Silver Harbour front desk to register**
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
	Yoga				Woodworking
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Int. Ukulele	Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Osteofit For Life	Qi Gong		Osteofit For Life	Choir
			Table Tennis	Advanced Watercolour	
			Woodcarving	Stained Glass	
				Tea & Talk	
10:15 am			Knit & Crochet		
10:30 am	Beg. Ukulele				
	Men's Club				
11:00 am			Tile Rummy		
11:30 am	Osteofit 1			Osteofit 1	
	Musical Journey				
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Memory Cafe	Cribbage	Chair Yoga – Fully Seated	Bingo	Current Conversations
		Daytime Dance	Circle of Friends	Creative Journey	Open Studio
		Golden Fireflies	Dressmaking	Get Up & Go	Table Tennis
		Quilting Volunteers	Pottery: Open Studio	Pottery: Open Studio	Weaving
				Choose To Move	
1:30 pm			Line Dance – Level 1		Line Dance – Level 2
2:00 pm			Chair Yoga – Standing Option		
2:30 pm			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.