

THE CENTRE POST



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

April 2024



Happy National Volunteer Week!

Thank you to

parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the

city
of north
vancouver

and

DISTRICT OF
NORTH
VANCOUVER

for helping to fund the
operations of Silver Harbour.

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parcliving.ca/summerhill

Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 70 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,
Sḵw̱x̱wú7mesh Úxwumixw (Squamish),
səlilwətaʔ (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

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

Notes From The Executive Director

April is the perfect month to celebrate volunteers! During National Volunteer Week, April 14th to 20th, 2024, we recognize every volunteer and celebrate each contribution they're making, in communities across Canada and right here at Silver Harbour Seniors' Activity Centre. Sharing one's volunteer time, skills, empathy, and creativity is vital to individual wellbeing but is also essential for the inclusivity and strength of our organization and communities.

At Silver Harbour, we are expressing our gratitude for all those volunteers who contribute to our Centre. We are so grateful to the volunteers who make our programs, services, and connections so impactful for seniors in North Vancouver. If you've volunteered in the last year, we encourage you to come to our Volunteer Appreciation Drop-In, sponsored by PARC Retirement Living: Monday April 15th from 2:00 to 3:00 pm. There will be tea, coffee, and cake, as well as a special gift to thank you for being a Silver Harbour volunteer!



Thank you for volunteering!

**EVERY
MOMENT
MATTERS**


VOLUNTEER
BÉNÉVOLES
CANADA
#NVW2024

**NATIONAL
VOLUNTEER WEEK**
APRIL 14 – 20, 2024
#EveryMomentMatters

**SILVER
HARBOUR
CENTRE**

Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed on Friday, March 29th and Monday, April 1st for the Easter long weekend, re-opening at 9 am on Tuesday, April 2nd.

Limited Numbers of Meals

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

Become an ElderCollege Program Planning Volunteer

The ElderCollege Program Planning Committee is inviting new and former members to join their regular meetings, to create new and thought-provoking learning experiences in a fun, collaborative environment. This group of facilitators meets several times a year to plan the next term of ElderCollege courses. Facilitators take the lead in developing and running interesting courses – everything from leading programs, to finding and scheduling speakers on a particular topic. If you would like to find out more about this, please come to our next meeting – Monday, April 8th at 10:45 am in the Card Room.





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Parking at Silver Harbour

With construction in the neighbourhood, it may be challenging to find parking nearby. Besides the designated parking spots on the west side of the building, 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.

Income Tax Clinics

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

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

Become a Bingo Volunteer

We are looking for volunteers to check bingo card wins, and be bingo callers. Please ask for a Volunteer Application form at the front desk.

Suggestions Welcome

We value your opinions and ideas about Silver Harbour and our programming. Please feel free to talk to a staff member or make use of our anonymous suggestion box, located beside the elevator on our main floor. So far we are following through on your suggestions to serve sandwiches, increase the variety of soups and baked goods, provide amplification at more of our informational workshops, and provide better shelving for our boutique.

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Daily Menu for April

Monday	Tuesday	Wednesday	Thursday	Friday
1 Easter Monday Silver Harbour CLOSED	2 Salmon with Prawns	3 Turkey Schnitzel	4 Cottage Pie	5 Lamb Shank (max 2 meals per person)
8 Cod Loin With Prawns	9 Sausages	10 Beef Patty	11 Cabbage Rolls	12 BBQ Chicken & Ribs (max 2 meals per person)
15 Cod Nuggets	16 Bami Goreng	17 Meatballs	18 Roast of Pork	19 Chicken Cordon Bleu
22 Garlic Prawns	23 Beef Stew	24 Chicken Thigh A l'Escoffier	25 Shepherd's Pie	26 Lasagna Valenciana
29 Fish & Chips	30 Nasi Goreng (Rice w/Chicken & Prawns)	Entrée: \$9 Full Meal Combo: \$12		

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

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, April 3rd

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, April 10th

10:30 am – 12:00 pm

Silver Harbour Library



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1401 St. Georges Avenue, North Vancouver

Spring Wreath Making Workshop

Join us for a delightful 2-hour session, where you'll learn how to create your own beautiful and vibrant wreath to welcome the season of renewal. This workshop is perfect for beginners and seasoned crafters alike, as our experienced instructors will guide you through each step of the process. All materials provided. Please bring your glue gun if you have one (some will be available if you do not have your own).

