

THE CENTRE POST



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

October 2025



October 1st is National Seniors Day!

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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

Arthur Davies, Director	Brenda Harrison, Director
Doug Blakeney, Treasurer	Elizabeth Jones, Director
Leanne Roy, Vice-President	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, President
Ritch Seeley, Director	Ron Needham, Director
Shideh Shadfar, Director	Virginia Baldwin, Director
Wayne Hanna, Director	

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Annual General Meeting Recap

A big thank you to everyone who was able to attend our September 15th Silver Harbour Annual General Meeting (AGM). Members approved past meeting minutes, received audited financial statements, and appointed our auditor for the 2025-26 fiscal year. We also presented our directors' report that outlines Silver Harbour's successes, challenges, and plans for the future. Your 2025-26 Silver Harbour Board of Directors is as follows: Richard Gauntlett (President), Leanne Roy (Vice-President), Doug Blakeney (Treasurer), Margaret Coates (Secretary) and Directors Arthur Davies, Brenda Harrison, Elizabeth Jones, Naseem Amarshi, Ritch Seeley, Ron Needham, Shideh Shadfar, Virginia Baldwin and Wayne Hanna.

A Brief Summary of the Directors' Report Presented to the AGM

For over 50 years, Silver Harbour has been a cornerstone of the North Vancouver community, enhancing the lives of older adults through a rich array of programs, services and connections. We engage with more than 3000 seniors every year and record over 500 instances of participation per day. Participants say that they experience increased and improved social connectedness, sense of purpose, self-confidence and self-esteem, resilience, creative expression, mental and emotional wellness, physical health, capacity to plan and make informed choices, and sense of security. This past year we have offered many of our long-standing high quality and beneficial programs while also adding new ones, including in the areas of informational workshops, community-based research with SFU, English language learning, physical activity coaching, intergenerational programming and more. We are very grateful to our participants, members, over 200 volunteers, Board of Directors, and staff team for their support of Silver Harbour. We are also extremely thankful to all our funders, sponsors, and donors including the City of North Vancouver, the District of North Vancouver, Government of Canada, BC Ministry of Health, Vancouver Coastal Health, PARC Retirement Living, and the many organizations, individuals and businesses who provide grants, donations, and sponsorships. We have been working hard this past year to introduce more seniors to Silver Harbour, both to our programs and our volunteer opportunities, and are revising our website and marketing materials. We have partnered and collaborated with over 30 other organizations to assess and respond to local seniors' needs and priorities.

This year and next, we are of course focusing substantially on our move to our new facility. At this time, we estimate our move will happen around May or June 2026. Prior to the move we will pause our programs, remain closed for a couple of weeks, and then re-open in our new building and restart our programs. We will have events and activities that enable us to say goodbye to our current building and welcome everyone to our new one. This will be a busy and engaging time for all our staff, volunteers, members, and participants and we are counting on your support to make this a great success. One of the big changes for us in moving to our new building is the higher building operating costs we'll need to cover, such as maintenance and utilities. Plus, in order to reduce waitlists, accommodate demand for programs and services, and fulfill our strategic goal of enhancing programming, we intend to expand our operating hours, which requires additional staff and volunteers. As we embark on a year full of big changes, potential challenges and wonderful opportunities, we hope that you will remain engaged with Silver Harbour and support us through this important transition and into the future.

Christmas Market

Our annual Christmas Market is sneaking up on us and we are busy with all the preparation that goes into this great event! The date for this year's market is **Saturday, November 15th, 10 am to 2 pm.** Here are some of the many ways to participate and help out with our sale...

Craft Products Ready For Sale

Our craft volunteers have been busy in Santa's workshop creating wonderful handmade goods for this year's sale. Although they work all year round, any additional finished crafts that you may have to contribute are always a big help during this sale. Please drop these off by November 1st, so that we have time to price and sort everything.

Baking

We are always looking for baking donations for our sale. Please let us know at the front desk as to what you will be making, in order to keep track of what we need in regards to our displays, packaging, and pricing. There will be a baking sign-up sheet at the front desk. Our wonderful bake sale volunteers will be setting up, packaging and pricing on Friday, November 14th, so please drop off your baking that morning. An ingredients list is appreciated for anyone with food allergies.

