

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 2025



Happy Holidays to All!

Thank you to
parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the



and



for helping to fund the
operations of Silver Harbour.

Come Home to PARC *this Holiday Season*



Our festive gatherings, friendly faces and joyous spirit make every day, including the holidays, extra special.

Indulge in delicious cuisine prepared by our award-winning chefs every day.

Live confidently with 24-hour safety and security measures that protect you around the clock.

Take advantage of a vibrant and active lifestyle. Tap into your passions, foster friendships and bring healthy fun into your daily life.

There's no need to spend another holiday season alone. Call our Senior Living Specialists to book your personalized tour and secure our 2025 rates.

summerhill
parc

604.980.6525
parcliving.ca/summerhill

cedar springs
parc

604.986.3633
parcliving.ca/cedarsprings

westerleigh
parc

604.922.9888
parcliving.ca/westerleigh

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), səlilwətał (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, Director
Leanne Roy, Vice-President	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, President
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Shideh Shadfar, Director	Virginia Baldwin, Director

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Thank You

We'd like to say an enormous thank you to all the volunteers, staff, and attendees at our recent Christmas Market. Over 100 volunteers and staff prepared and sold arts and crafts, baking, and second hand items (clothing, jewelry, household items, puzzles, flower bulbs, and craft supplies) and ran a wonderful Christmas tea room. Over 1000 people came to the Market and we did \$30,000 in sales. We proudly showcased the creativity, skills, commitment, and hard work of local seniors. And we're grateful to Lonsdale City Market for providing lunch for our volunteers during the event. A huge and heartfelt thank you to everyone who made this year's Market such a fabulous success!

We'd also like to thank everyone who has given a charitable donation to Silver Harbour in response to our recent mailed request and to those who give throughout the year too. Every donation, in any amount, is extremely valuable and appreciated. You can donate in person, by mailed cheque, over the phone (604-980-2474) using a credit card, or through the Donate button at www.silverharbourcentre.com. You can also give a monthly donation or consider Silver Harbour in your will. You'll be provided with a tax receipt for your donation.

We wish you and all of yours a peaceful and joyful holiday season.



**AGELESS**
ADVENTURE TOURS

Escorted Tours
Serving B.C. Seniors since 1988


604-542-5566 or toll free 1-877-277-5577

Discover the Beauty of Canada & Beyond
2025 has been an incredible year of travel
New 2026 Tour Brochure coming in January!


**Deluxe Victoria Christmas
at the Magnolia Hotel
December 24 - 27**


**2026 Tours Featuring
Canada, Morocco,
South of France, & More
Coming Soon!**

- ◊ Home Pick-up & Drop-off
- ◊ Ask About Our 5% Early Payment Discount
- ◊ Solo Travellers Welcome

237-1959 152nd St
Surrey BC V4A 9E3 **agelessadventures.com**


Belt
A+

Silver Harbour Bulletin Board

Winter Program Registration and Membership Renewal

Registration for arts programs (beginning in January) will start at 9 am on Tuesday, December 9th. Registration for all other programs will start at 9 am on Thursday, December 11th. You may register by phone or in-person. 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.

A Note About Waitlists

Many of our Silver Harbour programs are very popular, and registration fills up quickly. We can add your name to the waitlist, and if a space becomes available, we will contact you. Waitlists are managed by staff, not the program instructor. Note: waitlists are for the current session of a program.

Therapy Dogs

Sadly, the St. John Ambulance Therapy Dog visits to Silver Harbour have been put on hold for now. We hope to resume this program in the future.

It's Time to Plant Your Bulbs!

The City of North Vancouver has, once again, made a generous donation of repurposed tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put into the City plantings. Only \$3 a dozen (or 2 dozen for \$5) – pay at the front desk, Monday to Friday, 9 am to 4 pm.

Holiday Closing

Silver Harbour will be:

- OPEN: Monday, December 22nd and Tuesday, December 23rd
- CLOSED: Wednesday, December 24th to Sunday, December 28th
- OPEN: Monday, December 29th and Tuesday, December 30th
- CLOSED: Wednesday, December 31st to Sunday, January 4th



SkyPeak Innovations
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Authorized Partner – SafeLink Canada

The advertisement features a photograph of an elderly couple smiling and looking at a smartphone together. The text is arranged in a clean, professional layout with a blue and white color scheme.

Daytime Dance in December

Daytime Dance has been cancelled on Tuesday, December 16th – however, it has been rescheduled to Monday, December 15th. The rest of the month it will happen on the usual days – Tuesday, December 2nd, 9th, 23rd and 30th. There will be special Christmas playlists December 2 to 23, and a New Year's playlist on December 30th.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: December 1st, 8th and 22nd, 11:45 am to 12:30 pm.