Friday, April 12th

10:00 am – 12:00 pm

Sewing Room

\$20

Volunteer Appreciation Drop-In

Sponsored by

PARC Retirement Living

April 14 to 20 is Volunteer Week in Canada and 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 Drop-In. There will be tea, coffee and cake, as well as a special gift, all thanks to a sponsorship by PARC Retirement Living. Thank you for being a Silver Harbour volunteer!

Monday, April 15th

2:00 – 3:30 pm

Auditorium

Book Club

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be "Late Nights on Air" by Elizabeth Hay. Participants are responsible for finding their own copy of the book.

Monday, April 15th

2:30 – 3:30 pm

Multi-purpose Room

Tech Connect: Phone Photography and File Management

This introductory class will cover the basics of phone photography – from taking a picture to some quick editing techniques. After exploring the camera we'll look at the gallery where photos are stored, and how you can better manage them on your device. Bring your device so you can follow along.

Wednesday, April 17th

1:00 – 2:30 pm

Card Room

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



Card Making with Dried Flowers

Unleash your creativity at our two-hour dried flower card making workshop! Whether you're a seasoned crafter or new to DIY, join us for an engaging session where you'll learn how to arrange delicate blooms on handmade cards. All supplies provided; just bring your imagination!

Friday, April 19th

10:00 am – 12:00 pm

Sewing Room

\$10

Writing Life Stories

Embark on a journey of self-discovery in this "Writing Life Stories" course tailored for seniors. Harness the power of AI tools, aiding you in the writing process and ensuring that your stories are eloquently captured and preserved for generations to come. Stories to tell? Lack confidence in your writing? Join us for this one-hour introduction.

Tuesday, April 23rd

10:00 – 11:00 am

Card Room

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

Lunch & Learn: Money Matters

This new monthly Lunch and Learn Series is hosted at Silver Harbour, with Rotary Club of Lions Gate and the North Shore Senior Services Circle. This session features mortgage broker Marci Deane, who will help you to understand Reverse Mortgages, and Financial Advisor Doreen Gregson, who will provide information about financial planning and insurance. Following the presentation, each participant will be given a certificate for lunch (entrée, soup, salad, small dessert and tea or coffee) valid on that day only. You'll also receive 2 packed take-away entrees (you're welcome to share one with a friend or neighbour who couldn't attend the session). Only registered participants will be admitted and you must attend the presentation in order to get lunch.

Wednesday, April 24th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

Free of charge,

but you must pre-register by April 19th

OASIS Arthritis: Spine Arthritis

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

Wednesday, April 24th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register

Sound Advice

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

Monday, April 29th

10:00 – 11:30 am

Card Room

Free drop-in

Dying Well

Presented by End Of Life Doula, Tracy Chalmers, this one hour workshop will focus on dying - what our culture tells us it is, what it really is, and how to meet it prepared and with intention. Tracy will also cover the benefits of considering your own death, planning for it, and having conversations with those closest to you about your beliefs, values, and end of life wishes. At the end of this presentation you will be understand how you can take action now to prepare to die well when the time comes. There will be time for a Q&A following the workshop.

Tuesday, April 30th

10:00 – 11:30 am

Card Room

Free of charge,

but you must pre-register.

Spring Market & High Tea

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

Saturday, May 4th
10:00 am – 2:00 pm
Free Admission

Canada Dental Care Plan

A representative from Service Canada will provide information about the new Canada Dental Care Plan. Bring your questions.

Tuesday, May 7th
10:00 – 11:00 am
Card Room
Free of charge,
but you must pre-register

Tech Connect: Introduction to iPad

Do you have an iPad you'd like to learn how to use or use better? Join us for this introductory class all about iPad. We'll cover an overview of settings, touch navigation options, apps and a couple of cool tools.

Tuesday, May 14th
10:00 – 11:30 am
Card Room
Free of charge,
but you must pre-register

Lunch & Learn: Celebrating Life's Milestones

Celebrant Abegael Fisher-Lang of LifeThreads will discuss creating your own ceremony, and Jefferson Lee of Dignity Memorial will provide information on Funeral Planning. Following the presentation, each participant will be given a certificate for lunch (entrée, soup, salad, small dessert and tea or coffee) valid on that day only. You'll also receive 2 packed take-away entrees (you're welcome to share one with a friend or neighbour who couldn't attend the session). Only registered participants will be admitted and you must attend the presentation in order to get lunch.