Used Clothing

Silver Harbour is always looking for good quality, gently used women's clothes for our Clothes Closet. Please bring in your donations at least one week before for sorting and pricing before the sale (no summer clothes, thank you).

Volunteers

We are always in search of volunteers to help in a variety of ways at the sale – including selling at the tables. Booth set-up and take down require volunteers that can do a little extra heavy lifting – if you can lend us your muscle for any of this, we would love to hear from you! Please leave your name and number at the front desk.

Posters

Several weeks before the Christmas Market, we will have posters and garden signs available at the front desk promoting the event. If you know of a bulletin board at a business, apartment building or other visible location, please pick up a poster, put it up, and help us promote our wonderful Christmas Market.



Silver Harbour Bulletin Board

Become a LINKS Volunteer

The Silver Harbour LINKS Team (Living Independently 'n Keeping Social) is a small group of dedicated volunteers that help friends, neighbours and Silver Harbour members stay active and involved in community recreation programs at the centre.

We are currently looking for a few new members to help with specific projects this fall. These commitments involve transportation planning (finding creative ways to get people to and from the centre), interest in leading a conversation and social time after a popular music therapy program, and/or possible support for seniors involving technology support.

If you are a person that likes to be helpful and some time to support our senior community, please contact Joni at jonivajda@gmail.com.

It's Time To Plant Your Bulbs!

The City of North Vancouver has, once again, made a generous donation of repurposed tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put into the City plantings. Only \$3 a dozen (or 2 dozen for \$5) – pay at the front desk, Monday to Friday, 9 am to 4 pm.

Holiday Closing

Silver Harbour will be closed on Monday, October 13th for Thanksgiving, re-opening at 9 am on Tuesday, October 14th.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: October 6th, 11:45 am to 12:30 pm.



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CLOTHES CLOSET
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10 AM TO 1 PM



FREE TO ATTEND

SENIORS EXPO 2025

"Stuff you Might Want to Know"

Saturday Oct 4, 2025 • 12-4pm

 Silver Harbour Centre, 144 East 22nd St, North Van

12:15-1:00pm – PRESENTATION

 Stephanie Chan / *Founder of Home to Home and myCareBase*
Planning Ahead: Navigating Powers of Attorney, Healthcare Representation and Executor Roles

In this informative seminar, senior living advisor Stephanie Chan will guide you through how to choose and prepare the right person to serve as your Power of Attorney, Healthcare Representative, or Executor.


1:15-2:00pm – PANEL DISCUSSION

 Blair Hackman / *Registered Clinical Counsellor and Manager at CMHA North Shore*

 Lorna Harding / *Seniors Peer Support Coordinator at North Shore Neighbourhood*

 Cindy Bouvet / *Seniors' Community Connector at North Shore Community Resources*
Building Resilience through Social Connection

This panel will explore how seniors' health and resilience are strengthened through meaningful relationships, accessible programs, and everyday social connections. Experts in elder abuse, ageism, crisis response, and social prescribing will discuss barriers that isolate older adults and the supports that can break them down.


2:15-3:00pm – PRESENTATION

 Brenda Mah / *Financial Education Manager at Coast*
Maximizing Your Benefits: A Guide to Seniors' Income Supports

Navigating government benefits can feel overwhelming, but this session makes it simple. Learn about key supports for seniors—OAS, GIS, pension splitting, BC Seniors' Supplement, renovation credits, and GST rebates—plus eligibility, applications, and tax tips to avoid interruptions.


3:15-4:00pm – PRESENTATION

 Sandy Hoshizaki / *Home and Community Health Dietitian with Vancouver Coastal Health*
Wellness on a Budget: Tasty, Affordable Meals as we Age

Healthy eating can be enjoyable, accessible, and affordable. This session shares creative ways to prepare nutrient-rich meals, stretch your grocery budget, and make small changes that support lifelong vitality.



