

THE CENTRE POST



Silver Harbour Seniors' Activity Centre
2325 St Georges Ave, North Vancouver, BC V7L 0K2
www.silverharbourcentre.com tel: 604-980-2474

November 2026

SILVER HARBOUR

CHRISTMAS MARKET

**SATURDAY
NOV
21**

10 AM - 2 PM
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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!



2325 St Georges Ave
North Vancouver, BC
V7L 0K2

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre



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,
Sḵw̓xwú7mesh Úxwumixw (Squamish),
səlilwətał (Tsleil-Waututh) and
xʷməθkʷəy̓əm (Musqueam) Nations.**

In this Issue...

Christmas Market.....	p.2
Silver Harbour Bulletin Board.....	pp.3-4
In the Community.....	p.5
Daily Menu.....	p.6

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	Head Chef
Holly Gagnier	Program & Services Manager
Simran Likhari	Arts Program Coordinator

Board of Directors

Arthur Davies, Director	Brenda Harrison, Director
Doug Blakeney, Treasurer	Leanne Roy, President
Misha Adibpour, Director	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, Director
Ritch Seeley, Director	Ron Needham, Vice-President
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Workshops & Special Events.....	pp.7-11
Trips & Tours.....	p.12
Programs & Workshops.....	pp.13-17
Program Schedule.....	p.18

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 21st, 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 the first week of November, 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 20th, so please drop off your baking that morning. An ingredients list is appreciated for anyone with food allergies.

Used Clothing and Small Household Goods

Silver Harbour is always looking for good quality, gently used women's clothes and small household goods. 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

Holiday Closing

Silver Harbour will be closed on Wednesday, November 11th for the Remembrance Day statutory holiday, reopening at 9 am on Thursday, November 12th.

Daytime Dance Cancelled – November 10th

Please note: Daytime Dance is cancelled on Tuesday, November 10th, so the Silver Harbour choir can present their special Remembrance Day concert.

Program Cancellations – Friday, November 20th

The following programs are cancelled on Friday, November 20th, while we set up for the Christmas Market:

- Duplicate Bridge
- Current Conversations
- Open Studio
- Weaving
- Line Dance – Level 2 and Level 3

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.

Winter Program Registration

Registration for arts programs (beginning in January) will start at 9 am on Thursday, December 3rd. Registration for all other programs will start at 9 am on Tuesday, December 8th. You may register by phone or in-person. All the program details will be in our December newsletter.

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Waitlist Information

Our programs are very popular and often fill up quickly. If a program is full, you may add your name to the waitlist. If a space becomes available due to a cancellation, we will contact participants on the waitlist. Please make sure your current email address and phone number are on file so that we can reach you if a spot becomes available.

Please note that waitlists do not carry over to the next registration period. If you are on a waitlist and do not receive a spot during the current session, you will not automatically be placed at the top of the waitlist for the next session.

Thank you for your understanding and for helping us keep the registration process fair and organized for everyone.

No Food or Drinks in the Art Studios

Please do not bring food or drinks to the Art Studio, Weaving Studio and Pottery Studio unless they are in a personal or take away container. Please dispose of all containers in the bins before leaving the room. Thank you for helping us keep our rooms clean!



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In the Community

North Shore Christmas Bureau

The Christmas Bureau invites you to give or receive this holiday season! If you're unable to afford the holidays and would like to participate in the Christmas Bureau, our community is here to help you with a holiday gift basket that includes grocery gift cards, a present, and other festive items. You'll need proof of income and proof you reside on the North Shore. Details are at: <https://www.familyservices.bc.ca/find-support/christmas-bureau/>. If you'd like to help out, choose the number of families, individuals, or seniors you would like to sponsor and you will be confidentially matched with qualified applicants. You can recruit the help of your family, friends, colleagues or community groups to provide holiday gift baskets for people with low incomes. Details are at: <https://www.familyservices.bc.ca/ways-to-give/make-a-holiday-gift-to-the-christmas-bureau/>. Please call the Family Services of the North Shore office at 604-984-9627 Monday to Friday 10:00 am – 4:00 pm, for more information.