Wednesday, May 22nd
11:00 am – 12:00 pm
Card Room
Followed by lunch in the Auditorium
Free of charge,
but you must pre-register by May 17th

Spring Choir Concert

The Silver Harbour Choir presents "Love is in the Air," a programme of songs about many different aspects of love: people, places, animals and even food and drink! It includes old favourites such as "Sunrise, Sunset", "Java Jive" and "Food, Glorious Food", as well as newer songs that quickly became favourites of the choir. Please join them for their final concert of the season.

Tuesday, May 28th
2:00 – 3:15 pm
 (includes 20-minute intermission)
Auditorium
Free of charge

OASIS Arthritis: Hand Arthritis

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

Wednesday, May 29th
1:00 – 3:00 pm
Card Room
Free of charge, but you must pre-register

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

Discover the World with Travel Specialist Ron Booiman 38 Years	
Kenya - June 01 / 24	Sold Out
Famous Masai Mara, Samburu, Ol Pejeta, Lakes Nakuru & Naivasha Email or Call regarding our June 02, 2025 Kenya Safari	
Kenya & Tanzania - Oct. 02 / 24	Book Now
Serengeti, Masai Mara, Amboseli, Lake Manyara & Ngorongoro Crater Five incredible wildlife areas each offering unique experiences. All Meals & Guide & Driver Gratuities Are Included	
Slovenia & Croatia - Oct 16 / 24	Books Now
Enjoy the wonderful Autumn Colours of Central Europe Tour includes Guide/Driver Gratuities & Hotel Porterage Numerous Meals, All Sightseeing as per Tour Itineraries	
Peru - Nov. 07 / 24	Book Now
Experience iconic Machu Picchu & Flight over the Famous Nasca Lines Includes Guide/Driver Gratuities & Hotel Porterage, Peru Domestic Flights Numerous Meals, All Sightseeing as per Tour Itineraries	
Republic of India - Jan 25 / 25	Book Now
Delhi, Varanasi, Khajuraho, Agra Taj Mahal, Jaipur, Udaipur, Mumbai	
Tanzania & Amboseli Safari - May 17 / 25	
Wonderful New Safari, Visiting Amboseli, Tarangire Lake Manyara, Ngorongoro Crater & Famous Serengeti	
Rwanda Mountain Gorillas Experience - May 31 / 25	
Join Ron, visit the Mountain Gorillas / Gorilla Permits Start Soon	
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The Travel Group	
Call for Details: 604.575.7788 / 1.800.946.0091	

50 Amazing Stories

Meet Alice



"I always admire the volunteers who dedicate their time, expertise, and knowledge to help the centre. They inspired me to do some volunteer work as well, contributing my knowledge to decorate a Chinese New Year display at the centre to teach the community about Chinese culture."

In celebration of Silver Harbour's 50th Anniversary

Trips and Tours

The following trips for April are sold out (tickets for these trips went on sale March 1st). Please add your name to the waitlist.

- Reifel Bird Sanctuary – April 10th

Lunch at the Flying Beaver

Our next “Drive and Dine” trip takes us to Richmond, for lunch (not included in price, 18% gratuity will be added) at the Flying Beaver Bar and Grill, overlooking the Fraser River near the YVR South Terminal. The restaurant has windows galore, where you can enjoy your lunch while watching the Harbour Air seaplanes land and take off on the Fraser River.

Friday, April 5th

10:00 am – 2:30 pm

\$20 members; \$30 non-members

**Please buy your tickets before March 25th
or the trip may be cancelled.**

Skagit Valley Tulip Festival **1 TICKET LEFT** with Enjoy Tours

Every spring the Skagit Valley comes alive with a blaze of colour. Tiptoe through the tulips at Roozengarde in Mount Vernon, and visit the charming seaside town of LaConner for lunch (included in price) and exploration. NOTE: You must bring a valid passport; travel medical insurance is recommended. Some walking.

Monday, April 22nd

7:30 am – 6:15 pm

\$129 members; \$139 non-members

**Please buy your tickets before April 15th
or the trip may be cancelled.**

SFU Drive and Fish & Chips Lunch

Registration begins on April 2nd

This month’s “Drive and Dine” will take us to Simon Fraser University on top of Burnaby Mountain. After driving around the campus, we will drive back to Burnaby and stop for lunch (not included in price) at Cockney Kings Fish & Chips.

