

THE CENTRE POST



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

June 2025



Happy BC Seniors Week!

Thank you to

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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 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.

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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

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Wayne Hanna, Director	

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Silver Harbour Bulletin Board

Welcome Rebecca

We're pleased to have Rebecca working with Silver Harbour this summer as our Program Assistant. If you see Rebecca around the Centre, please say hello!

No Bingo in July

In order to give Bingo volunteers a well-deserved break, there will be no Bingo at Silver Harbour for the month of July.

Holiday Closing

Silver Harbour will be closed on Tuesday, July 1st for the Canada Day holiday, re-opening at 9:00 am on Wednesday, July 2nd.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: June 2nd, 16th and 23rd, from 11:45 am to 12:30 pm.

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.**




Older Adult Climate Change Champions

Interested in climate change and an intellectual challenge? The Department of Gerontology at Simon Fraser University is starting an exciting new project called COALESCE – Championing Older Adults for Leadership in Environmental Sustainability and Climate Empowerment. We're looking for 5 to 10 older adults to join as co-researchers. You do not need any research experience to take part! You'll join a one-day interactive workshop where you'll learn new research skills and explore how climate change affects older adults. Together, we'll look at real-world experience and research to find ways older adults can build strength and resilience in a changing climate. After the workshop, you'll work online with a graduate student over 1 to 2 months, for a total of about 10–15 hours of your time. You'll receive an honorarium for your participation. If you are interested, we'd love to hear from you! Contact Elise Stone: elise_stone@sfu.ca

SILVER HARBOUR SENIORS' ACTIVITY CENTRE PRESENTS: ALL AGES CHARACTER DESIGN COMPETITION

Design a character that will become one of our graphics used in SHC media and promotion. Submit your design to the link on our website, and the characters with the most votes will be selected for future usage. The 10 most popular will be selected for promotional use, and the top 3 submissions will receive a \$50 gift-card to Tim Hortons.

Best of luck, and happy creating!

 silverharbourcentre.com
 @silverharbourc
 @Silver Harbour Seniors' Activity Centre



Instructions:

Design a character over the age of 55. We're looking to create graphics of seniors that can be used on social media and in promotion, so please submit characters that represent the age demographic that SHC serves.

What we're looking for:

- Characters must be seniors
- Characters must be original, perhaps inspired by someone close in your life
- Characters should be vibrant, diverse, and active.
- Characters must be human—however, they can be accompanied by a pet
- Characters can be designed using any digital or traditional medium, but must be submitted as a photo.
- Winning characters will be used to create graphics used in future SHC media and promotion.
- Deadline to submit is June 15, 2025
- Submissions can be made through the link on social media and our website under "What's New".

SILVER
HARBOUR
CENTRE

In the Community

XOXO Fibre Festival

XOXO Fibre Festival is a fibre event celebrating diversity and fostering equality and community. Come to meet other fibre lovers and discover what makes them a unique part of our community. There will be tables from local artists, makers and stores. The event takes place on Saturday, June 7th, 10 am to 6 pm at the Pipe Shop, 115 Victory Ship Way. For tickets and more information visit xoxofibre.com.

Arts in the Garden 2025

Enjoy an engaging weekend of arts & nature across 10 North Shore Garden spaces, featuring 28 visual artists and 40 musicians and performers.

June 14 & 15, 2025

11AM - 5PM

[Multiple venues](#) on the North Shore

For more information and tickets:

<https://www.showpass.com/full-pass-arts-in-the-garden-2025/>

World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) is June 15th, 2025. WEAAD brings communities together each June 15th to promote the dignity and rights of older adults. This global movement, launched in 2006, combines education, advocacy, and celebration to create a world where aging is honoured, and elder abuse is eliminated. This year's theme "Be Bold – Age with Attitude" celebrates the strength, wisdom, and resilience of older adults while promoting their right to live free from abuse and discrimination. Wear purple on June 15 to show your support and help shine a light on the importance of aging with dignity. Let's stand together to celebrate aging and take a stand against elder abuse.





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)

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EXTREME HEAT

Some people are more affected by the heat than other people. Those who may need extra care include people over age 60, people who live alone, people with certain health conditions or disabilities, people who use substances, people on certain medicines, people who are pregnant, and young children.



Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

Anyone with these signs:

- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

Signs of Heat Stroke

- High Body Temperature
- Drowsy or Fainting
- Confused
- Less Coordinated
- Very Hot and Red Skin

Anyone with these signs: **Call 9-1-1**

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.



The best way to prevent a heat-related illness is to spend time in a **cool space**.



Cool Off

- Go somewhere with air conditioning such as a library, community centre, café, or someone else's home.
- Cool off with water. Take a cool shower. Sit in or put your feet and legs in a cool bath. Wear a wet shirt. Put damp towels on your skin.
- Never rely on fans as the only way of cooling your body during extreme heat. Fans cannot directly lower your body temperature or prevent heat illnesses.



