

THE CENTRE POST



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

August 2025



Fall Program Registration Starts This Month
(see page 3 for details)

Thank you to
parc
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and our website.

Thank you to the

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NORTH VANCOUVER

for helping to fund the
operations of Silver Harbour.



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At Summerhill PARC, you'll enjoy everything you need for a healthy, vibrant and active independent lifestyle. It's stress-free senior living elevated with premium services: chef-prepared cuisine, personalized fitness classes, an onsite Wellness Consultant, complimentary transportation, engaging social activities and a friendly community.

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135 15th Street West, North Vancouver

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, 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	

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Silver Harbour Bulletin Board

Road Closure – 100-block East 23rd Street

The 100-block of East 23rd Street, between Lonsdale and St. Georges Avenue, will experience partial and full road closures now through the end of September 2025. This is to allow for new sidewalks, curbs, utilities, street lighting, landscaping and road paving. While this work is underway, there will be detours, parking restrictions and road closures. Thank you for your patience and understanding while the City of North Vancouver completes this work. You can learn more about it at www.cnv.org/roadwork. If you have any questions or concerns about the work, please contact the City's Engineering Department at eng@cnv.org or 604-983-7333.

Tulip & Daffodil 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.

Taking A Break

Please note, the following programs are taking a break this month:

- Daytime Dance – all of August – back on September 2nd
- Duplicate Bridge – off August 15, 22 and 29 – back on September 5th
- Keep Well – all of August – back on September 3rd.

Holiday Closing

Silver Harbour will be closed on Monday, August 4th for the B.C. Day holiday, re-opening at 9:00 am on Tuesday, August 5th.



Supporting you and your family when you need it most.

 Companion Light housekeeping, meal prep & support, groceries & errands	 Nursing Support In-home medical care, wound care, ostomy, medication management
 Personal Care Physical assistance, bathing, hygiene, mobility support	 Specialty Care Dementia specialists, MVA care, stroke recovery, respite, hospice, palliative

Call us for a free, no-obligation assessment

778.262.2772

**Right at Home CANADA**
Home Health Care & Assistance



rightathomecanada.com/vancouver-northshore

Keep Kids Creative This Summer with \$5 Craft Kits!

Our wonderful senior volunteers at Silver Harbour are putting together fun and affordable Craft Kits for Kids—just \$5 each! Designed to keep little hands busy and creative over the summer, these kits include everything from crochet and jewelry-making to pompom and pipe cleaner crafts, and much more. Grab a kit (or two!) for your grandkids—they'll love learning new skills and staying happily entertained all summer long.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: August 11th, 18th and 25th from 11:45 am to 12:30 pm.

Fall Program Registration Dates

Registration for Fall arts program will begin at 9 am on Tuesday, August 19th and registration for all other Fall programs will begin at 9 am on Thursday, August 21st.

Renew Your Membership – BEFORE Fall Registration

Registration for Fall programs will begin on Tuesday, August 19th, and you must have a current membership in order to register in most programs. Please check the expiry date on your membership card – renewing in advance of registration will streamline the process on that day, and make it a more pleasant experience for everyone.

Calling All Quilters

Do you love quilting and want to make a meaningful impact in your community? We're looking for volunteer quilters to help create beautiful quilts for our fundraising markets! All materials are provided, and your handcrafted creations will support our programs, helping us keep them accessible and affordable for seniors. Join us in stitching warmth, creativity, and care into every quilt!

Remembering Silver Harbour In Your Will

A gift in support of seniors in North Vancouver can make a life-changing impact. You can make a similar impact for years to come by remembering Silver Harbour in your will. It's simple to do, and often allows you to leave a larger gift than would be possible during your lifetime. A contribution of a percentage of your estate, specific dollar amount, piece of property or securities in your will can help those who rely on Silver Harbour. The need for programs, services, and belonging has never been greater. In addition to the impact of your generosity, your estate will receive a charitable tax receipt that can lower or even eliminate estate taxes. Your gift can be anonymous or you can honour or memorialize yourself or a loved one. Talk it over with your family and your loved ones, then speak to your lawyer about drafting or revisiting your will. Contribute to a cause you cherish. Consider including Silver Harbour as part of your legacy in your community. Thank you for your generosity.

In the Community

Figures & Faces

Figures & Faces is an upcoming exhibition featuring the work of 20+ local artists that reimagine the human form and face in a variety of mediums.