Thursday, May 2nd

10:30 am – 2:15 pm

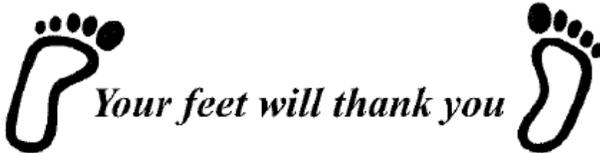
\$18 members; \$28 non-members

**Please buy your tickets before April 22nd
or the trip may be cancelled.**

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Van Dusen Gardens

Registration begins on April 2nd

Van Dusen Botanical Gardens is a 55-acre oasis in the heart of Vancouver, with over 7,500 plant species and varieties from around the world! We will have 3 hours of free time to view the gardens, spot local wildlife, find your way through an Elizabethan hedge maze, or just unwind in this serene setting. Enjoy lunch (not included in price) at your leisure, at the casual Truffles Café, or the more upscale Shaughnessy Restaurant. And don't forget to browse the garden-themed gift shop. Van Dusen has something for everyone to enjoy.

Friday, May 10th

9:00 am – 2:00 pm

\$30 members; \$40 non-members

Please buy your tickets before May 1st
or the trip may be cancelled.

Butchart Gardens High Tea With Enjoy Tours

Registration begins on April 2nd

We're taking the ferry to Victoria, to visit this beautiful historical garden with over 1,000 varieties of plants. Browse the different gardens at your leisure and then enjoy Afternoon Tea (included in price). Don't forget to save time for the gift shop. Note: Those aged 64 and under will pay an additional ferry fare of \$36.

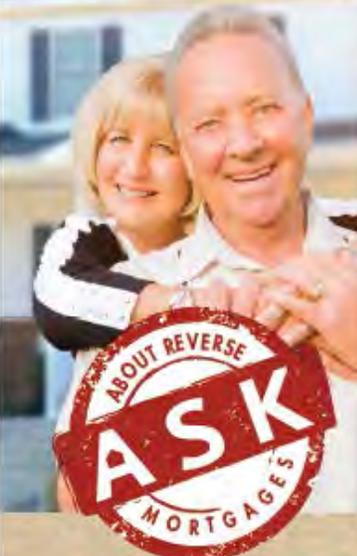
Tuesday, May 21st

7:00 am – 8:00 pm

\$159 members; \$169 non-members

Please buy your tickets before May 11th
or the trip may be cancelled.

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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

Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, March 12th. Registration for all other programs, began on Thursday, March 14th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- 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.

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 full meals, entrées, soup, drinks and refreshments. The menu of daily entrees is on page 12 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

Keep Fit...

**NEW SESSION
ADDED**

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

May 15 – June 26

\$52.50/7 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.

Tues 9:00 – 10:00 am

May 14 – June 25

Auditorium

\$52.50/7 classes

OR

Wed 2:15 – 3:15 pm

May 15 – June 26

Fitness Room

\$52.50/7 classes

Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, March 12th. Registration for all other programs, began on Thursday, March 14th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- 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.

Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock!

Tue 1:00 – 2:30 pm

No charge

Flexibly Fit

Flexibility is defined as the range of motion about a joint. Along with many other benefits, it can help to improve our ability to do daily activities like reaching to get something off a shelf, and may also help decrease our risk of injuries. This is a great way to ease into fitness. Please note that participants must be able to get down to and up from the floor.

Mon 1:30 – 2:30 pm

May 6 – June 24 (no class May 20)

\$64.75/7 classes

Get Up & Go

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Thu 1:30 – 2:30 pm

May 2 – June 27

\$83.25/9 classes

Hula for Health

Did you know that Hula has health benefits as an alternative form of mild exercise? Taught by an experienced instructor, the gentle moves to relaxing music can improve strength, flexibility, balance and coordination, even while seated. Masks required.

Mon 1:00 – 2:00 pm

Apr 8 – June 10 (no class May 20)

\$25

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 & Thu 8:15 – 9:15 am

May 2 – June 27 (no class May 20)

\$148/16 classes

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Keep Well

Exercise to music. Silver Harbour membership not required.

Wed & Fri 9:30 – 10:30 am

By donation

Line Dance – Level 1

This class is for those with no previous line dance experience.

Wed 1:30 – 2:30 pm

May 1 – June 19

\$40/8 classes

Line Dance – Levels 2 & 3

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Sorry, no drop-ins.