Keep the space cool

- Keep shades and blinds closed during the day.
- If you have air conditioning, keep windows closed to trap cooler air inside.
- If you don't have air conditioning, open windows at night to let cooler air in. Use fans in front of open windows to pull cooler air from outside into your home.



Check-In

- Notice how you feel and watch for signs of heat illness in those around you.
- Monitor the indoor temperature.
- At least 2 times a day, check in on those at risk for heat illness.



Dress for the heat

- Wear clothing that is loose-fitting, light-colored, and breathable.



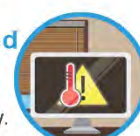
Hydrate

- Drink plenty of water.
- Offer water often to those in your care.



Plan ahead and stay informed

- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.



Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: vch.ca/heat

MAY 2023

During the summer months both heat and wildfire smoke can be a health concern. Find out more about air quality: vch.ca/wildfiresmoke



The views expressed herein do not necessarily represent the views of Health Canada.

Daily Menu for June

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salmon with Tiger Prawns	3 Cottage Pie	4 Meatloaf	5 Meatballs Milanaise	6 Chicken Cordon Bleu
9 Pork Loin	10 Shepherd's Pie	11 Cod Nuggets	12 Nasi Goreng (Chicken & Prawn w/ Rice)	13 Lamb Shank
16 Garlic Prawns	17 Lasagna	18 Turkey Schnitzel	19 Shepherd's Pie	20 Fish & Chips
23 Beef Stew	24 Duck Breast	25 Sausages	26 Cod Loin with Tiger Prawns	27 BBQ Ribs & Chicken
30 Bami Goreng (Chicken & Prawn w/curried noodles)	Entrée: \$10 Full Meal Combo: \$14			

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

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



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604-614-8544 (Digna)

digna.obar@caringshepherd.ca

778-522-1544 (Ruben)

www.caringshepherd.ca

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City of North Vancouver Community Engagement

How can the City strengthen its community engagement? Learn about a new engagement framework, and help identify ways to better bring residents into municipal decision-making. A light lunch will be served.

Thursday, June 5th

1:30 – 2:30 pm

Card Room

You must pre-register

Top Hits **SORRY – "Bingo" CANCELLED!**

Monday, June 9th

1:30 – 3:30 pm

\$10/ticket

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. Please note: this will be the last Climate Café until September.

Wednesday, June 11th

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). Please note: this will be the last Newcomers Tour until September.

Wednesday, June 11th

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, June 11th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

Have You Made a Plan yet?

If not, give our family a call



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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

Paper Flower Workshop

Discover the art of crafting stunning flowers using everyday materials like tissue paper and coffee filters! In this hands-on workshop you'll learn simple techniques to create three beautiful handmade blooms. No experience necessary and all supplies are provided – come ready to create and have fun!

Monday, June 23rd
1:00 – 3:00 pm
Sewing Room
\$10

Book Club

The Book Club meets monthly to discuss a pre-selected title. This month's book will be "A Gentleman In Moscow" by Amor Towles. Members are responsible for finding their own copy of the book. Please note: there will be no Book Club meetings in July and August.

Monday, June 23rd
2:30 – 3:30 pm
Multi-Purpose Room
No charge



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Lunch & Learn:

Home Care & Devices for Seniors

Registration begins on Mon, June 2nd at 9 am

Amir Mohammadi from Advanced Medical will talk about new medical healthcare equipment, and Cherian Itty of Comfort Keepers Home Care will discuss options for care at home. 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, June 25th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

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. Please note: there will be no Sound Advice meetings in July and August.

Monday, June 30th

10:00 – 11:30 am

Card Room

Free drop-in

Daytime Dance – Special Canada Day Edition

Join us (one day early) and dance to a special Canada Day playlist. Everyone is welcome. Feel free to wear red and white and bring flags to celebrate Canada Day. Those who don't want to dance are welcome to sing along, and celebrate any way they wish!

Monday, June 30th

1:00 – 2:30 pm

Auditorium

No charge



Seniors on the Move

Transitioning from driving a car to using alternative forms of transportation such as public transit, shuttle services, or volunteer driving programs, doesn't have to be daunting! Presented by BEST (Better Environmentally Sound Transportation), this workshop will inform you about accessible, affordable, and convenient transportation options in BC for those who don't drive. Then you can put your skills to use at a "Seniors on the Move" excursion on Thursday, July 10th.