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- Central Venous Catheter Care
- Transportation Services

604-614-8544 (Digna) 778-522-1544 (Ruben)

digna.obar@caringshepherd.ca www.caringshepherd.ca

LICENSED INSURED WCB ICBC REGISTRATION

Used Birthday Cards

We are looking for donations of used birthday cards in good condition. Please drop them off at the front desk.

“Ice and Snow We Don’t Go” If Schools Are Closed, So Is Silver Harbour

If there is snow falling, or there is snow or ice on the ground, we’ve probably cancelled your program at Silver Harbour. While we try to stay open during bad weather and offer our food services, we frequently cancel programs on these days. If in doubt, please call Silver Harbour at 604-980-2474 before coming to the centre on a snowy or icy day. Remember the great saying – “ice or snow, we don’t go!” and if you hear on the news that schools in North Vancouver District are closed, then so is Silver Harbour.

Parking Around Silver Harbour

You can park on the west side of Silver Harbour and in the parking lot to the east of Silver Harbour. The parking spots on East 22nd are still limited to 2 hours but are not pay parking. The parking spots on Eastern are now pay parking. Please give yourself extra time to find parking. **DO NOT PARK IN STAFF OR LOADING ZONE PARKING.**

SFU

DASH STUDY



Daily Activities, Social events, & Health study

Lifelong Health
& Wellbeing Lab

Are you 60+? Participate in SFU research on health and daily experiences!



WHAT IS INVOLVED?

- **First session:** 2 hours at your home or at SFU Harbour Campus (Downtown Vancouver)
- **For 7 days:** Complete brief surveys (7x/day), wear an activity monitor, and provide saliva samples (7x/day) as part of your normal routine.
- **Final session:** 2 hours in-person session at SFU Harbour Campus (Downtown Vancouver)



WHY PARTICIPATE?

- Contribute to meaningful research on healthy aging.
- Receive a gift card or make a donation as a thank you for your time.
- Play a vital role in shaping the future health and wellbeing for older adults.

No need to be tech savvy! We will provide all the necessary training

Contact us today!

 1-(672)-699-0442

 dash_study@sfu.ca

Daily Menu for December

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cod Nuggets	2 Beef Stew	3 Christmas Lunch (you must have purchased a ticket to attend)	4 Bami Goreng	5 Lamb Shank (max 2 per person)
8 Cod Loin with Tiger Prawns	9 Pork Loin	10 Cottage Pie	11 Meatloaf	12 Lasagna
15 Fish & Chips	16 Chicken Cordon Bleu	17 Salmon	18 Turkey Schnitzel	19 Baked Ham with Scalloped Potatoes (max 2 per person)
22 Beef Patty	23 Nasi Goreng	24 Christmas Eve * Silver Harbour CLOSED	25 Christmas Day * Silver Harbour CLOSED	26 Boxing Day * Silver Harbour CLOSED
29 Garlic Prawns	30 Duck Breast	31 New Year's Eve * Silver Harbour CLOSED	Entrée: \$10 Full Meal Combo: \$14	

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

Ukulele Christmas

Our Advanced Ukulele group are excited to show off what they've learned, with a short concert of Christmas favourites.

Monday, December 1st

11:45 am

Auditorium

7 Hidden Reasons for Disease

Presented by holistic nurse Victoriya Litargne, this workshop explores hidden causes of illness and how to restore balance and well-being.

Tuesday, December 2nd

10:00 - 11:00 am

Card Room

Free of charge, but you must pre-register

Christmas Lunch

Presenting Sponsor:

PARC Retirement Living

**SOLD
OUT!**

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

Wednesday, December 3rd

(no other lunch served that day)

Doors at 12:15 pm

Lunch at 12:30 pm

\$15 members; \$20 non-members



Comfort Keepers.
Elevating the Human Spirit

A daily dose of joy

At Comfort Keepers®, we provide in-home care that helps seniors live safe, happy and independent lives in the comfort of their own homes.

Uplifting in-home senior care services

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CANADA

Christmas Wreath Workshop

Get into the festive spirit and create your very own beautiful Christmas wreath! Join us for a hands-on workshop where you'll design a one-of-a-kind wreath to adorn your home this holiday season. We'll provide all the supplies, along with plenty of cheer and guidance. Whether you're a seasoned crafter or a first-time wreath maker, you'll leave with a stunning creation and a little extra holiday magic!

Thursday, December 4th

1:00 – 3:00 pm

Sewing Room

\$20



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We craft custom dentures, designed for a natural look and perfect fit, just for you!

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WE ACCEPT THE CANADIAN DENTAL CARE PLAN!

778-723-3348 | info@surefitdenture.ca
1405 Bellevue Ave, West Vancouver

City Parking App

Staff from the City of North Vancouver are coming to demonstrate how to download the parking app onto your smartphone, and how to use the app to pay for parking.