July 25 – Sept 6, 2025

Exhibition Opening, June 24, 6pm-8pm

CityScape Gallery, 335 Lonsdale Ave

<https://northvanarts.ca/events-exhibitions/figures-faces/>

CityScape Gallery is free to the public and open Wednesday - Saturday, 11am – 5pm.



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Daily Menu for August

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$10 Full Meal Combo: \$14				1 Chicken Cordon Bleu
4 BC Day Silver Harbour CLOSED	5 Cod Nuggets	6 Chicken a la King	7 Meatloaf	8 Lamb Shank
11 Garlic Prawns	12 Beef Stew	13 Pork Loin	14 Nasi Goreng (curried rice with chicken and prawn)	15 Fish & Chips
18 Perogies & Sausages	19 Duck Breast	20 Cottage Pie	21 Lasagna	22 BBQ Chicken & Ribs
25 Cod Loin With Prawns	26 Bami Goreng (curried noodles with chicken and prawn)	27 Hamburger Patty	28 Meat Pie	29 Turkey Schnitzel

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

Mental Illness Learning Series

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

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

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

Thursdays, July 31st – Aug 28th

1:00 – 3:00 pm

Card Room

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



Coping With Extreme Heat

Simon Fraser University is coming to Silver Harbour to better understand how older adults cope with extreme heat. Participants will receive \$40 as a thank-you, help shape future policy with decision-makers, and play a vital role in shaping the future of healthy aging. Please come to the meet and greet to learn more. And then we hope you'll register for the focus group and share your wisdom. After you register, you'll get an email from Project Coordinator Cindy Wei at cindy_wei@sfu.ca.

Meet & Greet: Wednesday, August 13th

1:00 – 2:00 pm

Card Room

Please drop in

Focus Group: Wednesday, September 3rd

1:00 – 4:00 pm

Card Room

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, August 13th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

Lunch & Learn: Medication & Vaccines

Registration begins on Fri, Aug 1st at 9 am

Pegah Arasteh of Wellness Pharmacy will speak about managing medications and vaccines for seniors. 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, August 27th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

Free of charge, but you must pre-register

Choose To Move Information Session

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

Monday, September 8th

1:00 – 2:00 pm

Computer Room

Free of charge, but you must pre-register



Climate Café

This month's topic is Urban Forests. Metro Vancouver municipalities are facing growing opposition from advocates who say we should not be cutting down trees in our parks. Our urban forests are facing stress from drought and diseases. Are our forest maintenance plans doing more harm than good? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, September 10th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Have You Made a Plan yet?

If not, give our family a call



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S
West Vancouver, BC

mckenziefuneralservices.com

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

Save the Date-- Silver Harbour Annual General Meeting

Mark your calendar for the Silver Harbour Annual General Meeting – everyone with a current membership is invited to attend. You'll

- hear about Silver Harbour's successes and challenges of the past year
- get an update on our new building
- review our financial statements and appoint our auditor; and
- elect our Board of Directors.

If you want to let your name stand for our Board of Directors, please ask for a nomination form at the front desk. It is due back by Tuesday September 2nd at 4 pm. An AGM information package will be available to pick up at the Silver Harbour front desk starting Friday August 29th, during operating hours (Mon to Fri 9 am to 4 pm, except statutory holidays) or you can ask us to email it to you.

Monday, September 15th

1:00 pm

Auditorium

How To Get Home Care In Time

In this presentation, Victoriya Litargne of Vital Life Nursing will discuss the signs that you need home care, how to keep your home safe, and steps to take in creating your care plan.

Tuesday, September 16th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

The Expanded Role of Pharmacists

As of June 1, 2023, pharmacists in BC can now assess, treat and prescribe for 21 minor ailments, as well as provide contraceptive services, making access to care more convenient than ever. Pharmacist Shideh Shadfar of Lonsdale and 3rd Pharmacy will discuss these expanded pharmacy services and how they can benefit you and your family. Don't miss this opportunity to better understand how your local pharmacy can support your health needs.

Wednesday, September 17th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Falls Prevention

Presented by Emily Montgomery, Registered Physiotherapist with Neuromotion, this workshop will outline the main causes of falls, and how to prevent them. She will discuss the bodily systems that keep you upright, and help with balance, as well as exercises to strengthen your legs and improve your balance.