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In the Community

North Shore Art Crawl 2025 - North Van Arts

Get ready for an incredible weekend of art exploration! This free, annual arts festival offers art enthusiasts an insider's look into the vibrant North Shore arts scene. What started with just two artists and a big idea has blossomed into the incredible North Shore Art Crawl! Now in its 15th year, North Van Arts is thrilled to partner with local galleries, bustling breweries, cafes, and more.



Veterans Town Hall

Join Veterans Ombud Colonel (ret'd) Nishika Jardine for a town hall on Wednesday October 8th, 2025, 7:00 – 9:00 pm, at the Royal Canadian Legion Branch 118 at 123 West 15th Street, North Vancouver.

A Writing Contest For Seniors

The Sunshine Coast Writers and Editors Society invites BC seniors to submit original, unpublished entries in: Poetry, Creative Nonfiction, Short Stories, and Writing for Children. For more details, check the website at www.scwes.ca/contests.

Daily Menu for October

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$10 Full Meal Combo: \$14		1 Chicken a la King	2 Beef Stew	3 Cod Nuggets
6 Meat Patty	7 Pork Loin	8 Cabbage Rolls	9 Bami Goreng	10 Lamb Shank (max 2 per person)
13 Thanksgiving * Silver Harbour CLOSED	14 Nasi Goreng	15 Baked Salmon	16 Sausages and Perogies	17 Fish & Chips
20 Garlic Prawns	21 Turkey Schnitzel	22 Cottage Pie	23 Lasagna	24 BBQ Ribs & Chicken (max 2 per person)
27 Fish & Chips	28 Meat Loaf	29 Cod Loin with Prawns	30 Duck Breast	31 Chicken Cordon Bleu

Management reserves the right to change the menu without notice.

Food Services Available Monday through Friday

Drinks & Refreshments **10:00 am – 1:00 pm**
Hot Full Course Lunch **11:30 am – 12:45 pm**

Workshops & Special Events

OASIS Arthritis:

Managing Hip & Knee Arthritis

OASIS Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about osteoarthritis in these commonly affected joints, ways of managing your arthritis without surgery, and what happens if you need joint replacement surgery.

Wednesday, October 1st

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Culture Days –

Card Making Workshop

Join us for a relaxed, hands-on Card Making workshop – a creative hour to explore your artistic side! This isn't a formal class – just come as you are and let your imagination lead. We'll provide a variety of fun materials like patterned paper, stamps, stickers, punches, scissors and more. Whether you're crafting a heartfelt note, or just experimenting with design, you'll leave with something uniquely yours. No experience needed – just bring your creativity!

Wednesday, October 1st

1:00 – 2:00 pm

Capilano Room at

Memorial Community recCentre

(behind Silver Harbour)

Free of charge, but you must pre-register

Climate Café

Back by popular demand, this month's topic is the Fraser River. The mighty Fraser River is the province's longest river, starting from the Rocky Mountains and flowing 1,375 kilometres to the Pacific Ocean. Floods and slides have sent debris into the Fraser. Is anyone looking after this river? Should they? Light refreshments will be served.

Wednesday, October 8th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

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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, October 8th

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, October 8th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

Downsizing

Thinking about downsizing, yet not sure where to begin? Ideal for those just thinking about it, or ready to make a move, this fun, interactive seminar with award-winning realtor, Janet Helm, a seniors real estate specialist will answer all your questions – from “Should I renovate?” to “What do I do with all my stuff?” Janet will provide useful tips and resources, so you can plan your next steps with confidence. Refreshments will be served.

Wednesday, October 15th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register



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"Oktoberfest Before Dark"

It's time to dust off your lederhosen and raise your stein to celebrate Oktoberfest at Silver Harbour. The Bavarian Boys will get your feet tapping with their authentic Oktoberfest music. Admission includes coffee or tea and apple strudel. Non-alcoholic beer will be available for purchase. Tickets are only \$10 and must be purchased in person (no phone orders).

Monday, October 20th

1:30 – 3:30 pm

Auditorium

\$10 per ticket

Tickets on sale now!