Level 2

ALMOST FULL

Fri 1:30 – 2:30 pm

Apr 5 – June 21 (no class May 3rd)

\$55/11 classes

Level 3

Fri 2:30 – 3:30 pm

Apr 5 – June 21 (no class May 3rd)

\$55/11 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. **Registration for this series will begin on May 10th.**

Fri 9:45 – 11:15 am

May 24 – June 28

\$48/6 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 & Thu 11:45 am – 12:45 pm

May 2 – June 27 (no class May 20)

\$148/16 classes

Osteofit For Life

For graduates of Osteofit 1, this class is an ongoing exercise maintenance program that continues to foster participants' quality of life and physical abilities. Small class sizes. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 10:00 – 11:00 am

May 2 – June 27 (no class May 20)

\$148/16 classes

Snooker

Splendid tables for your use. Everyone from novice to expert is welcome.

Mon through Fri, 9 am to 4 pm

\$25/season

Yoga

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

Mon 9:00 – 10:00 am

Auditorium

May 6 – June 24 (no class May 20)

\$35/7 classes

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

\$25/season



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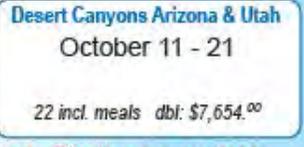
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 <p style="font-weight: bold; margin: 0;">Watermark Beach Resort</p> <p style="font-size: 0.8em; margin: 0;">Wine & Local Cuisine</p> <p style="margin: 0;">May 12 - 15</p> <p style="font-size: 0.8em; margin: 0;">8 incl. meals dbl: \$2,039.⁰⁰</p>	 <p style="font-weight: bold; margin: 0;">Kettle Valley Railway & Wine Tour</p> <p style="margin: 0;">May 26 - 29</p> <p style="font-size: 0.8em; margin: 0;">9 incl. meals dbl: \$1,998.⁰⁰</p>	 <p style="font-weight: bold; margin: 0;">St. Lawrence Seaway Cruise</p> <p style="margin: 0;">July 10 - 19</p> <p style="font-size: 0.8em; margin: 0;">22 incl. meals from dbl: \$7,436.⁰⁰</p>
 <p style="font-weight: bold; margin: 0;">Haida Gwaii Tour</p> <p style="margin: 0;">July 26 - Aug. 1 & Aug. 10 - 16</p> <p style="font-size: 0.8em; margin: 0;">16 incl. meals dbl: \$4,939.⁰⁰</p>	 <p style="font-weight: bold; margin: 0;">Desert Canyons Arizona & Utah</p> <p style="margin: 0;">October 11 - 21</p> <p style="font-size: 0.8em; margin: 0;">22 incl. meals dbl: \$7,654.⁰⁰</p>	

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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Book Club

Book Club meets monthly to discuss a pre-selected book.

3rd Monday of the month

2:30 pm

No charge, but you must pre-register

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

\$3 drop-in

**CURRENTLY
WAITLISTING**

Circle of Friends

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 6 for tech learning happening at Silver Harbour.

Mon & Fri 9:00 am – 12:00 pm

\$25/season

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

\$3 drop-in

Program Registration Information:

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- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- 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.

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

\$3 per session

ElderCollege

We are pleased to offer ElderCollege at Silver Harbour. Programs offered this winter and spring include:

- Books Unlimited Book Club
- Champions of the Environment Lecture Series
- Mythos – The Shaping Of Our Mythic Tradition
- Outdoor Learning – Lighthouse Park Guided Walk
- To The Barricades – Revolution in Europe, 1789 - 1815
- What's News

Detailed descriptions of upcoming programs are available on page 21.

Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoke and written English. Masks required.

Thur 9:30 – 11:30 am

No charge

Mandarin Chinese for Beginners (Level 2)

In this introductory class you will learn some practical conversational phrases and how to read and write some simplified Chinese characters. You will also learn about fascinating Chinese festivals and traditions, as well as interesting cultural and etiquette tips.

Wed 1:00-2:30 pm

Computer Room

Apr 10 – May 29

\$25

Meditation

Learn how to meditate to reduce your stress and give you more energy.

Wed 10:00-11:00 am

\$25/season

Starts Apr 3

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. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Light refreshments will be served.

