

THE CENTRE POST



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

August 2026



**Our new building is almost ready!
We can't wait to see you there!**

Thank you to

parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the

city
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vancouver

and

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for helping to fund the
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For a quarter century, PARC has been redefining what senior living looks like in communities across BC. From chef-prepared meals that are both nutritious and delicious, to uniquely engaging activities and wellness programs custom designed for older adults, to modern, elegant amenities and welcoming spaces designed with sustainability in mind – every detail is shaped with intention.

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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 75 seniors' programs and services. If you have questions about programs or would just like to connect, we'd love to hear from you by phone, in person or by email!



2325 St Georges Ave
North Vancouver, BC
V7L 0K2

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre



SilverHarbourC

Centre Opening Hours

Silver Harbour is open Monday to Friday,
9 am to 4 pm, except for statutory
holidays and scheduled closures.

Our Code of Conduct

At Silver Harbour, everyone is expected to be...

- respectful and considerate
- welcoming and inclusive
- responsible and safe

and to help uphold our vision, mission
and values. If you have questions or
concerns, please talk to a staff member.

**Silver Harbour gratefully operates on the
traditional and unceded territory of the,
Sḵw̓xwú7mesh Úxwumixw (Squamish),
səlilwətał (Tsleil-Waututh) and
xʷməθkʷəy̓əm (Musqueam) Nations.**

Our Vision

A Diverse Community that Celebrates Aging

Our Mission

To help seniors thrive by offering a wide range of programs,
services, and connections.

Our Values

Respect: We honour the dignity, worth and independence of
everyone.

Excellence: We strive to do our best and to be a model for others
in everything we do.

Diversity: We are committed to diversity, participation and
inclusion in all aspects of our work.

Collaboration: We cultivate strong relationships throughout our
community for greater impact.

Responsiveness: We welcome new ideas, possibilities and
approaches.

Stewardship: We believe care for the environment and land runs
through everything we do.

Staff

Andrea Picchi	Admin. & Program Assistant
Annwen Loverin	Executive Director
Don Do	Head Chef
Holly Gagnier	Program & Services Manager
Simran Likhari	Arts Program Coordinator

Board of Directors

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

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Notes from the Executive Director

For those of you who were not able to attend the "Closing the Door at 144" event, our Board President, Richard Gauntlett, wrote and shared a letter to our old building. We are happy to include it here:

"Dear Silver Harbour,

For more than 53 years you have been our home away from home. You have been such a special place for those of us here today, to those not able to attend today and also to so many others who have now passed on.

We have such wonderful memories of times spent here, of friends made, relationships begun, social activities enjoyed, new skills developed, art and crafts created, music made, drama performed (so much drama), of delicious meals and special occasions enjoyed together.

You are a place we have come to love. And you have made our lives better.

And now the time has come to move on and for us to be in a new home which, by the way, is also called Silver Harbour in memory and in honour of all that you have meant to us.

As we bid farewell to you, we also want to say thank you for all that you have meant to us and to remember that, without you as our old place, there would be no new place.

So now, goodbye old friend. Rest assured that we will always carry these memories with us and that you will always have a special place in our hearts.

With deep affection."

We are all eagerly awaiting the opening of our new building. While construction is now in its final stages, a small number of critical items related to building safety and accessibility must be completed before the facility can fully open for regular programming. As a result, the FULL opening of the new centre has been delayed and is now anticipated to occur shortly after mid-August. We understand this news is disappointing and appreciate your patience as we work to ensure the building is safe, fully accessible, and ready to provide the high-quality experience you deserve. In the meantime, Silver Harbour, the City of North Vancouver, and the North Vancouver Recreation Commission are working together to develop an interim plan that will allow some programs and services to begin before the full facility opens (see August Program Update on the next page). We sincerely thank you for your continued patience and support as the final steps of this exciting new facility are completed. We look forward to welcoming you into your beautiful new home very soon.

August Program Update

Due to the delay in opening the new building, we have had to make the following changes to our August programs:

Keep Fit...

Daytime Dance – postponed until new start date provided

Line Dance – Level 1 (Wed), Level 2 (Wed) and Level 2 (Fri) in the Sparrow Room at Harry Jerome recCentre. Level 3 (Fri) cancelled.

Minds In Motion – Postponed until new start date provided.

Snooker – Postponed until new start date provided.

