

THE CENTRE POST



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

December 2020



Happy Holidays from Silver Harbour!

Thank you to

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living

official sponsor of the Centre Post
and our website.

Thank you to the

city
of north
vancouver

and

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NORTH VANCOUVER

for helping to fund the
operations of Silver Harbour.



Trustworthy and Ready to Listen

Welcome Jackie, our new Sales Manager at Summerhill PARC! Jackie is a seasoned senior-living expert with a strong background in real estate. With her professional and trusting reputation, Jackie connects quickly with clients and community partners. She is a wonderful listener and takes time to hear the concerns and stories during conversations with her senior clients. She sincerely wants to make a difference in people's lives supporting seniors and their families. *"At the end of my day, my heart is always full."*

Have a Conversation or Book a Safe Suite Tour with Jackie
at **604.980.6525**.



135 15th St., West, North Vancouver
parcliving.ca/summerhill

Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and social services for seniors in North Vancouver. We have restarted some of our programs and we'd love to hear from you by phone or email!



144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre
SilverHarbourC

Our Vision

A community that honours and celebrates aging

Our Mission

To collaborate in offering adults 55+ social, creative, physical, and learning opportunities in a welcoming and inclusive environment

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

Diversity – we celebrate diversity, strive to overcome exclusion, and encourage participation

Collaboration – we encourage teamwork and partnerships

Responsiveness – we welcome new ideas and possibilities

Integrity – we are reliable, accountable, caring, and trustworthy

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Holly Gagnier	Program & Services Manager
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Zoltan Csapkay	Head Cook

In this Issue...

Notes from the Executive Director.....	p.2
Silver Harbour Bulletin Board.....	p.3
Community Programs & Workshops....	pp.4-5
Daily Menu.....	p.6

Seminars & Special Events.....	pp.7-8
Programs & Services.....	pp.9-14
Program Schedule.....	p.15

Notes from the Executive Director... by Annwen Loverin

We are certainly all having a different holiday season this year but hope you are coping during these difficult times. Silver Harbour is currently offering about one third of our typical programming and we are working on safely restarting more, as conditions permit. We hope you are finding a way to stay connected and encourage you to let us know if there are ways we can support this.

Amongst all the changes this year, instead of holding our one-day Christmas Market, we are offering a safe shopping experience at our Christmas Pop Up Shop, where we are selling all the beautiful handcrafts you have come to expect from Silver Harbour artisans and crafters. It is open Monday through Friday, 11 am to 1 pm, through December 22nd. We look forward to seeing you when you come browse or buy at the Christmas Shop.

In November, we mailed a request for charitable donations to Silver Harbour members. As you know, Silver Harbour is a non-profit and charitable organization that supports seniors' well-being, and social connectedness with usually more than 70 programs and services. With COVID-19, this year has been difficult for many, including individuals like yourself and organizations like Silver Harbour. If you are able to support us, we would greatly appreciate a donation of \$25, \$50, \$100, or a different amount that works for you. Every donation, in any amount, is extremely valuable and appreciated; together your donations create tremendous impact for local seniors. You can donate in person, by mail, over the phone (604-980-2474), or using our website (www.silverharbourcentre.com).

We thank you for all your support of Silver Harbour over the years and wish you and all of yours peace, joy, and a happy holiday season.



Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed from December 23rd until January 3rd, reopening at 9 am on Monday, January 4th.

Tulip 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 \$2 a dozen – a dozen different varieties of tulips to choose from and they are for sale in the main hallway at Silver Harbour.

Sunshine Cards

If you know of a Silver Harbour member who is unwell or has lost a loved one, please call us at 604-980-2474 so that we can send a card.

Do You Want to Zoom?

If you are interested in learning how to use Zoom, email info@silverharbourcentre.com or call us at 604-980-2474.

Pop-Up Christmas Shop – extended until December 22nd!

For the months of November and December, the Silver Harbour library has been transformed into the Pop-Up Christmas Shop, where you can safely do the shopping that you would have previously done at our Christmas Market! Volunteers have been working hard, making products and setting up displays. There is a huge variety of handmade arts and crafts including woodworking, silk scarves, weaving, knitting, pottery, quilting, stained glass and more. See you soon!