Monday, September 22nd

1:00 – 2:00 pm

Card Room

Free of charge, but you must pre-register

Seniors Safety Presentation

Presented by Metro Vancouver Crime Stoppers, you will learn about scam and fraud preventions, including phone and online scams, which are on the rise. This program is designed to provide seniors with a safe and anonymous method to report what they know about suspected criminal or abusive behaviour towards another elder or themselves. The program covers important topics and covers issues such as:

- Physical abuse
- Emotional or psychological abuse
- Financial abuse
- Fraud

Metro Vancouver Crime Stoppers wants seniors to know that they are not alone and have resources available to them. Crime Stoppers provides an outlet to report anything that they deem to be criminal or suspicious.

Tuesday, September 23rd

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Tax Planning for Assisted Living & Long-Term Care Options

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.

Wednesday, September 24th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

Missed the Slow Fashion Show? Here's Your Second Chance!

Join us for a special screening of the fashion show movie – a vibrant, behind-the-scenes look at the creativity, culture and community that made our April event so unforgettable. Whether you missed it the first time or want to relive the magic, this is your chance to experience the energy, style and stories that lit up the runway.

Monday, September 29th

1:30 – 2:30 pm

Auditorium



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

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digna.obar@caringshepherd.ca

778-522-1544 (Ruben)

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Trips and Tours

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

Hell's Gate & Othello Tunnels **SORRY, FULL!** With Enjoy Tours

The Fraser Canyon is filled with natural scenic beauty, highlighted by Hell's Gate and Othello Tunnels, offering some of British Columbia's most beautiful landscapes. Following a scenic drive to Hell's Gate, you will board the Airtram to descend the gorge and experience the intense power of the Fraser River, and learn about the many historic events that happened here. Following lunch at Hell's Gate, we will drive to the Othello Tunnels for an escorted walk, before returning home.

Tuesday, August 12th
8:00 am – 6:00 pm
\$129 members; \$139 non-members

Hell's Gate & Othello Tunnels **SORRY, FULL!** With Enjoy Tours

Friday, August 22nd
8:00 am – 6:00 pm
\$129 members; \$139 non-members

Majestic Mayne Island With Enjoy Tours

Registration begins on Friday, August 1st

Experience one of the most historic and beautiful of the Gulf Islands. Teeming with scenic vistas and stories of bygone days, this island is truly unique and worthy of exploration. Our trip will include visits to the Georgina Point Lighthouse, the Japanese Gardens and a walk in the Arbutus Forest, with lunch at the Bennett Bay Bistro.

Thursday, September 18th
8:00 am – 8:15 pm
\$149 members; \$159 non-members
There will be an additional \$36 ferry fee for those aged 64 years and under
Please buy your tickets before September 11th or the trip may be cancelled

Programs & Services

Boutique

The boutique sells household goods and other treasures, with bargains galore. Donations of small, saleable merchandise welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon – Fri

10:00 am – 1:00 pm

Clothes Closet

The Clothes Closet sells stylish and good quality new and used women's clothing at bargain prices. Drop by to check on the new ladies wear, as well as the \$1.00 rack. Donations of ladieswear and accessories are always welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon-Fri 10:00 am – 1:00 pm

Legal Advice and Referral Clinic

Qualified lawyers volunteer to assist seniors with legal concerns and questions (North Shore residents 55 and over). The lawyer will offer you summary advice, information, interpretation of documents, and, if necessary, a referral for more extensive work. Sign up at the front desk for a ½ hour appointment on a Thursday morning. Silver Harbour membership not required.

Library

The Silver Harbour library has a great selection of books and jigsaw puzzles to borrow. Silver Harbour membership not required.

Meal Program

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

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, August 19th. Registration for all other programs, will begin on Thursday, August 21st.
- **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.

Keep Fit...

Chair Yoga – Fully Seated

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

Wed 1:00 – 2:00 pm

Sept 10 – Oct 22

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

Sept 10 – Oct 22

Fitness Room

\$56/7 classes

Participants should bring their own yoga mat.

Choose To Move

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

Mon 1:00 – 2:00 pm

Sept 15 – Dec 1

Computer Room

Free of charge, but you must pre-register

You are invited to attend an information session on Monday, September 8th at 1 pm

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Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock! Please note: Daytime Dance is taking a break in August and will resume on September 2nd.