Intermediate Table Tennis (Tues & Thurs) – cancelled

Expand Your Mind...

Bingo - Postponed until new start date provided

Duplicate Bridge - Postponed until new start date provided

Cribbage - Postponed until new start date provided

Tile Rummy - Postponed until new start date provided

Arts Programs (Volunteers)

Craft & Knitting Volunteers - Postponed until new start date provided

Quilting Volunteers - Postponed until new start date provided

Woodworking Volunteers - Postponed until new start date provided

Arts Programs (Studio)

Open Studio - Postponed until new start date provided

Woodcarving Open Studio - Postponed until new start date provided

Arts Programs (Instructed)

Basket Weaving – In the Finch Room at Harry Jerome recCentre.

Inkle Loom Weaving - In the Finch Room at Harry Jerome recCentre.

Learn to Crochet - In the Meeting Room at Harry Jerome recCentre.

Melody In August - In the Finch Room at Harry Jerome recCentre.

Newcomer Seniors Creative Connections Program – to be determined

Rigid Heddle Weaving - In the Finch Room at Harry Jerome recCentre.

Tie Dye Silk Painting - Cancelled.

Ukulele Crash Course - In the Finch Room at Harry Jerome recCentre.

Watercolour Painting - In the Finch Room at Harry Jerome recCentre.

Silver Harbour Bulletin Board

Thank You, Sunrise!

We'd like to extend a big thank you to Sunrise at Lonsdale Square for providing lunch for staff and volunteers during the first week of our move.



Newcomer Seniors Creative Connections Program

We are excited to announce the next cohort of our Newcomers Art Program beginning in August! This free 8-week program offers seniors the opportunity to explore a variety of creative arts in a welcoming and supportive environment while connecting with others in the community.

Newcomers to Canada aged 55+ who have limited or no English language skills are welcome to apply. Participants should be interested in attending and committing to all 8 sessions. Space is limited. Please add your name and information to the list at the front desk.

Fall Program Registration Delayed

Due to the delay in opening our new building, registration for Fall programs has been delayed. Registration for Fall Arts programs (beginning in September) will now begin on Tuesday, August 25th; registration for all other programs will begin on Thursday, August 27th.

Program Registration Limits

Please note: You may register yourself and just one other person in a program.

Registration Manners

All programs can only be open to a limited number of participants (depending on the size of the room, and the subject being taught). Some programs fill very quickly, and you may not get a place when you phone or come in to register. Although this can be disappointing, rudeness to staff will not be tolerated.

Special Thanks

Special thanks to all the volunteers who worked with such dedication to get this year's bulbs ready for sale when the new building opens. We could not have done it without all of your help!

In the Community

Hidden Housing Solutions - Stay in the Home You Love!

As housing costs continue to rise, many older adults are looking for new ways to remain independent and connected in the communities they call home. The Hollyburn Society's Hidden Housing Solutions program offers a solution.

The supported home sharing program connects Home Owners who have a spare room, with Home Seekers looking for an affordable place to call home, and is free to participate. Hollyburn will screen participants, get to know their preferences and expectations, help identify possible matches, facilitate introductions, provide lawyer-reviewed agreement templates and offer ongoing guidance and check-ins after move-in.

The program aims to create opportunities for meaningful connection while helping older adults reduce housing costs, increase security, and continue living in the neighborhoods they know and love. Whether you have a spare room in your home or are looking for a more affordable place to live, home sharing could be an option worth exploring.

Ready to learn more? Visit www.hiddenhousingsolutions.ca or call our coordinator on 604-329-3351 for an obligation-free chat or email info@hiddenhousingsolutions.ca



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EXTREME HEAT

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



Signs of Heat Exhaustion

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

Anyone with these signs:

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

Signs of Heat Stroke

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

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

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



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



Cool Off

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



Keep the space cool

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



Check-In

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



Dress for the heat

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



Hydrate

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



Plan ahead and stay informed

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



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

MAY 2023

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



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

Workshops & Special Events

Silver Harbour New Building Opening Event

We are looking forward to welcoming everyone to our new building with a special event. Save the date for the afternoon of **Tuesday, September 8th** when we'll gather for food, fun activities, and thank you's for all the support provided to Silver Harbour in opening our new building.