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INCLUDING WOODWORKING,
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KNITTING, POTTERY, QUILTING,
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**MONDAYS THRU FRIDAYS
11 AM TO 1 PM
STARTING NOVEMBER 2**

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604-980-2474
www.silverharbourcentre.com

Community Programs & Workshops

Online Grief Support

Family Services of the North Shore is hosting an online grief support program, starting in January. Those who are struggling with the loss of someone close and would like to connect with others in a supportive group, can pre-register by contacting Robin Rivers at rivers@familyservices.bc.ca or 604-988-5281, ext. 354, or fill out the self-referral form on the Family Services of the North Shore website <https://www.familyservices.bc.ca/donate/self-referral-for-grief-support/>.

Virtual Holiday Crafternoon

Learn to make beautiful and elegant ornaments out of book pages! Presented by the North Vancouver District Library – Tuesday, December 8 at 3:00 pm. Registration online to receive a Zoom link prior to the meeting time at <https://nvdpl.ca/node/4589/register>

Caregivers Connect: Online Support for NorthShore Caregivers

Caring for an aging family member or friend requires commitment, compassion and time. Caregiving can be stressful at any time, and especially during COVID-19. We are here to help you maintain your health while you care for your loved one. You are invited to join Caregivers Connect online sessions. Next meeting is Friday, December 11th from 1:00 to 2:30 pm. Please pre-register by contacting Robin Rivers at rivers@familyservices.bc.ca or 604-988-5281, ext. 354.



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Living Successfully With Hearing Loss

Do you have a hearing loss and want to learn to communicate more effectively? Living Successfully with Hearing Loss through Vancouver Community College is available online with new sessions beginning in January. Material is presented weekly on a course website, and participants meet on Zoom once per week to review, discuss, and practice the material. Online sessions typically last 60-90 minutes and are limited to 8 people per class. Online time options are Monday evenings and Tuesday afternoons, once a week for 12 weeks. Senior tuition waivers may be available to you. For details you can contact the instructor, Lisa Dillon Edgett at 604-871-7348, or by email at ldillonedgett@vcc.ca.



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Proposed Tours:

- Gulf Island Cruise
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- BC Circle Tour
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- St. Lawrence Seaway
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- And much more over 35 tours of Canada



Discover Your Own Backyard agelessadventures.com Prices include home pick-up and all taxes

Daily Menu for December

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cod with Prawns <u>PICK UP ONLY</u>	2 Meat Balls Milanaise	3 Lasagna <u>PICK UP ONLY</u>	4 Christmas Turkey Dinner*
7 Chicken A la king	8 Paella <u>PICK UP ONLY</u>	9 Cod Nuggets	10 Bangers & Mash <u>PICK UP ONLY</u>	11 Christmas Turkey Dinner*
14 Salmon with Shrimp Sauce <u>PICK UP ONLY</u>	15 Chicken Cordon Bleu <u>PICK UP ONLY</u>	16 Garlic Prawns	17 Turkey Schnitzel <u>PICK UP ONLY</u>	18 Lamb Shank
21 Fish & Chips	22 Christmas Turkey Dinner*			

*Christmas Turkey Dinner (sponsored by PARC Retirement Living) includes turkey with all the fixings (stuffing, gravy & cranberry sauce) mashed potatoes, vegetables, Waldorf salad, shortbread and a mince tart for dessert, as well as some extra treats provided by PARC.

Silver Harbour's meal program is available for pick up (Monday-Friday) or delivery (Monday, Wednesday and Friday only). Each meal (entrée, soup, salad, and dessert) costs \$10 and is chilled, ready for you to reheat. **To order, please phone 604-980-2474, Monday through Friday between 10 am and 3 pm, but no later than 1 pm the day before – you may order multiple days in advance.** We accept Visa and Mastercard only for payment. There is a maximum of 2 meals per person and daily quantities are limited.

You may pick up your pre-ordered/pre-paid meals at the back of Silver Harbour from 11 am to 12 pm (physical distancing procedures are required). Meals are delivered Mondays, Wednesdays and Fridays (except on holidays) between approximately 10 and 2 pm. We deliver to North Vancouver neighbourhoods between the Seymour River and the Capilano River. You will be called 5 or 10 minutes before delivery and asked to come out to the front of your house or apartment building. Please specify delivery or pickup when you order your meals.