Tue 1:00 – 2:30 pm

Auditorium

No charge

Get Up & Go

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

Thu 1:00 – 2:00 pm

Sept 4 – Oct 30

Fitness Room

\$83.25/9 classes

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

Sept 4 – Oct 30 (no class Oct 13)

\$148/16 classes

Fitness Room

Keep Well

Exercise to music. Silver Harbour membership not required. Please note: Keep Well is taking a break in August, and will resume on September 3rd.

Wed and/or Fri 9:30 – 10:30 am

Auditorium

By donation



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Line Dance

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

Line Dance – Level 1 (Wed)

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

Wed 1:30 – 2:30 pm

Sept 3 – Dec 17 (no class Dec 3)

Auditorium

\$82.50/15 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Sept 3 – Dec 17 (no class Dec 3)

Auditorium

\$82.50/15 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Sept 5 – Dec 12 (no class Nov 14)

Auditorium

\$77/14 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Sept 5 – Dec 12 (no class Nov 14)

Auditorium

\$77/14 classes

Minds In Motion®

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Silver Harbour membership not required.

Fri 9:45 – 11:15 am

Sept 5 – Oct 24

Multipurpose

\$68/8 classes

(Rate is for one person and their care partner)



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Osteofit 1

Designed for those with osteoporosis, the class goal is to improve spinal stability and abilities of daily living, reduce the risk of falls and improve confidence. Small class size ensures personalized attention. A stepping stone to Osteofit for Life. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon and Thu 11:30 am – 12:30 pm

Sept 4 – Oct 30 (no class Oct 13)

\$148/16 classes

Fitness Room

Osteofit For Life

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

Mon and/or Thu 10:00 – 11:00 am

Sept 4 – Oct 30 (no class Oct 13)

\$148/16 classes

Fitness Room

\$64.75/7 classes (Mon only)

\$83.25/9 classes (Thurs only)

Snooker

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

Mon through Fri, 9 am to 4 pm

Billiards Room

\$30/season

Snooker Lessons **NEW!**

Learn the basics of Snooker from an experienced player.

Wed 1:00 – 3:00 pm

Oct 8 – 29

\$30

Intermediate Table Tennis

Get a great workout with this popular sport. Equipment provided.

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

Fitness Room

\$30/season

Total Toe Care

Great in-home foot care

Call Diane @ 604-649-1624



Your feet will thank you



Serving the North Shore for 17 years

Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

Book Club

Book Club meets monthly to discuss a pre-selected book. Participants get their own copy of the books.

4th Monday of the month

2:30 pm

Multipurpose Room

No charge, but you must pre-register

Duplicate Bridge

Play for prizes. Partners required. Please note: Duplicate Bridge is taking a break -- August 15, 22 and 29.

Fri 12:30 - 4:00 pm

Card Room

\$4 drop-in

Program Registration Information:

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- 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.

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.

Mon & Fri 9:00 am – 12:00 pm

Computer Room

\$30/season

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$5 drop-in

ElderCollege

Presented By PARC Retirement Living

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

- Books Unlimited Book Club
- Canadian Demographics
- Healthy People, Healthy Planet
- History in Four
- Inspired By Nature: Rivers & Rainforests
- 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 19-21.

Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoken and written English.

Thur 9:30 – 11:30 am

Starts Sept 4

Multipurpose Room

No charge

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

Sept 8 – Oct 20 (no class Oct 13)

Fitness Room

\$99/pair



Meditation

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

Wed 10:00-11:00 am

Sept 10 – Dec 17

Computer Room

\$30/season

Tile Rummy

This tile-based game combines elements of mah jong and the card game rummy. Newcomers welcome – instruction will be provided.

Wed 11:00 am – 12:00 pm

Auditorium

\$1 drop-in

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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 2 – 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

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

Inspired By Nature: Rivers & Rainforests

Early naturalist John Muir once said “In every walk with nature one receives far more than he seeks”, emphasizing the restorative and illuminating power of nature. Join us on a series of 4 local nature walks to inspire you.