Workshop: Pencil Making With Invasive Species

Learn to render both invasive Himalayan Blackberry and Black Locust Tree, harvested from local restoration sites, into usable charcoal pencils, while learning about the history of these plants. After the demo, use your new supplies for some nature journalling. Supplies and journal paper will be provided, but feel free to bring your own sketchbook.

Friday, September 11th

1:00 – 3:00 pm

Large Arts Studio

\$10



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Silver Harbour AGM

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
- 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 (due back by Monday August 31st at 4 pm). An AGM information package will be available through the Silver Harbour front desk in advance of the meeting.

Monday, September 14th

1:00 pm

Sound Advice**NEW TIME**

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, September 21st**1:00 – 2:30 pm****Gathering Room****Free drop-in****Tech Connect: Privacy & Security**

Do you feel insecure about the information you are putting online, or worry about scams, fraud and identity theft? Presented by NVCL staff, learn the basics of online privacy and security, and how to keep data and devices secure and private. Topics will include internet tracking, cookies, password management, and scam and fraud prevention. Come learn some strategies for protecting yourself.

Wednesday, September 23rd**10:00 – 11:30 am****Multi-Purpose Room****Free of charge, but you must pre-register****Book Club****NEW TIME**

The Book Club meets monthly to discuss a pre-selected book. Check the September newsletter for the next title.

Monday, September 28th**1:00 – 2:00 pm****Gathering Room****No charge, but please pre-register**


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Trips & Tours

We do not provide reminder calls for bus trips. If a trip is cancelled, we will inform you; otherwise you can assume that it is going ahead as planned. We also suggest that you arrive 15 minutes before the scheduled departure time. All bus trips leave from Silver Harbour – meet at the front entrance.

**SORRY,
FULL**

Galiano Island With Enjoy Tours

Registration began on Monday, June 1st

Experience the magic of BC's wild west coast featuring stunning views and marine park trails where local artisans await you on Galiano Island. Trip includes Montague Harbour Marine Park, escorted walk of Gray Peninsula, lunch at the Hummingbird Pub, Galiano Glass Works and the Galiano Museum. Activity level: moderate. Additional \$36 ferry fare for those aged 64 and under.

Wednesday, August 5th

8:30 am – 6:45 pm

\$164 members; \$169 non-members

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**SORRY,
FULL**

Summer Sightseeing Cruise With Enjoy Tours

Registration began on Monday, June 1st

Set sail aboard Vancity Cruises 40 seat double-decker catamaran for a fun 90-minute narrated tour with a live guide, sharing Vancouver's stories and sights. Then savour lunch at The Teahouse in Stanley Park, and visit the Nature House at Lost Lagoon.

Friday, August 14th

9:00 am – 4:30 pm

\$194 members; \$199 non-members

Vines & Wines

With Enjoy Tours

Registration begins on Tuesday, Sept 1st

Travel to the fertile Fraser Valley for wine tastings at Mann Farms Estate Winery, and the lovely Seaside Pearl Winery, featuring an upscale barrel tasting room. We will have lunch (included in price) and tasting at Otter Trail Winery.

Wednesday, September 23rd

9:30 am – 5:30 pm

\$139 members; \$149 non-members

Please buy your tickets before September 16th or the trip may be cancelled.

Fall Programs & Services

Thrift Boutique

The Thrift boutique sells stylish, good quality women's clothing, 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 – 3:00 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.

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, August 25th. Registration for all other programs, will begin on Thursday, August 27th.
- **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.

Library

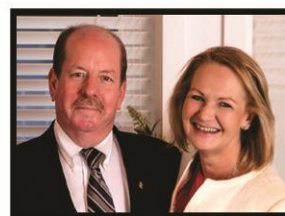
The bookcases in the lounge have a great selection of books to borrow. Silver Harbour membership not required.

Meal Program

Silver Harbour offers delicious low cost meals, entrées, soup, drinks and refreshments. 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.

Have You Made a Plan yet?

If not, give our family a call



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Fall Keep Fit Programs...

Chair Yoga

Silver Harbour Membership Required

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

Wed 1:00 – 2:00 pm

OR

Wed 2:15 – 3:15 pm

Sept 9 – Oct 28

Mountainview Room

\$56/7 classes

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Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock! Silver Harbour membership not required.