Thurs

10:00 - 11:30 am

Card Room

\$3 per session

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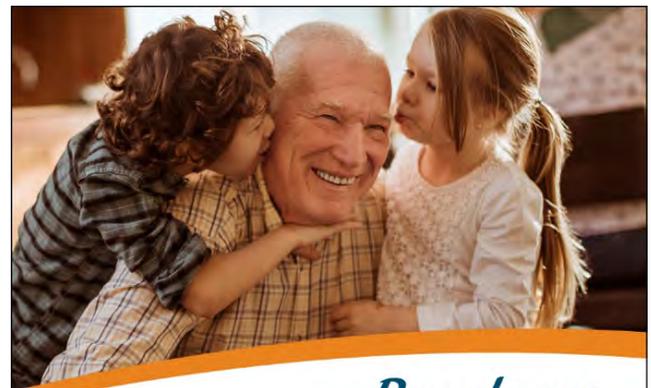
Tile Rummy

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

\$1 drop-in



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ElderCollege at Silver Harbour

Become an ElderCollege Volunteer

The ElderCollege Program Planning Committee is inviting new and former members to join their regular meetings, to create new and thought-provoking learning experiences in a fun, collaborative environment. This group of facilitators meets several times a year to plan the next term of ElderCollege courses. Facilitators take the lead in developing and running interesting courses – everything from leading programs, to finding and scheduling speakers on a particular topic. If you would like to find out more about this, please come to our next meeting – Monday, April 8th at 10:45 am in the Card Room.

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

50 Amazing Stories

Meet Shirley



"I want to see the partnership with Harry Jerome become an opportunity to foster inter-generational connections between younger folks who will use the recreation centre and the seniors of Silver Harbour. I think it's important that people from different generations understand each other."

In celebration of Silver Harbour's 50th Anniversary

To the Barricades – Revolution in Europe

From 1789 to 1815 Europe lived in a permanent state of turmoil. Sparked by the French Revolution, this period of conflict transformed Europe more profoundly than anything in the previous millennium. The rise of Napoleon, his unification of Europe under Imperial rule, and the continent-wide conflict that spilled over into the various colonies of the principal European powers shaped the politics and geography of the continent. Presented by Keith Maxwell, this course will look at this period of great transformation and its implications for the modern world.

Wed 1:00 – 3:00 pm

Auditorium

Apr 3 – 24

\$25

Program Registration Information:

- **Registration for Arts Programs** began on **Tuesday, March 12th**. Registration for **all other programs**, began on **Thursday, March 14th**.
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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

No charge. Materials provided.

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

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

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

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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 Apr 5

\$25/season

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.

Wed 1:00 – 3:30 pm Starts Apr 3

OR

Thu 1:00 - 3:30 pm Starts Apr 4

\$25/season

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.

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 Apr 3

\$25

Program Registration Information:

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Arts Programs (Instructed)

Card Making With Dried Flowers

Unleash your creativity at our two-hour dried flower card making workshop! Whether you're a seasoned crafter or new to DIY, join us for an engaging session where you'll learn how to arrange delicate blooms on handmade cards. All supplies provided; just bring your imagination!

Friday, April 19th

10:00 am – 12:00 pm

Sewing Room

\$10

Creative Journey

Join us on an enriching journey of self-discovery and personal growth as we explore the transformative power of art making. We will experiment with a variety of creative mediums, techniques, and insight focused art projects, with a view to deepening 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 and art therapist.

Thur 1:00 – 3:00 pm

Apr 4 – June 20 (no class May 9 or 16)

\$25

Dressmaking **SORRY, FULL**

Expert instruction in all aspects of sewing including tailoring, cutting, sewing and fitting. Sewing machines and sergers available to use, but bring your own materials

Wed 1:00 – 3:03 pm

Apr 3 – June 5

\$25

Juicy Wordplay

Facilitated by writer Crystal Hurdle, this is a twice-monthly writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit – whatever you like!) to help one another grown and develop as writers. Must be a registered participant (no drop-ins).

No Drop ins.

2 sessions a month

Apr 15, May 6, June 3, 17

9:30 – 11:30 am

No charge

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

\$25/season

Apr 3 – June 5

Music Therapy

Taught by a professional music therapist, this group session supports health and well-being through music. This class will involve singing, music creation, music listening, relaxation to music, discussion, movement to music and more. Musical background and ability is not required to benefit from this class.