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Lunch & Learn: Ear & Eye Health

Registration begins on Wed, Oct 1st at 9 am

Dr. Solamita Avenessian of CURA Eye Care will speak about vision and eye health, Tania Sunner of Hearing Life will speak about what's new in hearing health technology. 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, October 22nd

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.

Monday, October 27th

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 "Red Notice" by Bill Broward. Members are responsible for finding their own copy of the book.

Monday, October 27th

2:30 – 3:30 pm

Multi-Purpose Room

No charge

Emergency Health Options

Are you aware of the differences between Urgent and Primary Care Centres and Hospitals? Pharmacist Shideh Shadfar of Lonsdale and 3rd Pharmacy will clarify the range of services provided by each facility.

Wednesday, October 29th

10:00 – 11:00 am

Card Room

Free of charge

but you must pre-register

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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, November 5th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Remembrance Day Event

Join us for this special Remembrance Day event featuring a performance by our own Silver Harbour choir. The choir will sing a variety of songs relating to the two World Wars and to peace, and will also lead the audience in familiar wartime songs.

Monday, November 10th

1:30 pm

Auditorium

Free of charge



BETTER MEALS

Serving Our Communities Since 1993

Climate Café

A series of discussions about our climate and our world covering a variety of topics. This month's topic is "Rebuilding after a disaster". If our home has been hit by a disaster – should we rebuild? Fires, floods and landslides all seem to be more common. Logically we should be building our homes in safe spots, but we don't always, usually through lack of knowledge. How do you put a price on safety? Join us for a friendly discussion. Light refreshments will be served.

Wednesday, November 12th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Christmas Market

Make sure you mark your calendar for our famous Christmas Market, complete with beautiful crafts and gifts, baking, and more!

Saturday, November 15th

10:00 am – 2:00 pm

Free admission



Bone Health 101

Presented by the Osteoporosis Society of Canada, Bone Health 101 will give you information on what osteoporosis is, risk factors, bone health, the impact of nutrition and physical activity, and fall prevention.

Wednesday, November 19th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

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, November 26th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

Trips and Tours

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. All bus trips leave from Silver Harbour – meet at the front entrance.

Harrison Salmon Run **SORRY, FULL!** With Enjoy Tours

Registration began on Tuesday, Sept. 2nd

In 2025 British Columbia is anticipating a record-breaking run of pink salmon with an estimated 27 million salmon returning. You will see pink, coho, chum, sockeye and chinook salmon at several viewing locations including Weaver Creek Spawning Channel, Chehalis River at the Hatchery, and Inch Creek Hatchery. There will be time for lunch (not included in price) and free time in Harrison Hot Springs.

Monday, October 20th

7:00 am – 5:45 pm

\$69 members; \$79 non-members

Vancouver Orpheus Male Choir With Enjoy Tours

Registration begins on Wednesday, Oct. 1st

Take in a special afternoon Christmas concert with the amazing Vancouver Orpheus Male Choir, at St Andrew's Church in Langley. Enjoy the popular Sunday Brunch Buffet at Newlands Golf and Country Club prior to the performance.

Sunday, November 30th

9:45 am – 5:45 pm

\$129 members; \$139 non-members

**Please buy your tickets before Nov. 21st
or the trip may be cancelled.**

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Programs & Workshops

Our program sessions specifically scheduled for October through December 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.

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

Nov 5 – Dec 17

Fitness Room

\$56/7 classes

Participants should bring their own yoga mat.

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

Nov 5 – Dec 17

Fitness Room

\$56/7 classes

Participants should bring their own yoga mat.



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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

Nov 6 – Dec 4

Sewing Room

\$30/5 classes

ElderCollege

Presented By PARC Retirement Living

We are pleased to offer ElderCollege at Silver Harbour. There is still space available in the following programs:

- Books Unlimited Book Club
- Canadian Demographics
- Healthy People, Healthy Planet
- History in Four
- Meet Our Local Authors
- Mythos – The Shaping of the Western Tradition by Joseph Campbell
- What's News

Detailed descriptions of these programs are available on pages 18-19.