- Thurs, Sept 11 at 10:30 am – The Varley Trail
- Thurs, Sept 18 at 11:00 am – Lighthouse Park Nature Walk – Valley of Giants Trail
- Thurs, Sept 25 at 10:30 am - Nature Journaling at Elders Council for Parks Heritage Centre
- Thurs, Oct 9 at 10:30 am - Mushroom Nature Walk on the Old Buck Trail

Participants must provide their own transportation. A moderate level of fitness and mobility is required, as the course takes place outside on natural terrain with some steep, uneven ground. The course will proceed regardless of weather conditions, so please dress accordingly. Walking poles and sturdy footwear are recommended. Exact locations and directions will be emailed to registrants in late August.
\$30 (includes all 4 walks)

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

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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



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Social Connection Programs – **CURRENTLY WAITLISTING FOR ALL**

Please Read Carefully

The programs listed below are made possible with funding from the BC Ministry of Health through the United Way of BC. Going forward, participants may only register in one of these programs. Currently all of these programs are full. Please put your name on the waitlist and we will contact you when a space becomes available.

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.

Wed afternoon

\$3 per session

Current

Conversations

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.

Fri afternoon

\$3 per session

Thank you to Brian's Fruit Stand, 3670 Westridge Avenue in West Van for donating produce to these programs!

Men's Club

Gentlemen, you are invited to join the new Silver Harbour Men's Club program. Join Henrik every Monday morning for lively and stimulating conversation. You will have an opportunity to share your ideas, while meeting up with new and old friends. Interested participants can register by calling the front office at 604-980-2474. A LINKS team member will call you with more information. Silver Harbour membership not required.

Mon morning

\$3 drop-in

Tea & Talk

Tea and Talk members gather weekly to enjoy lively and fun conversation while meeting and making new friends! There are a few spaces available in this already popular program. The Silver Harbour LINKS Team will provide support to members, such as linking you to transportation options to and from the centre, reminder phone calls and one-on-one volunteer support while in the program. Please register at the office. Joni will contact new participants prior to joining the program. Light refreshments will be served. Silver Harbour membership not required.

Thurs morning

\$3 per session

Arts Programs (Volunteers)

Craft & Knitting Volunteers

Supported, non-instructional environment

All levels

Join this creative volunteer group of crafters in making handmade items for our craft markets. Explore Crafting, Knitting, Crochet, Felting, Sewing and Painting within a supportive, community environment. No previous experience needed, enthusiasm will be an asset. All new volunteers must book an orientation with the Arts Program Coordinator before registering.

Mon & Fri 9:30 am - 12:00 pm

Arts & Crafts Room

No charge. Materials provided.

Quilting Volunteers

Supported, non-instructional environment

Intermediate+

Passionate about quilting?

Join us weekly to craft beautiful quilted items

sold at our craft markets. Showcase your skills and connect with other enthusiasts.

Tue 1:00 - 3:00 pm

Sewing Room

No charge. Materials provided.

Woodworking Volunteers

Supported, non-instructional environment

Intermediate+

Supervisors: Neil and Robert

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

Mon – Fri mornings

Woodshop

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


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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 Sept 5

Sewing Room

\$30/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 1:00-3:00 pm

OR

Thu 1:00 - 3:00 pm

Starts Sept 4

Arts & Crafts Room

\$30/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 Sept 3

Sewing Room

\$30

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Arts Programs (Instructed)

Acrylic Painting

Join us for a fun and hands-on 6-session acrylic painting course where you'll learn how to create a beautiful painting from start to finish. This step-by-step class will walk you through the entire process, from transferring your sketch onto the canvas, to mastering layering and brushwork techniques. Whether you're a complete beginner or have some experience, this class will help you build your skills and boost your confidence with acrylics. All paint and canvas will be provided, and a list of additional supplies will be shared. To ensure you complete your painting, participants are required to attend all 6 sessions.

Mon 1:00 – 3:00 pm

Sept 22 – Nov 3 (no class Oct 13)

Sewing Room

\$55/6 classes

Basket Weaving

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

Advanced

Thur 10:00 am – 12:00 pm

Sept 4 - 25

Sewing Room

\$35

Supplies provided (bring tools)

Beginners

Thursday 10:00 am – 12:00 pm

Oct 9 – 30

Sewing Room

\$35

Supplies provided (bring tools)

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Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

Starts Sept 5

Fitness Room

\$40/season

Dressmaking

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 – 3:00 pm

Starts Sept 3

Sewing Room

\$30

Golden Fireflies

Release your creativity and free your imagination to create stories. Using humour, fun acting games and professional theatre techniques in a safe, lighthearted environment, we'll awaken our senses, learn acting and writing skills, and explore the world of storytelling. Guaranteed to be fun, freeing and stimulating for your mind. Everyone is welcome, no experience necessary. Golden Fireflies is facilitated by professional theatre artists from Presentation House Theatre.