Monday, December 8th

10:30 – 11:30 am

Auditorium

Holly Tea

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

Tuesday, December 16th

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

Doors open at 1:45 pm

\$10.00 per ticket

Tickets must be purchased in person

from the front desk

Tickets on sale now



BETTER MEALS
Serving Our Communities Since 1993

Climate Café

A series of discussions about our climate and our world covering a variety of topics. This month's topic is "The High Price of Cheap Clothing". If something is too good to be true, we are typically wise enough not to be fooled. So why are we being fooled by clothing ads showing prices that we know are below the cost to manufacture or make ourselves? That cheap price doesn't reflect the environmental damage or the human factor. Join us for a friendly discussion. Light refreshments will be served.

Wednesday, January 14th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register



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

Learn About E-Trikes

Mobility challenged? This could be the path to freedom you've been dreaming about! Mark Charland will share his story about using the e-trike to increase his mobility, and recover his health.

Tuesday, January 20th

10:00 – 11:00 am

Auditorium

Free of charge, but you must pre-register

Addressing Later Life Sleep Problems

Presented by Rachelle Sunga of Right At Home Canada, this workshop will address how sleep changes as we age, unpack the common causes of disrupted sleep (like pain, medication or health conditions), and explore actionable tips to improve sleep quality in later life. You'll leave with practical strategies to support better rest—for yourself or the older adults you care about.

Wednesday, January 21st

1:00 – 2:00 pm

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.

Tuesday, January 27th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register



ADVANCED MEDICAL
Healthcare Equipment
RENTALS • SALES • REPAIRS • INSTALLATIONS • MAINTENANCE

A collage of images showing seniors using various medical equipment, including walkers, wheelchairs, and stairlifts.

Please follow us on Instagram/Facebook
@AdvancedMedicalBC
to learn more about our customers, products
and the jobs we have done.

(604) 912-0106
1863 Marine Drive, West Vancouver
www.AdvancedMedicalBC.ca

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

Trips and 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.

Merry & Bright at Martini Town With Enjoy Tours Registration began on Monday, Nov 3rd

**SORRY,
FULL!**

**Please note:
there are no bus trips
scheduled for January 2026.**

Experience holiday movie magic at Merry & Bright at Martini Town, a film backlot in Langley! As a functioning set, Martini Town brings to life everything you love about your go-to holiday movies. Tour price includes a meal at the Olive Garden, and a stop at Potters Christmas Store.

Sunday, December 14th

10:00 am – 6:45 pm

\$119 members; \$129 non-members



YOU WORKED HARD FOR YOUR HOME,
Now let your home work for you.

Is inflation impacting your monthly cash flow?
Are you wondering if you should downsize?
Do you get a line of credit on the house or
a reverse mortgage? You want to talk to
someone about your choices. Someone you
can trust who will listen and walk you through
your options. Ask Marci for help.

ASK MARCI HOW!
Book a FREE Consult:
604-816-8950 or
marci@askmarci.ca

ASK ABOUT REVERSE MORTGAGES

www.askaboutreversemortgages.ca

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 begins on Tuesday, December 9th. Registration for all other programs, begins on Thursday, December 11th.
- **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

Jan 7 – Feb 25

Fitness Room

\$64/8 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

Jan 7 – Feb 25

Fitness Room

\$64/8 classes

Participants should bring their own yoga mat.

Choose To Move

Are you an older adult looking for motivation to become physically active? Join Choose to Move to get support with building the habit of physical activity into your daily life in ways that make sense for you. Please note: this is not a fitness class, it is a social group that will help you set goals and connect with resources and new friends to support those goals.

Tue 10:00 – 11:00 am

Jan 13 – Mar 10

Multi-Purpose Room

Free of charge, but you must pre-register

Daytime Dance

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

Tue 1:00 – 2:30 pm

Auditorium

No charge

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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

Jan 8 – Feb 26

Fitness Room

\$74/8 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

Jan 5 – Feb 26 (no class Feb 16)

\$138.75/15 classes

Fitness Room



Keep Well

Exercise to music. Silver Harbour membership not required.

Wed and/or Fri 9:30 – 10:30 am

Starts Jan 7

Auditorium

By donation

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**

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

Jan 7 – Mar 25

Auditorium

\$66/12 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Jan 7 – Mar 25

Auditorium

\$66/12 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Jan 9 – Mar 27

Auditorium

\$66/12 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Jan 9 – Mar 27

Auditorium

\$66/12 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

Jan 9 – Feb 20

Multipurpose

\$59.50/7 classes

(Rate is for one person and their care partner)