Seminars & Special Events

Christmas Meals

As we are unable to have a large in-person Christmas Luncheon this year, we will be providing a delicious and festive alternative through our meal program. A multi-course turkey dinner (chilled, ready for you to reheat) will be available for pick up or delivery on Fri Dec 4th, Fri Dec 11th, and Tue Dec 22nd at a cost of \$10. There will also be extra treats and gifts in the meal bag and we thank PARC Retirement Living for helping to sponsor this initiative. Call us at 604-980-2474 to order.

A Gift to the Living From the Living

The decision to prearrange your cemetery or funeral needs today is very economically sound, although the strongest reasons to prearrange are love and peace of mind.

Please contact Debby Stephenson of First Memorial Funeral Services to discuss your prearrangements.

604-202-3509

Debby.Stephenson@sci-us.com



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Mindful Journey:

A Workshop For Changing Habits

In 8 months, presenter Janni Kretlow lost 69 pounds without pills, surgery, dieting or exercise – and has successfully kept the weight off! She achieved this through Mindfulness. In this interactive workshop, Janni will inspire you to launch your own Mindful Journey toward your own goal (whether it's weight loss or some other goal). Each participant will receive a Mindful Journey Guidebook, that will include tools to help along the way. The session will end with a guided meditation to launch you into your own Mindful Journey. This workshop was made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Tuesday, January 19th

1:00 – 3:30 pm

Fitness Room

\$4.00 per person

You must pre-register

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Tech Connect: Digital Access to Library Resources

Digital Access is fast becoming the go-to way of finding library resources. From streaming TV and movies, to reading newspapers, magazines, and books, the North Vancouver City Library has a variety of resources you can use to access content online and through your smart devices. Join Kat Barrette for a review and demo of some of the most popular Library resources! Feel free to bring tablets and smart phones to follow along in class.

Wednesday, January 20th

10:00 – 11:00 am

Auditorium

Free of charge, but you must pre-register

IMPORTANT COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

- Have pre-registered in your program (even if it is free), except for membership renewal, Clothes Closet, Pop Up Christmas Shop and other sales
- Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19
- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask inside the Centre (please bring your own)
- Stay at least 2m (6 ft) away from others
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Have You Made a Plan yet?

If not, give our family a call

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TIRES ON RIMS



TIRES OFF RIMS

Programs & Services

Registration for Winter Programs will begin on Tuesday, December 1st at 9 am and requires a current Silver Harbour membership (except where specified). Please register by calling 604-980-2474 and pay by credit card (in person registration is available but not encouraged). Memberships must be purchased in person.

Affirmations

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking. Silver Harbour membership not required.

Fri, Dec 4th

10:00-11:45 am

Auditorium

By donation and you must pre-register

Book Club

Club meets monthly to discuss a pre-selected book. No meeting in December.

3rd Monday of the month

2:30 pm

Fitness Room

No charge, but you must pre-register

Chair Yoga

(if health orders permit)

Gain the benefits of yoga without getting on the floor. Now 2 sessions!

Wed 1:00 – 2:00 pm

OR

Wed 2:30 – 3:30 pm

Jan 6 – Feb 24

Fitness Room

\$52/8 classes

Clothes Closet

The Clothes Closet sells stylish and good quality new and used women's clothing at bargain prices. Donations of women's winter clothing in good condition are now welcome. Customers will have to sign in at the front entrance before shopping.

Mon-Fri 11 am – 1 pm

Computer Club

A group who shares newly gained skills so as not to forget what they've learned! Find free programs, solve problems, and look up interesting topics on the web.

Mon 9:30-11:00 am Jan 4 – Mar 29

OR

Fri 9:30-11:00 am Jan 8 – Nov 26

Computer Room

\$17.00

IMPORTANT COVID-19 PROTOCOLS

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- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask inside the Centre (please bring your own)
- Stay at least 2m (6 ft) away from others
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Current Conversations **SORRY, FULL**

Join Julie and Barbara 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 phone number at the front desk. Silver Harbour membership not required.

Fri 1:00-2:00 pm

Auditorium

\$3 per session

Farsi Seniors Group **SORRY, FULL** (Advanced)

This Farsi-speaking group meets to socialize and practice speaking English. Silver Harbour membership not required.

Thu 9:30-11:30 am

Auditorium

No charge, but you must pre-register

Starts Jan 7

Get Up & Go – Thursday (if health orders permit)

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention.