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

Nov 6 – Dec 18

Fitness Room

\$64.75/7 classes

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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
Nov 3 – Dec 22
\$138.75/15 classes
Fitness Room

Living Well With Memory Loss - Memory Café

Memory Café is a social gathering where care partners can relax, unwind and have fun with their family members with memory loss. It's all about music, art, social connections and joyful engagement.

Mon 1:30 – 3:30 pm
Nov 10 – Dec 15
Fitness Room
\$99/pair



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
Sept 5 – Oct 24
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
Nov 3 – Dec 22
\$138.75/15 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

Nov 3 – Dec 22

\$138.75/15 classes

Fitness Room

\$74/8 classes (Mon only)

\$64.75/7 classes (Thurs only)

Snooker Lessons **NEW!**

Learn the basics of Snooker from an experienced player.

Wed 1:00 – 3:00 pm

Oct 8 – 29

\$30

Watercolour Painting - Beginners

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

Nov 10, 17, 25

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Yoga

Henrik is back! Gentle stretches and breathing exercises to help increase your flexibility and relax your mind. No drop-ins.

Mon 9:00 – 10:00 am

Auditorium

Oct 20 – Dec 15

\$49.50/9 classes



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Are you wondering if you should downsize?
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ElderCollege at Silver Harbour Presented by PARC Retirement Living

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. They meet every 3 weeks via Zoom and have social meetings too. Participants get their own copy of the books. Titles chosen for this session are:

- Sept 17 – Forgotten On Sunday, Valerie Perrin
- Oct 8 – The Diviners, Margaret Laurence
- Oct 29 – Birnam Wood, Eleanor Catton
- Nov 19 – The Brothers Karamazov, Dostoevsky
- Dec 10 – The War We Won Apart, Nahlah Ayed

Wed 1:30 – 3:00 pm

Sept 17, Oct 8, Oct 29, Nov 19, Dec 10

\$30

Canadian Demographics

Beginning with the Indigenous populations before European contact, this course looks at Canadian demographics through the colonial period, the 20th century, and the first half of the 21st century. We will see how the size, age and geographical distribution of populations can influence both culture and politics

Fri 10:00 – 11:30 am

Oct 3 – 24

Card Room

\$30

Healthy People, Healthy Planet

The theme of this session of Healthy People, Healthy Planet is biodiversity. Our health is intricately tied up with the health of the natural world of which we are a part. Sometimes we need to recognize that what we have done in the past was destructive, and we need to change. This includes the way we approach wildfires, how we build cities, and how we protect our streams from pollution.

Mon 1:00 – 3:00 pm

Nov 3 – 17

Card Room

\$30




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History in Four

This fall, the History course “in Four” will cover a wide range of time periods and topics, beginning with significant turning points in history; then a lecture on Pierre Elliot Trudeau and the many important issues he dealt with while in office (the Official Languages Act, FLQ crisis and much more); the 1911 Canadian federal election as it relates to our current trade issues with the U.S.; and an examination of five anti-development campaigns in the 70's, and the dramatic effects they had on large-scale development in B.C.

Fri 10:00 – 11:30 am

Nov 7 – 28

Card Room

\$30

Meet Our Local Authors

Six local authors will present their stories, both fiction and non-fiction, and will tell of their experiences of the writing process and their motivation. How do they come up with their interesting ideas? We'll hear about crime and mystery, romantic suspense tales inspired by the writer's own wild adventures, a tale about a major earthquake rocking the west coast, and an historical work, British Columbia in Flames. Another author will describe her literary exploration of her dual heritage, the result of her thesis for her MFA, and another who has written beautiful books about Vancouver – most recently a graphic novel about the hippie scene of the early 70s. Many are award-winning authors who will both entertain and inspire us.

Tues 10:00 – 11:30 am

Oct 14 – Nov 25

Card Room

\$30

Mythos: The Shaping of the Western Tradition by Joseph Campbell

This is a further opportunity to enrich your life with the excitement of powerful ideas and masterful storytelling. With Joseph Campbell we have previously explored the world's most ancient myths and how these myths have been embodied in Eastern cultures. In this third series, we will explore the unique characteristics of Western mythology, particularly its emphasis on the individual and the hero's journey. Each session begins with a 50-minute recorded presentation by Joseph Campbell, followed by a facilitated discussion of the ideas presented in the video.