Senior's Financial Health Lunch & Learn

Lynn Valley United Church and Comfort Keepers invite you to this seminar on financial health. Derek James, Chartered Financial Analyst will explore how proactive planning – including financial, retirement, estate and lifestyle decisions – can help your family reduce stress and create greater confidence for the future. This is a free event, but you must pre-register. Nov 16th, 11 am to 1 pm, at Lynn Valley United Church, 3201 Mountain Highway. Info and registration at: [Seniors' Financial Health Lunch and Learn | Lynn Valley United Church](#) or call 604-987-2114.

North Shore Artists' Guild Winter Art Sale

The North Shore Artists' Guild presents the Winter Art Sale at St Thomas Aquinas Secondary (541 W Keith Rd, North Vancouver). The sale will be in-person for one day November 21, 10am – 5pm; then online November 22 to 29. The sale will feature:

- One-of-a-kind original art by talented North Shore artists;
- Wide selection of styles including, contemporary, abstract, realist and impressionist paintings;
- Featuring landscapes, seascapes, florals, abstracts and more;
- Well-priced, starting at \$100.

More information: www.nsartists.ca/show

Daily Menu for November

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cajun Prawns	3 Vietnamese Pork Chops	4 Cod Nuggets	5 Lasagna (choice of Veggie or Meat)	6 Lamb Shank
9 Perogies with Sausages	10 Meat Patty	11 Remembrance Day Silver Harbour CLOSED	12 Shepherd's Pie	13 Baked Ham
16 Chicken a la King	17 Cabbage Rolls	18 Turkey Schnitzel	19 Pork Loin	20 Baked Salmon
23 Spaghetti & Meatballs	24 Chicken Souvlaki	25 Beef Stew	26 Cod Loin	27 BBQ Ribs & Chicken
30 Fish & Chips	Entrée: \$10 Full Meal Combo: \$14 Soup: \$3 Sandwich: \$5			

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: Foot & Ankle Arthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. This class will focus on specific strategies for management of foot and ankle arthritis, including joint protection, exercise and pain management.

Wednesday, November 4th

1:00 – 2:30 pm

Multi-Purpose Room

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

Paper Making Workshop

Silver Harbour Membership Required

Learn how to turn regionally invasive plants such as English Ivy, Red Canary Grass, Tansy, Creeping Buttercup and others into paper! Using a base of recycled paper, participants will have the option to attach a corded tassel to their dried sheets and transform the handmade paper into bookmarks. Join us for an afternoon of learning basic papermaking techniques, discuss the history and story of invasive plants of the Lower Mainland, along with how to identify these species.

Monday, November 9th

1:00 – 3:00 pm

Large Arts Studio

\$15



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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).

Tuesday, November 10th

10:15 am

**Meet in the Lounge, beside the elevator
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.

Tuesday, November 10th

1:30 pm

Auditorium

Free of charge

Tax Planning for Assisted Living and Long Term Care

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities. Presented by David Perkins of Assante Financial Management.

Monday, November 16th

10:00 – 11:30 am

Multi-Purpose Room

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

Sound Advice

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, November 16th

1:00 – 2:30 pm

Gathering Room

Free drop-in

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Tech Connect: Transportation & Navigation With Technology

Do you want to learn about public transportation options across the Lower Mainland? Or about the navigation technology to use it, like Google Maps? Join us for this introductory course that will cover using TransLink - buses, Skytrain, SeaBus – using TransLink's preferred partner: the Transit App as well as Google Maps.

Tuesday, November 17th
10:00 – 11:30 am
Multi-Purpose 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, thrift, puzzles, bulbs, and more! Are you looking for ways to help out with our Christmas Market? We are looking for donations of quality crafts, ladies clothing and accessories, small household items, and baking. We also need volunteers to help with set up and distributing posters. See page 2 for more details on how to help.