Thu 2:00 – 3:00 pm

Nov 5 – Dec 17

Fitness Room

\$64.75/7 classes

Jointmoves

(if health orders permit)

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.

Mon & Thu 9:15 – 10:15 am

Nov 2 – Dec 21

Fitness Room

\$138.75/15 classes

Meal Program

At this time, there is no eating inside Silver Harbour. However, we are offering pre-ordered meals for pick up or delivery. Please see page 6 for the daily menu and detailed information on how to order.



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Meditation

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

Tue 10:00 – 11:00 am

Computer Room

\$23

Starts Jan 5

Memory & Aging

Taught by an occupational therapist, this program is aimed at individuals who are interested in learning about the effect of aging on memory. With a focus on instructor-led discussions, in-class exercises and proven strategies, you'll gain a new understanding of how your memory works and learn some tools that help with memory function. This program was made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Wed 1:00 – 3:00 pm

Auditorium

\$10/5-week session (includes workbook)

Jan 13 – Feb 10

Osteofit 1

(if health orders permit)

Designed for those with osteoporosis, the class goal is to improve 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.

Mon & Thu 12:30 – 1:30 pm

Nov 2 – Dec 21

Fitness Room

\$138.75/15 classes

Osteofit For Life

(if health orders permit)

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.

Mon & Thu 11:00 am – 12:00 pm

Nov 2 – Dec 21

Fitness Room

\$138.75/15 classes

Sound Advice on Zoom

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

Mon, Nov 30th

10:00 – 11:30 am

On Zoom

Please email chha_nsb@telus.net to register

Spanish – Level 2 Plus

Increase your knowledge of Spanish while enhancing your conversational skills. Students must have prior knowledge of Spanish.

Wed 9:30 - 11:30 am

Fitness Room

Jan 13 – Mar 17

\$23

Snooker

Splendid tables for your use. Everyone from novice to expert is welcome. Please note: you must register for a specific day and time.

Mon 9:15 – 11:15 am Starts Jan 4

Tue 1:00 – 3:00 pm Starts Jan 5

Wed 9:15 – 11:15 am Starts Jan 6

Thu 1:00 – 3:00 pm Starts Jan 7

Fri 9:15 – 11:15 am Starts Jan 8

\$17/season

Tai Chi

(if health orders permit)

A fun class of healing exercises that promote calmness, strength, flexibility and confidence. Everyone welcome, no experience necessary.

Tue 9:15 – 10:15 am

OR

Tue 10:30 – 11:30 am

Jan 12 – Mar 30

Auditorium

\$48/12 classes

Arts Programs...

Art Space

Art Space is a creative program for anyone looking to enhance their brain health and make social connections. It's designed to help increase quality of life and become a new way of expressing yourself.

Wed 10:00 am – 12:00 pm

Starts Jan 6

No charge, but you must pre-register

Yoga

(if health orders permit)

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

Mon 9:15 – 10:15 am

OR

Mon 10:30 – 11:30 am

Jan 11 – Feb 22 (no class Feb 15)

Auditorium

\$36/6 classes

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- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask inside the Centre (please bring your own)
- Stay at least 2m (6 ft) away from others
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Craft and Knitting Volunteers on Zoom

Help make quality items for our future craft sales (materials provided), using email and Zoom. Please call us at 604-980-2474 or email stephanie@silverharbourcentre.com to join this group.

Facebook: Silver Harbour Crafters

Zoom: Tuesdays, 10:30- 11:30 am

Craft Volunteers

Join this volunteer group of experienced crafters and help make quality items for our craft sales. Materials provided.

Mon 10:00 am - 12:00 pm

OR

Fri 1:00 – 3:00 pm

No charge, but you must pre-register

Knitting Volunteers

Join this volunteer group of experienced knitters and help make quality items for our craft sales. Materials provided.

Mon 1:00 – 3:00 pm

OR

Fri 10:00 am – 12:00 pm

No charge, but you must pre-register

Open Painting Studio

Artists are welcome to use the sewing room on Friday afternoons for their own projects. As it is studio time, there will be no instruction, and you must bring your own materials.

Wed 1:00 – 3:00 pm

Starts Jan 6

No charge, but you must pre-register

Open Studio on Zoom

An open, self-organized art group, with skill sharing, learning, and open discussions. Please call us at 604-980-2474 or email stephanie@silverharbourcentre.com to join this group. Starts Jan 14th.