Tue 1:00 – 2:30 pm

Auditorium

No charge

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed and/or Fri 9:30 – 10:30 am

Starts Sept 9

Auditorium

By donation



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Line Dance

Silver Harbour Membership Required

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 2 – Dec 9 (no class Sept 30, Nov 11)

Auditorium

\$71.50/13 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Sept 2 – Dec 9 (no class Sept 30, Nov 11)

Auditorium

\$71.50/13 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Sept 4 – Dec 11 (no class Nov 20)

Auditorium

\$77/14 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Sept 4 – Dec 11 (no class Nov 20)

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 18 – Oct 23

Gathering Room

\$60/6 classes

(Rate is for one person and their care partner)

Snooker

Silver Harbour Membership Required

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

Mon through Fri, 9 am to 4 pm

Billiards Room

\$30/season

Intermediate Table Tennis

Silver Harbour Membership Required

Get a great workout with this popular sport. Equipment provided. Please note: There has been a change in the pricing structure of this program, and you may sign up for Tuesdays only, Thursdays only, or both days.

Tues 10:00 am – 12:00 pm

Starts Sept 1

Auditorium

\$20

AND/OR

Thurs 9:00 am – 11:00 am

Starts Sept 3

Auditorium

\$20

Fall Expand Your Mind Programs...

Bingo

Open to the public! Silver Harbour membership not required.

Thu Time to be confirmed

Auditorium

Book Club

Silver Harbour Membership Required

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

4th Monday of the month

1:00 pm

Multipurpose Room

No charge, but you must pre-register

Duplicate Bridge

Silver Harbour Membership Required

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

Multi-Purpose Room

\$4 drop-in

Computer Club

Silver Harbour Membership Required

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

Meeting Room

\$30/season

Cribbage

Silver Harbour Membership Required

Play for prizes. New players welcome. Please arrive a few minutes early, play begins promptly at 1 pm.

Tues 1:00 – 3:00 pm

Multi-Purpose Room

\$5 drop-in

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ElderCollege

Presented By PARC Retirement Living

Silver Harbour Membership Required

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

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

Detailed descriptions of these programs are available on pages 15-17.

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

Intermediate ESL for Seniors

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

Thu 9:30 – 11:30 am

Starts Sept 10

Multipurpose Room

No charge

Meditation

Silver Harbour Membership Required

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

Wed 10:00 - 11:00 am

Sept 9 – Dec 16

Gathering 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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Fall ElderCollege Programs at Silver Harbour Presented by PARC Retirement Living

Books Unlimited Book Club (On Zoom)

Silver Harbour Membership Required

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book. The book list for this fall includes:

- Sept 9 – “Moby Dick” by Herman Melville
- Oct 7 – “Book of Lives” by Margaret Atwood
- Oct 28 – “When We Were Orphans” by Kazuo Ishiguro
- Nov 18 – “The Covenant of Water” by Abraham Verghese
- Dec 9 – “Everything There Is” by M.G. Vassanji

Wed 1:30 – 3:00 pm

\$30

“Champions” Fall Series: Human Geography & Environment

Silver Harbour Membership Required

A lecture series focused on our human environment and history, including:

- Evolution of False Creek communities over the last 60 years
- Longevity in the Blue Zones
- A Brief History of China-Canada Relations
- The Climate Crisis Explained
- The Wreck of the Edmund Fitzgerald

Mon 1:30 – 3:00 pm

Oct 5 – Nov 9

Multipurpose Room

\$30



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Geological Rambles

Silver Harbour Membership Required

This course consists of 4 field trips to locations within local parks or nature areas containing interesting and significant rock exposures. Led by Lindsay Bottomer, P.Geo., who has over 45 years experience working in mineral exploration worldwide, participants will learn about the history and geological evolution of the region.

Participants 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.

Thurs 9:50 am – 12:00 pm (approx.)

Oct 8 – 29

\$30

Exact locations and directions will be emailed to registrants.

History In Five

Silver Harbour Membership Required

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

Fri 10:30 am – 12:00 pm

Nov 6 – Dec 4

Multipurpose Room

\$30



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Malcolm Lowry Walk

Silver Harbour Membership Required

Come celebrate the creative history of Deep Cove and the Dollarton area. Author and historian Trevor Carolan will lead a slow 90-minute walk-and-talk along the Lowry Trail in Cates Park. Malcolm Lowry was one of the 20th century's most significant novelists for his acclaimed novel "Under The Volcano", who lived and worked in his squatter's shack there for nearly 15 years. Celebrated poet Earle Birney and acclaimed social activist-poet Dorothy Livesay both resided and wrote on the beach here. Participants are welcome to bring along a notebook or sketch pad to share in the event's creative spirit. Meet beside the historic Dollar Mill's old beehive burner in Little Cates Park. Parking is free on Cates Park Road.