Saturday, November 21st
10:00 am – 2:00 pm
Free admission

Book Club

The Book Club meets monthly to discuss a pre-selected book. Books are available to sign out at the previous month's meeting – they must be returned at the meeting.

Monday,
November 23rd
1:00 – 2:00 pm
Gathering 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, November 25th

10:15 am

**Meet in the Lounge, beside the elevator
Free of charge, but you must pre-register**

Origami Workshop

Silver Harbour Membership Required

Discover the art of origami in this fun and relaxing 2-hour workshop! Learn the basics of paper folding and create beautiful designs, from simple shapes to charming decorative pieces. No experience necessary – just bring your curiosity and creativity, and enjoy the satisfaction of turning paper into art! Supplies provided.

Friday, November 27th

1:00 – 3:00 pm

Large Arts Studio

\$10



BETTER MEALS

Serving Our Communities Since 1993

Holly Tea

Music and a plate of Christmas sweets make this event a sheer delight! And our very own Silver Harbour Choir will present a beautiful program of Christmas music to help celebrate the holiday season.

Tuesday, December 1st

(lunch service will end at 12:30 pm that day)

Doors open at 1:45 pm

\$12 per ticket

Tickets must be purchased in person

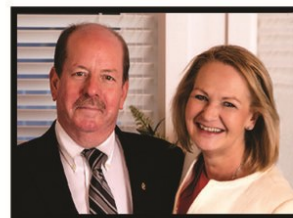
at the front desk

Tickets on sale starting

Monday, November 2nd

Have You Made a Plan yet?

If not, give our family a call



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OASIS Arthritis: Curious About Cannabis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn how and why cannabis can help with pain and how to access cannabis for medical purposes.

Wednesday, December 2nd

1:00 – 2:30 pm

Multi-Purpose Room

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

Christmas Lunch Presenting Sponsor: PARC Retirement Living

Enjoy a traditional Christmas turkey dinner with your friends, followed by a draw for gifts. Thank you to PARC Retirement Living for sponsoring this event.

Wednesday, December 16th

(no other lunch served that day)

Doors at 12:15 pm

Lunch at 12:30 pm

\$20 members; \$25 non-members

**Tickets must be purchased in person
at the front desk**

**Tickets on sale starting
Monday, November 2nd**



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Trips & 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 on St Georges Ave.

Harrison Bald Eagle Tour

With Enjoy Tours

Registration began on Thursday, Oct 1st

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, at Eagle Creek and at the Chehalis River Salmon Hatchery. Lunch (included in price) will be at River's Edge Restaurant.

Wednesday, November 25th

7:30 am – 4:15 pm

\$129 members; \$139 non-members

Please buy your tickets before Nov 18th
or the trip may be cancelled.

The Singing Christmas Tree

With Enjoy Tours

Registration begins on Monday, Nov 2nd

Enjoy the Singing Christmas Tree Choir, as the tree lights up with a choir of 80+ singers arranged in a giant 10-layer Christmas tree. Actors, dancers and musical soloists are all part of one of Vancouver's biggest Christmas celebrations. After the performance we will enjoy dinner at the historic Sylvia Hotel overlooking English Bay.

Friday, December 11th

3:15 – 9:45 pm

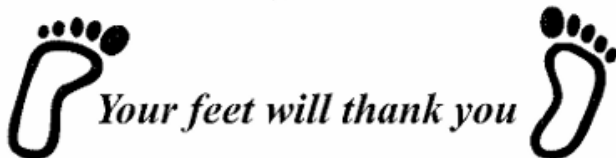
\$129 members; \$139 non-members

Please buy your tickets before December 4th
or the trip may be cancelled.

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Programs & Workshops

Chair Yoga **SORRY, FULL**

Silver Harbour Membership Required

In this 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. Participants should bring their own yoga mat.