Wed 1:00 – 3:00 pm

Oct 15 – Nov 19

Card Room

\$30

What's News?

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

Thur 1:30 – 3:00 pm

Sept 18 – Dec 11

Card Room

\$30

Silver Harbour Fall Program Schedule

MONDAY	
Jointmoves	8:15 – 9:15 am
Yoga	9:00 – 10:00 am
Computer Club	9:00 am – 12:00 pm
Snooker	9:00 am – 4:00 pm
Craft Volunteers	9:30 am – 12:00 pm
Ukulele Practice	9:30 – 10:30 am
Osteofit For Life	10:00 – 11:00 am
Men's Club	10:30 am – 12:00 pm
Beginner Ukulele	10:30 – 11:20 am
Osteofit 1	11:30 am – 12:30 pm
Musical Journey	11:30 am – 12:20 pm
Silk Painting	12:30 – 2:30 pm
Choose To Move	1:00 – 2:00 pm
Acrylic Painting	1:00 – 3:00 pm
Memory Cafe	1:30 – 3:30 pm
TUESDAY	
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Tapestry	9:30 am – 3:00 pm
Weaving	9:30 am – 3:30 pm
Meet Local Authors	10:00 – 11:30 am
Golden Fireflies	1:00 – 3:00 pm
Daytime Dance	1:00 – 2:30 pm
Cribbage	1:00 – 3:00 pm
Quilting Volunteers	1:00 – 3:00 pm
Rigid Heddle Weaving	1:00 – 3:00 pm
WEDNESDAY	
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Keep Well	9:30 – 10:30 am
Table Tennis	10:00 am – 12:00 pm
Woodcarving	10:00 am – 12:00 pm
Knit & Crochet Circle	10:00 am – 12:00 pm
Meditation	10:00 – 11:00 am
Tile Rummy	11:00 am – 12:00 pm
Snooker Lessons	1:00 – 3:00 pm
Chair Yoga – Fully Seated	1:00 – 2:00 pm
Circle of Friends	1:00 – 2:30 pm
Dressmaking	1:00 – 3:00 pm
Pottery	1:00 – 3:00 pm
Mythos	1:00 – 3:00 pm

WEDNESDAY (CONTINUED)	
Line Dance – Level 1	1:30 – 2:30 pm
Chair Yoga – Standing Opt	2:15 – 3:15 pm
Line Dance – Level 2	2:30 – 3:30 pm
THURSDAY	
Jointmoves	8:15 – 9:15 am
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Intermediate ESL	9:30 – 11:30 am
Osteofit For Life	10:00 – 11:00 am
Tea & Talk	10:00 – 11:30 am
Basket Weaving	10:00 am – 12:00 pm
Stained Glass	10:00 am – 12:00 pm
Osteofit 1	11:30 am – 12:30 pm
Creative Journey	1:00 – 3:00 pm
Inkle Loom Weaving	1:00 – 3:00 pm
Bingo	1:00 – 3:30 pm
Get Up & Go	1:00 – 2:00 pm
Pottery	1:00 – 3:00 pm
What's News	1:30 – 3:00 pm
FRIDAY	
Computer Club	9:00 am – 12:00 pm
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Craft Volunteers	9:30 am – 12:00 pm
Keep Well	9:30 – 10:30 am
Minds In Motion	9:45 – 11:15 am
Cdn Demographics	10:00 – 11:30 am
Choir	10:00 am – 12:00 pm
Advanced Watercolour	10:00 am – 12:00 pm
Duplicate Bridge	12:30 – 4:00 pm
Current Conversations	1:00 – 2:30 pm
Open Studio	1:00 – 3:00 pm
Table Tennis	1:00 – 3:00 pm
Weaving	1:00 – 3:00 pm
Line Dance – Level 2	1:30 – 2:30 pm
Line Dance – Level 3	2:30 – 3:30 pm

**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**