Thurs, Sept 10

10:30 am – 12:00 pm

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, August 25th. Registration for all other programs, will begin on Thursday, August 27th.
- **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.

Meet Our Local Authors

Silver Harbour Membership Required

This fall's authors will present their stories and tell of their experiences of the writing process. There will be stories on a wide variety of topics, ranging from fun to tragedy – from a well-known local cartoonist to an account from a survivor of Hiroshima. Other talks will include an archaeologist's beginners guide to archaeology in B.C., a gardening enthusiast speaking about gardens in Vancouver and roses of the Pacific Northwest; and a former creative writing teacher whose work, poetry and prose have been published nationally and internationally. We also hope to have as our last speaker a well-known impresario who will speak about the beginnings and development of the very popular Bard on the Beach theatre festival, for which he has played a key role.

Tues 10:00 – 11:30 am

Oct 6 – Nov 10

Multipurpose Room

\$30

What's News

Silver Harbour Membership Required

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

Thur 1:30 – 3:00 pm

Sept 17 – Dec 10

Multipurpose Room

\$30

Fall Social Connection Programs – 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

Men's Club

Gentlemen, you are invited to join the new Silver Harbour Men's Club program. Join us 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 per session

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

Fall 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

Large Arts Studio

No charge. Materials provided.

Starts July 20

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. For experienced quilters only.

Tue 1:00 - 3:00 pm

Large Arts Studio

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 before registering. For experienced woodworkers only.

Mon – Fri

Woodshop

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



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Fall Arts Programs (Studio)

Open Studio

Silver Harbour Membership Required

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 11

Small Arts Studio

\$30/season

Bring your own materials.

Pottery – Open Studio

Silver Harbour Membership Required

Supported, non-instructional, co-operative studio environment

Intermediate+

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

Tues & Thur 1:00 - 3:00 pm

Sept 10 – Oct 20

Pottery Studio

\$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

Silver Harbour Membership Required

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 9

Small Arts Studio

\$30

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, August 25th. Registration for all other programs, will begin on Thursday, August 27th.
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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.

Fall Arts Programs (Instructed)

Basket Weaving – Level 1

Silver Harbour Membership Required

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.

Fri 10:00 am – 12:00 pm

Sept 25 – Oct 16

Small Arts Studio

\$40

Supplies provided (bring tools)

Program Registration Information:

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Basket Weaving - Level 2

Silver Harbour Membership Required

This class is open only to students who have completed **Basket Weaving Level 1**. Participants will build on foundational skills to create a traditional **market basket** using round reed and the **3-rod wale technique** for the body. The focus will be on strengthening structure, refining tension control, and developing confidence with shaping and finishing. Students will leave with a durable, functional basket and expanded basketry skills.

Fri 10:00 am – 12:00 pm

Oct 30 – Nov 20

Small Arts Studio

\$60

Supplies provided (bring tools)

Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

Starts Sept 4

Mountainview Room

\$40/season

Clay Sculpture with Goli

Silver Harbour Membership Required

Discover the art of three-dimensional expression in this hands-on clay sculpture class. Over 5 weeks, participants will explore form, texture and structure, while learning foundational sculpting techniques. Through guided projects and creative experimentation, students will bring their ideas to life in clay.

Clay included in cost of registration.

Wed & Fri 10:00 am – 12:00 pm

Sept 9 - 25

Pottery Studio

\$40

Dressmaking

Silver Harbour Membership Required

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

Sept 9 – Nov 25 (no class Sept 30, Nov 11)

Large Arts Studio

\$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

Sept 15 – Dec 1

Gathering Room

No charge



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Inkle Loom Weaving

Silver Harbour Membership Required

Discover the creative world of Inkle Loom weaving in this hands-on beginner course! Inkle weaving is a simple and portable form of weaving used to create strong, decorative bands that can be used for straps, belts, bookmarks, bag handles and more. You will learn how to set up an inkle loom, warp your threads and create beautiful woven patterns using colour and design. **Registration began June 1st.**

Wed 1:00 – 3:00 pm
Aug 5 – 26
Small Arts Studio
\$30

**SPACE STILL
AVAILABLE**

Juicy Wordplay

Silver Harbour Membership Required

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).