Wed 1:00 – 2:00 pm

OR

Wed 2:15 – 3:15 pm

Nov 4 – Dec 9 (no class Nov 11)

Mountainview Room

\$40/5 classes

Registration began Oct 1st

ElderCollege

Presented By PARC Retirement Living

Silver Harbour Membership Required

We are pleased to offer ElderCollege at Silver Harbour. Programs this fall included:

- Books Unlimited Book Club
- Champions Fall Series:
Human Geography & Environment
- Geological Rambles
- History in Five
- Meet Our Local Authors
- What's News

Detailed descriptions of these programs are available on page 18.

Do you have a suggestion for an ElderCollege program? Please contact holly@silverharbourcentre.com for information about the ElderCollege Program Planning Committee.



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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

Nov 6 – Dec 18

Gathering Room

\$60/6 classes

(Rate is for one person and their care partner)

Registration began Oct 23

Origami Workshop

Silver Harbour Membership Required

Discover the art of origami in this fun and relaxing 2-hour workshop! Learn the basics of paper folding and create beautiful designs, from simple shapes to charming decorative pieces. No experience necessary – just bring your curiosity and creativity, and enjoy the satisfaction of turning paper into art! Supplies provided.

Fri 1:00 – 3:00 pm

Nov 27

Large Arts Studio

\$10

Paper Making Workshop

Silver Harbour Membership Required

Learn how to turn regionally invasive plants such as English Ivy, Red Canary Grass, Tansy, Creeping Buttercup and others into paper! Using a base of recycled paper, participants will have the option to attach a corded tassel to their dried sheets and transform the handmade paper into bookmarks. Join us for an afternoon of learning basic papermaking techniques, discuss the history and story of invasive plants of the Lower Mainland, along with how to identify these species.

Mon 1:00 – 3:00 pm

Nov 9

Large Arts Studio

\$15

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Pottery – Open Studio

Silver Harbour Membership Required
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.

Tues & Thur 1:00 - 3:00 pm

Nov 3 – Dec 10

Pottery Studio

\$30/season

Registration began Tuesday, October 20

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.

**SORRY,
FULL**

**SILVER HARBOUR
CHRISTMAS MARKET**

**SATURDAY
NOV
21**

10 AM - 2 PM

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Rigid Heddle Weaving Program – Part 2

Silver Harbour Membership Required

This follow-up course is designed for students who have completed Rigid Heddle Weaving Part 1 and are eager to deepen their skills. Over the session, you'll gain more hands-on practice, explore new techniques, and build confidence working with your rigid heddle loom.

Thurs 1:00 – 3:00 pm

Oct 8 – Nov 26

Small Arts Studio

\$30

Advanced Watercolour (Florals)

**SORRY,
FULL**

Silver Harbour Membership Required

Take your watercolour skills to the next level in this 3-session advanced course, focused on painting florals. Across the sessions, you'll explore and practice a range of watercolour techniques to create beautiful, expressive flowers, with guidance on colour, layering, brushwork, composition and detail. This course is designed for those who already have some experience with watercolour and would like to develop their technique and confidence while creating floral artwork. Please bring your own watercolour supplies. Need a little guidance? A supply list is available at the front desk.

Tues 10:00 am – 12:00 pm

Nov 3 – 17

Large Arts Studio

\$20

Watercolour Painting (Beginner)

Silver Harbour Membership Required

Discover the beauty and flow of watercolour painting in this inspiring 3-session beginner course! Learn the fundamental techniques of working with watercolour, including colour mixing, brush control, layering, washes, and creating texture and depth. Through guided exercises and creative exploration, you'll build confidence while developing your own artistic style. Perfect for beginners and those looking to refresh their skills, this course offers a relaxed and supportive environment to experiment with this versatile medium. Supplies not included – pick up a supply list at the front desk.

Mon 1:00 – 3:00 pm

Nov 23 – Dec 7

Large Arts Studio

\$20

Weaving Studio

Silver Harbour Membership Required

Our Weaving Studio is equipped with 4-shaft and 8-shaft floor and table looms.