Mon 11:00 – 11:50 am

\$25

Starts Apr 8

Printmaking

**JUST
ADDED**

Join our printmaking course and discover the art of carving botanical designs into rubber stamps! Learn how to create personalized greeting cards, bookmarks, gift tags and more, using your handmade stamps. From selecting designs, to carving and printing, this hands-on course will guide you through each step of the process. Perfect for beginners and enthusiasts alike, come and explore the world of printmaking with us. All supplies provided.

Fri 10:00 am – 12:00 pm

\$20

May 10 – 31

Silk Painting

**SORRY,
FULL**

A fun way to learn about salt resists, and other techniques to apply to your scarves, cards and other projects. Intimate and peaceful studio setting with a skilled instructor. Pay as you go for materials.

Mon 12:30 – 2:30 pm

Apr 8 – June 3 (no class May 20)

\$25

Have You Made a Plan yet?

If not, give our family a call



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Spring Wreath Making Workshop

Join us for a delightful 2-hour session, where you'll learn how to create your own beautiful and vibrant wreath to welcome the season of renewal. This workshop is perfect for beginners and seasoned crafters alike, as our experienced instructors will guide you through each step of the process. All materials provided. Please bring your glue gun if you have one (some will be available if you do not have your own).

Friday, April 12th

10:00 am – 12:00 pm

Sewing Room

\$20

Stained Glass

We all see beautiful stained glass décor in a large scale in cathedrals and museums, but here at Silver Harbour you can learn how to make your own. Skilled instructors are on hand for assistance with your project. Experience encouraged. Pay as you go for materials.

Thur 10:00 am – 12:00 pm

\$25

Starts Apr 4

Tapestry

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. No experience necessary; pay as you go for materials

Tue 9:30 am – 3:00 pm

\$25

Starts Apr 2

Ukulele **SORRY, FULL**

Come join us for a fun and rewarding ukulele experience. Whether you're a seasoned player looking to refine your skills or an intermediate player ready to take your abilities to the next level, this class is designed to challenge and inspire you.

Ukuleles are not provided, participants must bring their own ukulele

Mon 10:00 – 10:50 am

Starts Apr 8

\$25

Beginners Watercolor Painting **SORRY, FULL**

Discover the art of watercolor painting with our three-part beginner 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

Apr 15 - 29

\$15/3 classes

Please collect the materials list when you register.

Intermediate**Watercolour Painting****SORRY,
FULL**

This course is tailored for individuals who have some prior experience with watercolour painting and would like to advance their skills and technique. Throughout the course our dedicated instructor will provide guidance and constructive feedback, enabling your growth as an artist. Additionally you will have the opportunity to engage in invigorating group discussions, share your artistic progress, and learn from fellow participants in a creative, stress-free environment. Students must bring their own supplies, including pencils, paper, brushes and watercolour paints.

Thur 10 am – 12 pm

Sewing Room

Apr 11 – May 30

\$25/8 classes

Weaving - Loom**CURRENTLY
WAITLISTING**

With Toby

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 - 3:00 pm

\$25/season

Starts Apr 2

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

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Meet Toby

"Volunteering not only generates income at our sales, it also gives people a sense of cooperative effort toward a common goal, that is, a sense of belonging. Silver Harbour is our place. Unlike most seniors centres, where programmes are delivered to clients, we are the co-constructors of our own recreational environment."

50 Amazing Stories

In celebration of Silver Harbour's 50th Anniversary

Silver Harbour Program Schedule – Spring 2024

	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
		Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Ukulele		Meditation	Stained Glass	Choir
	Osteofit For Life		Table Tennis	Osteofit For Life	
			Woodcarving	Intermediate Watercolour	
			Knit & Crochet Circle	Tea & Talk	
11:00 am	Music Therapy				
			Tile Rummy		
11:45 am	Osteofit 1			Osteofit 1	
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Hula for Health	Cribbage	Chair Yoga – Fully Seated	Pottery: Open Studio	Table Tennis
	Beginner Watercolour	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
			Dressmaking	What's News	Open Studio
		Daytime Dance	Pottery: Open Studio	Creative Journey	Weaving
			Beg. Mandarin - Level 2		
1:30 pm	Flexibly Fit		To The Barricades	Get Up & Go	Line Dance – Level 2
2:15 pm			Chair Yoga – Stand Options		
2:30 pm					Line Dance – Level 3

If you have any questions about programs or would just like to connect please give us a call at 604-980-2474 or email us at info@silverharbourcentre.com.