2 sessions a month

Mondays - Sept 28, Oct 26, Nov 23
10:00 am – 12:00 pm
Small Arts Studio
No charge

Knit & Crochet Circle

Silver Harbour Membership Required

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 9
Large Arts Room
\$30/season

Program Registration Information:

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Musical Journey

Silver Harbour Membership Required

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. Thank you to Music Heals Charitable Foundation for helping to fund this program.

Mon

11:30 – 12:20 am

Sept 14 – Nov 30

(no class Oct 12)

Mountainview

Room

\$30

Workshop: Pencil Making With Invasive Species

Silver Harbour Membership Required

Learn to render both invasive Himalayan Blackberry and Black Locust Tree, harvested from local restoration sites, into usable charcoal pencils, while learning about the history of these plants. Stick around after the demo to use the new art supplies for some nature journalling. Supplies and journal paper will be provided, but feel free to bring your own sketchbook.

Friday, Sept 11 1:00 – 3:00 pm

Large Arts Studio

\$10



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Rigid Heddle Weaving 1 **SORRY, FULL**

Silver Harbour Membership Required

Explore the art of weaving in this beginner-friendly Course! Over 10 sessions, you will learn the foundational skills needed to confidently set up and weave on a rigid heddle loom. From warping the loom to creating texture, pattern and finished woven fabric, this hands-on program will guide you through each step of the weaving process at a comfortable pace.

Rigid heddle weaving is an excellent introduction to the world of handweaving, and provides the essential foundation for those interested in advancing to 8-shaft and 4-shaft loom weaving. This course is highly recommended for anyone planning to join the weaving workshop. By the end of the program you will have completed your own woven projects and gained the confidence to continue exploring the craft of weaving. ***Registration began June 1st.***

Thurs 1:00 – 3:00 pm

Aug 6 – Oct 8

NOTE: August 6 and 13 will run from 10 am to 3 pm, with a break in the middle of the day

Small Arts Studio

\$30

Silk Painting

Silver Harbour Membership Required

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 14 – Nov 9

Small Arts Studio

\$30

Stained Glass

Silver Harbour Membership Required

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

Sept 10 – Nov 12

Small Arts Studio

\$30

Tapestry

Silver Harbour Membership Required

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

Tue 9:30 am – 3:00 pm

Starts Sept 22

Small Arts Studio

\$30

Beginners Ukulele

Silver Harbour Membership Required

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. Thank you to Music Heals Charitable Foundation for helping to fund this program. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 10:30 – 11:20 am

Sept 14 – Nov 30 (no class Oct 12)

Mountainview Room

\$30

Intermediate Ukulele

Silver Harbour Membership Required

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, binder and music stand. Thank you to Music Heals Charitable Foundation for helping to fund this program.

Mon 9:30 – 10:30 am

Sept 14 – Nov 30 (no class Oct 12)

Mountainview Room

\$30

Advanced Watercolour

Silver Harbour Membership Required

Designed for experienced watercolour painters, this course focuses on refining technique and strengthening composition. Explore advanced methods such as glazing, colour harmony, expressive brushwork, and creating light, depth, and texture through a variety of inspiring projects. Individual instruction and feedback will help you build confidence, expand your creativity, and take your paintings to the next level.

Thurs 10:00 am – 12:00 pm

Sept 10 – Oct 15

Large Arts Studio

\$45

Please collect the materials list when you register.



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Weaving Program Update

We're updating our weaving program to create a clearer learning pathway and provide more studio access.

The weaving waitlist has been discontinued.

New Learning Pathway (Starting September)

New weavers:

- Begin with **Rigid Heddle Weaving 1** and **Rigid Heddle Weaving 2** in our new building.
- Graduates of both courses will have access to **two dedicated table looms reserved for Rigid Heddle Weaving graduates** in the Weaving Studio.

Experienced weavers:

Weavers with previous shaft weaving experience may register directly for the Weaving Studio. Studio registration opens every two months.

To register directly, participants should be able to:

- Plan a weaving project
- Wind a warp
- Read a weaving draft
- Dress a loom independently

Weaving Studio

Silver Harbour Membership Required

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

Registration opens August 18 for the next **Weaving Studio** session, which runs **September 1 – October 31**

\$30

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Silver Harbour Fall Program Schedule

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

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