Registration opened October 20 for the next

Weaving Studio session, which runs

November 2 – December 23

\$30

ElderCollege Programs at Silver Harbour

Presented by PARC Retirement Living

Books Unlimited Book Club (On Zoom)

Silver Harbour Membership Required

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. The remaining book list for this fall includes:

- Nov 18 – “The Covenant of Water” by Abraham Verghese
- Dec 9 – “Everything There Is” by M.G. Vassanji

Wed 1:30 – 3:00 pm

\$30

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History In Five

Silver Harbour Membership Required

We are fortunate to have 4 of our past speakers returning this fall to our history course, with a new speaker who has been a regular attendee of this class. Topics will cover local history including Bowen Island by Jack Little, and a talk on Dave Barrett by Elizabeth Moran. Farther afield, Bob Fuhr will give a talk on the Mexican War of 1846-48. Ed Kry will entertain us with a history of medical achievements, and Allan Orr will cover a very timely topic on the history of Alberta Separatism. It promises to be an interesting series again this fall.

Fri 10:00 – 11:30 am

Nov 6 – Dec 4

Multipurpose Room

\$30

What's News

Silver Harbour Membership Required

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 17 – Dec 10

Multipurpose Room

\$30

Silver Harbour Fall Program Schedule

MONDAY Weaving Computer Club Snooker Craft Volunteers Intermediate Ukulele Men's Club Beginner Ukulele Musical Journey Silk Painting	9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:00 am – 4:00 pm 9:30 am – 12:00 pm 9:30 – 10:30 am 10:00 am – 12:00 pm 10:30 – 11:20 am 11:30 am – 12:20 pm 12:30 – 2:30 pm
TUESDAY Weaving Snooker Woodworking Tapestry Table Tennis Golden Fireflies Daytime Dance Cribbage Quilting Volunteers Pottery	9:00 am – 4:00 pm 9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 am – 3:00 pm 10:00 am – 12:00 pm 1:00 – 3:00 pm 1:00 – 2:30 pm 1:00 – 3:00 pm 1:00 – 3:00 pm 1:00 – 3:00 pm
WEDNESDAY Weaving Snooker Woodworking Keep Well Woodcarving Knit & Crochet Circle Meditation Tile Rummy Chair Yoga Circle of Friends	9:00 am – 4:00 pm 9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 – 10:30 am 10:00 am – 12:00 pm 10:00 am – 12:00 pm 10:00 – 11:00 am 11:00 am – 12:00 pm 1:00 – 2:00 pm 1:00 – 2:30 pm
WEDNESDAY (CONTINUED) Dressmaking Line Dance – Level 1 Chair Yoga Line Dance – Level 2	1:00 – 3:00 pm 1:30 – 2:30 pm 2:15 – 3:15 pm 2:30 – 3:30 pm
THURSDAY Weaving Snooker Table Tennis Woodworking Intermediate ESL Tea & Talk Stained Glass Bingo Pottery Rigid Heddle Weaving What's News	9:00 am – 4:00 pm 9:00 am – 4:00 pm 9:00 am – 11:00 am 9:00 am – 12:00 pm 9:30 – 11:30 am 10:00 – 11:30 am 10:00 am – 12:00 pm Time to be confirmed 1:00 – 3:00 pm 1:00 – 3:00 pm 1:30 – 3:00 pm
FRIDAY Weaving Computer Club Snooker Woodworking Craft Volunteers Keep Well Minds In Motion Choir Basket Weaving, Level 1 Duplicate Bridge Current Conversations Open Studio Line Dance – Level 2 Line Dance – Level 3	9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 am – 12:00 pm 9:30 – 10:30 am 9:45 – 11:15 am 10:00 am – 12:00 pm 10:00 am – 12:00 pm 12:30 – 4:00 pm 1:00 – 2:30 pm 1:00 – 3:00 pm 1:30 – 2:30 pm 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***