Workshop: Tuesday, July 8th

10:00 – 11:30 am

Card Room

Excursion: Thursday, July 10th

10:00 am

Free of charge, but you must pre-register

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Your feet will thank you



Serving the North Shore for 17 years

Grandparents and Me Craft Week

Join us for a week of creativity, fun and bonding at our Grandparents and Me Craft Week! Children aged 5-10 will spend their mornings with their grandparents, learning exciting new craft activities like origami, card weaving, collage-making, card making and beading. This intergenerational workshop gives kids and grandparents the chance to create together, share stories, and enjoy the joy of making something special. This program is provided in conjunction with Harry Jerome recCentre's Art & Mixed Media Day Camp "At The Zoo" in the afternoon. Please see the detailed description on page 14.

Monday – Friday,

July 14 – 18

10:00 am – 12:00 pm

\$50

OASIS Arthritis: Mindful Eating for Better Health

OASIS Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Do you struggle with behaviours, thoughts or emotions that affect your eating? In this 2-part program you will learn how to improve what you eat by changing your relationship with food and eating.

Wednesday, July 23rd and

Wednesday, August 6th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

Mental Illness Learning Series

Do you have a loved one or know someone with a serious mental illness? Or are just interested in understanding more about serious mental illness? Join this free 5-week education series to learn more about serious mental illness, engage with others in important discussion and gain new communication skills. Topics covered will be:

- Exploring Serious Mental Illness
- Pathways: Stories of Building Hope & Resilience
- Better Communication
- Preparing for a Crisis
- The Caregiver Journey: Taking Care of Yourself

This series is presented by Pathways Serious Mental Illness Society, with funding generously provided by New Horizons for Seniors.

Thursdays, July 31st – Aug 28th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register



The advertisement features three smiling staff members (two women and one man) wearing Comfort Keepers uniforms. To their left is an orange sign with the Comfort Keepers logo and the tagline "Elevating the Human Spirit". To their right is a circular seal for the "ACCREDITATION PRIMER AWARD" and "ACCREDITATION AGREEMENT CANADA". At the bottom of the image, the text "Keeping seniors safe. At home." is displayed in white.

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Grandparent & Me

Craft Week July 14-18



Craft Week at Silver Harbour Seniors Activity Centre

Join us for a week of creativity, fun, and bonding at Silver Harbour's Grandparents and Me Craft Week! Children aged 5-10 will spend their mornings with their grandparents learning exciting new craft activities like origami, card weaving, collage-making, card making, and beading. This intergenerational workshop gives kids and grandparents the chance to create together, share stories, and enjoy the joy of making something special. M-F July 14-18, 10:00AM-12:00PM \$50

After the morning session, families are welcome to stay for lunch at the Silver Harbour cafeteria. While grandparents relax and enjoy a well-deserved break, the kids will head over to Harry Jerome in the afternoon for a crafting session with an experienced instructor.

Art & Mixed Media Camp 5-10yrs – At the Zoo

Join us to create some unique animal projects by using a variety of art materials including drawing materials, painting, collage, papier-mache and clay. Each class will introduce a new project to engage and inspire the young artist. (Cherie S.)

Course ID#00352337 M-F July 14-18, 1:00-3:30 Arts Studio, Memorial Community Centre (right behind Silver Harbour) \$155.05

Call 604-987-7529 or visit nvr.ca to register. Registration opens on May 22 at 7:00am

Please note: These programs work in conjunction, but you will need to sign up separately—register for the morning session at Silver Harbour and the afternoon session at North Vancouver Recreation & Culture (NVR) for the Harry Jerome crafting session. Silver Harbour membership is not required for this program.

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.

The Train Tour With Enjoy Tours

**SORRY,
FULL**

Registration began 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

Academy Farms With Enjoy Tours

Registration begins on Monday, June 2nd

We will drive to Academy Farms in Langley, where you will meet the herd of more than 350 water buffalo and 1000 bison. Enjoy a ride on a 30-passenger wagon, see baby calves, taste the cheese and learn about agriculture, the animals of Academy Farms and state-of-the-art farm technology. Following our farm visit, we will have lunch at Adrian's at the Airport. Before returning to North Van, we will stop at Driediger Berry Farm, where fresh strawberries and raspberries will be available to purchase.

Wednesday, July 2nd

7:45 am – 4:15 pm

\$119

**Please buy your tickets before June 20th or
the trip may be cancelled**

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 low cost meals, entrées, soup, drinks and refreshments. The menu of daily entrees is on page 7 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required. Lunch is served Monday to Friday from 11:30 am to 12:45 pm; snacks and refreshments Monday to Friday, from 10:00 am to 1:00 pm.

Program Registration Information:

- **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.

Keep Fit...

Chair Yoga – Fully Seated

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

Wed 1:00 – 1:50 pm

July 9 – Aug 27 (no class Aug 20)

Fitness Room

\$56/7 classes

Chair Yoga – Standing Options

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

Wed 2:00 – 3:50 pm

July 9 – Aug 27 (no class Aug 20)

Fitness Room

\$56/7 classes

Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock! Daytime dance will be on in June and July, but taking a short break for the month of August.