Tues 1:00 – 3:00 pm

Starts Sept 2

Multipurpose Room

No charge



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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 grow and develop as writers. Must be a registered participant (no drop-ins).

Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15

10:00 am – 12:00 pm

Sewing Room

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 10:00 am – 12:00 pm

Starts Sept 3

Arts & Crafts Room

\$30/season

Musical Journey

Musical Journey is a social-wellbeing program for seniors and intentionally includes seniors who feel isolated and people living with an early-stage dementia and/or their care partners and friends. In a relaxed and safe environment, come reminisce, laugh and have fun to familiar tunes and explore the therapeutic benefits of making music together. Sessions may include rhythm activities, gentle movement to music, games, singing and supported conversations led by a certified music therapist. Activities are tailored to promote emotional well-being, cognitive vitality, creativity, social connection, and personal growth. Whether you're a seasoned musician or have never picked up an instrument before, 'Musical Journey' welcomes all levels of musical ability. Please join us for social time after the class. Refreshments will be available for purchase. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Mon 11:30 – 12:20 am

Sept 8 – Nov 17 (no class Oct 13)

Multipurpose Room

\$30

Silk Painting

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

Sept 8 – Nov 3 (no class Oct 13)

Arts & Crafts Room

\$30

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

Starts Sept 4

Arts & Crafts Room

\$30

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

Starts Sept 2

Sewing Room

\$30

Beginners Ukulele

Whether you're picking up an instrument for the first time or revisiting an old passion, our gentle and supportive classes provide a nurturing environment to learn at your own pace. Join us as we strum through the basics of chords, melodies, and rhythms, fostering relaxation, cognitive stimulation, and a sense of community through the power of music. Please join us for social time after the class. Refreshments will be available for purchase.

This program is made possible with funding from the BC Ministry of Health through the United Way of BC. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 10:30 – 11:20 am

Sept 8 – Nov 17 (no class Oct 13)

Multipurpose Room

\$30

Ukulele Practice Hour

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

Mon 9:30 – 10:30 am

Starts Sept 8

Multi-purpose Room

\$30

Advanced Watercolour Painting with Naznin

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.

Fri 10 am – 12 pm

Sept 5 – Oct 10

Sewing Room

\$45/6 classes

Weaving – Loom

Learn all about cloth weaving using a variety of looms, including: floor, table and rigid heddle looms. This group is set within a supportive and dedicated environment with a skilled instructor. Pay as you go for materials.

Tue 9:30 am – 3:30 pm

Starts Sept 6

Arts & Crafts Room

\$30/season

Rigid Heddle Weaving

Have you completed our introductory rigid heddle weaving course, or already have experience with this versatile loom? Join our Rigid Heddle Weaving open studio – a non-instructed program designed for weavers to practice, explore techniques, and enjoy the creative process in a supportive environment.

Tue 10:00 am – 12:00 pm

Starts Sept 2

Arts & Crafts Room

\$30/season

**CURRENTLY
WAITLISTING**

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Silver Harbour Program Schedule for September

	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
					Woodworking
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Ukulele Practice	Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Osteofit For Life	Rigid Heddle Weaving	Table Tennis	Osteofit For Life	Choir
			Woodcarving	Tea & Talk	
			Knit & Crochet	Basket Weaving	Advanced Watercolour
			Meditation	Stained Glass	
10:30 am	Men's Club				
	Beg. Ukulele				
11:00 am			Tile Rummy		
11:30 am	Osteofit 1			Osteofit 1	
	Musical Journey				
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Watercolour	Golden Fireflies	Chair Yoga – Fully Seated	Bingo	Current Conversations
	Choose To Move	Daytime Dance	Circle of Friends	Creative Journey	Open Studio
		Cribbage	Dressmaking	Get Up & Go	Table Tennis
	Acrylic Painting	Quilting Volunteers		Pottery: Open Studio	Weaving
1:30 pm	Memory Cafe		Line Dance – Level 1	What's News	Line Dance – Level 2
2:00 pm			Chair Yoga – Standing Option		
2:30 pm			Line Dance – Level 2		Line Dance – Level 3

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