Zoom: Thursdays at 2:00 – 4:00 pm

Pottery: Open Studio

This studio time is for potters who know their way around clay, and are looking to work on self-directed projects. All new potters to the Open Studio must book an orientation with Stephanie prior to attending studio sessions.

Wed 1:00 – 3:30 pm (starts Jan 6)

OR

Thu 1:00 - 3:30 pm (starts Jan 7)

\$23/season

Quilting Volunteers

This group of experienced quilters meets weekly to work on projects to be sold at the Centre. Currently waitlisting.

Thur, 1:00 pm

Sewing Room

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Ottawa Tulip Festival (EB)	May 12	10 days	\$4445
Vancouver Island - Toe to Tip	May 16	9 days	\$3180
Sea to Sky Getaway to Whistler	May 17	4 days	\$1195
Coast to Coast by Train	May 28	17 days	\$8870
Natural Wonders of Iceland	Jun 11	8 days	\$10,430
Newfoundland Only	Jun 15	15 days	\$5585
Surprising Saskatchewan (EB)	Jun 21	8 days	\$2895
Gaspe & New Brunswick Coast	Jul 4	11 days	\$4680
Haide Gwaii	Aug 1, Aug 6, & Aug 11	6 days	\$3150

Newfoundland

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Silk Painting

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

Mon 1:00 – 3:30 pm

Jan 11 – Mar 18 (no class Feb 15)

\$23/season

Watercolour Painting

Watercolour is a delicate and timeless art form. Not currently instructed. Bring your own materials.

Fri 10:00 am – 12:00 pm


OR

Fri 1:00 – 3:00 pm

Starts Jan 8th

\$23/season

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Learn all about floor-loom weaving from our resident expert. Pay for your own materials
Currently wait-listing.

Tue 9:30 am - 12:00 pm Starts Jan 5

OR

Tue 1:00 – 3:30 pm Starts Jan 5

OR

Thu 9:30 am - 12:00 pm Starts Jan 7

\$23

Weaving: Tapestry

Have you ever wondered how those magnificent medieval tapestries were woven? We use the same simple techniques to create our own masterpieces. All levels of experience welcome.

Tue 9:45 am – 12:15 pm

OR

Tue 1:15 – 3:45 pm

Starts Jan 5

\$23/season

Woodcarving

Work on your carving project in a cooperative studio environment. Bring your own materials and projects.

Wed 10:00 am – 12:00 pm

\$23/season.

Starts Jan 6

Woodworking Shop

Unfortunately we cannot welcome newcomers to the woodshop at this time. If you have been approved to use the woodshop prior to COVID, please contact Stephanie to check on availability and pre-register for a time slot.

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves	Tai Chi		Jointmoves	
	Snooker		Snooker		Snooker
9:30 am	Computer Club			Advanced Farsi Seniors	Computer Club
		Weaving	Spanish Level 2+	Weaving	
9:45 am		Tapestry			
10:00 am	Craft Volunteers	Meditation	Art Space		Knitting Volunteers
			Woodcarving		Watercolour
10:30 am	Yoga	Tai Chi			
11:00 am	Osteofit For Life			Osteofit For Life	
12:30 pm	Osteofit 1			Osteofit 1	
1:00 pm	Knitting Volunteers	Snooker	Open Painting Studio	Snooker	Current Conversations
	Silk Painting	Weaving	Pottery	Pottery	Craft & Knitting Volunteers
		Quilting Volunteers	Chair Yoga		Watercolour Painting
1:15 pm		Tapestry			
2:00 pm				Get Up & Go	
2:30 pm			Chair Yoga		

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.

Silver Harbour's December 2020 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Sound Advice (on Zoom)	1 Program registration starts for January programs	2	3	4 Affirmations	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Last day to shop at the Silver Harbour Christmas Pop Up Shop!	23 Silver Harbour CLOSED	24 Silver Harbour CLOSED	25 Christmas Day Silver Harbour CLOSED	26 Boxing Day Silver Harbour CLOSED
27 Silver Harbour CLOSED	28 Silver Harbour CLOSED Sound Advice (on Zoom)	29 Silver Harbour CLOSED	30 Silver Harbour CLOSED	31 Silver Harbour CLOSED	1 New Year's Day Silver Harbour CLOSED	2 Silver Harbour CLOSED