Tue 1:00 – 2:30 pm

Auditorium

No charge

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

July 3 – Aug 28

Fitness Room

\$83.25/9 classes

Program Registration Information:

- ***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.

Introduction to Latin Dance **NEW!**

Learn the basics of this vibrant, energetic dance form, from an experienced instructor. No previous dance experience needed.

Mon 1:30 – 2:30 pm

July 7 – 28

Auditorium

\$22/4 classes

Program Registration Information:

- **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.

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

July 3 – Aug 28 (no class Aug 4)

\$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

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1405 Bellevue Ave, West Vancouver

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

July 2 – Aug 6

Auditorium

\$33/6 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

July 2 – Aug 6

Auditorium

\$33/6 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

July 4 – Aug 8

Auditorium

\$33/6 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

July 4 – Aug 8

Auditorium

\$33/6 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

July 11 – Aug 15

Multipurpose

\$51/6 classes

(Rate is for one person and their care partner)

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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

July 3 – Aug 28 (no class Aug 4)

\$148/16 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

July 3 – Aug 28 (no class Aug 4)

\$148/16 classes

Fitness Room

\$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

\$15/July-Aug

Intermediate 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

\$15/July-Aug



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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required. In order to give Bingo volunteers a well-deserved break, there will be no Bingo at Silver Harbour for the month of July.

Thu 1:00 - 4:00 pm
Auditorium

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm
Card Room
\$4 drop-in

Circle of Friends

**CURRENTLY
WAITLISTING**

The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required. Please leave your name and number with the front desk and the leader will contact you. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Wed 1:00-2:30 pm
\$3 per session

Computer Club

The Computer Club meets twice a week, either in person or by Zoom, to exchange information about technology, software and applications. Members can use the in-house computers provided, or bring their own devices. Note: If you are looking for computer instruction, please contact your local library or see page 12 for tech learning happening at Silver Harbour.

Mon & Fri 9:00 am – 12:00 pm
Computer Room
\$15/July-Aug

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm
Card Room
\$5 drop-in



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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

Men's Club

**CURRENTLY
WAITLISTING**

Gentlemen, you are invited to join the new Silver Harbour Men's Club program. Join Henrik every Monday morning for lively and stimulating conversation. You will have an opportunity to share your ideas, while meeting up with new and old friends. Interested participants can register by calling the front office at 604-980-2474. A LINKS team member will call you with more information. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Mon 10:30 am - 12:00 pm

Card Room

\$3 drop-in

Starts March 24

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

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.

Woodworking Volunteers

Supported, non-instructional environment
Intermediate+

Supervisors: Neil and Robert

Join this volunteer group of woodworkers to help make handmade items for our Craft Markets. Full range of electric and manual equipment. All new volunteers must book in an orientation with Neil before registering. For experienced woodworkers only.

Mon – Fri mornings

Woodshop

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

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.

Program Registration Information:

- **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.

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 July 4

Sewing Room

\$15/July-Aug

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

Pottery – Open Studio

Supported, non-instructional, co-operative studio environment

Intermediate+

Explore the world of clay within a co-operative studio environment. New participants: Call to book an orientation with the Arts Coordinator.

Thu 1:00 - 3:00 pm

Starts July 3

Arts & Crafts Room

\$15/July-Aug

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.

Ukulele Practice Hour

Calling all ukulele enthusiasts! Join us Monday mornings for a relaxed one-hour practice session with fellow players. This program is open to participants who have previously registered in our Ukulele classes and have some playing experience. Bring your ukulele, fine-tune your skills and enjoy making music together in a supportive environment.

Mon 9:30 – 10:30 am

July 7 – Aug 25

Multi-purpose Room

\$15

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 July 2

Sewing Room

\$15/July-Aug

Arts Programs (Instructed)

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

July 3 – Aug 21

Sewing Room

\$30/8 classes

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 July 2

Arts & Crafts Room

\$15/July-Aug

Paper Flower Workshop

Discover the art of crafting stunning flowers using everyday materials like tissue paper and coffee filters! In this hands-on workshop you'll learn simple techniques to create three beautiful handmade blooms. No experience necessary and all supplies are provided – come ready to create and have fun!

Monday, June 23rd

1:00 – 3:00 pm

Sewing Room

\$10

Watercolour Painting

Discover the art of watercolor painting with our three-part workshop series. Over six hours of instruction, you'll build a foundation in watercolor techniques and create your own artworks.

Mon 1:00 – 3:00 pm

July 14, 21, 28

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Weaving – Loom

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 July 8

Arts & Crafts Room

\$15/July-Aug

**CURRENTLY
WAITLISTING**

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	Basket Weaving	
			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

OIf 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.