Osteofit 1

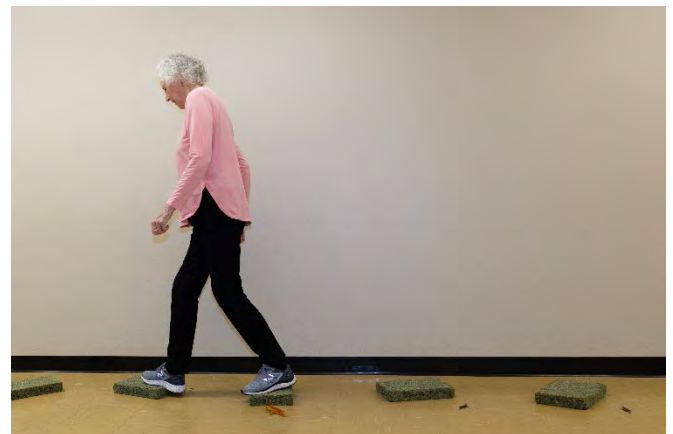
Designed for those with osteoporosis, the class goal is to improve spinal stability and abilities of daily living, reduce the risk of falls and improve confidence. Small class size ensures personalized attention. A stepping stone to Osteofit for Life. If you are new to this series of programs, please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

Mon and Thu 11:30 am – 12:30 pm

Jan 5 – Feb 26 (no class Feb 16)

\$138.75/15 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

Jan 5 – Feb 26 (no class Feb 16)

\$138.75/15 classes

Fitness Room

\$64.75/7 classes (Mon only)

\$74/8 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

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

Yoga

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

Mon 9:00 – 10:00 am

Auditorium

Jan 5 – Mar 30 (no class Feb 16)

\$66/12 classes



Davies

Prescription Pharmacy

Serving the North Shore with quality medical supplies and pharmaceuticals for 30 years.

Tel: (604) 985-8771 **www.daviesrx.com**
1401 St. Georges Avenue, North Vancouver

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.

Fri 12:30 - 4:00 pm

Card Room

\$4 drop-in

Program Registration Information:

- **Registration** for Arts Programs begins on Tuesday, December 9th. Registration for all other programs, begins on Thursday, December 11th.
- **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.

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 winter and spring include:

- Books Unlimited Book Club
- Champions of the Environment
- What's News

Detailed descriptions of these programs are available on pages 19-20.

Intermediate ESL for Seniors

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

Thu 9:30 – 11:30 am

Starts Jan 8

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

Jan 12 – Mar 23 (no class Feb 16)

Fitness Room

\$99/pair

Meditation

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

Wed 10:00-11:00 am

Jan 14 – Apr 15

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



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.

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. We are always looking to increase our membership numbers. This friendly group loves to talk about fiction and occasionally a non-fiction book. They meet every 3 weeks via Zoom. If you would like more information on Books Unlimited please email info@silverharbourcentre.com, and we will have the facilitator contact you. Participants get their own copy of the books. The booklist for Spring 2026 will be available mid-December. Meeting dates are: January 21, February 11, March 4, March 25 and April 15.

Wed 1:00 – 2:30 pm

\$30

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Champions of the Environment - Peril and Protection of Our Wildlife & Water

This 6-week series deals with the peril that our wildlife and waterways are currently facing, what is currently being done, and what we all can do to protect them. Six unique sessions with educational and engaging speakers will keep us interested and informed. Topics include:

- Glass Sponge Reefs
- Single-Use Plastics
- Wolf Conservation
- Water Always Wins
- Protection of Our Rapidly Disappearing Songbirds
- Slowing The Water, Helping The Salmon

Mon 1:00 – 2:30 pm

Feb 23 – Mar 30

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

Jan 15 – Apr 23

Card Room

\$30



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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 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 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.

An advertisement for RushHR's 'Easy Garbage Day for Seniors' service. The top half features a woman's face in profile on the left and a person in a red safety vest walking towards a green trash bin on the right. The text 'Tired of Garbage Day Hassle?' is prominently displayed. Below this, it says 'Let RushHR Handle the Bins!' and 'Avoid slips, fines, and early mornings — we take care of it all.' A green box contains the text 'Easy Garbage Day for Seniors' and 'We Take-Out & Return: We bring your bins to the curb and back after pickup. We make it Safe & Reliable: Stay safe, skip the slips, and never miss collection day.' A yellow circle highlights a 'New Subscriber Offer!!' of '\$49/month (bi-weekly service)' which 'Covers both garbage and recycling.' At the bottom, it says 'Make Garbage Day Disappear' and provides contact information: 'Visit rushhr.ca or call (206) 501-1788 to get started today. Email us at support@rushhr.ca for more information. Serving Vancouver, North Vancouver, West Vancouver, and surrounding areas.' The RushHR logo is in the bottom right corner.

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 Jan 9

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.

Thur 1:00-3:00 pm

Starts Jan 8

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 Jan 7

Sewing Room

\$30



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Arts Programs (Instructed)

Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

Starts Jan 9

Fitness Room

\$40/season

Clay Sculpture

Perfect for absolute beginners and pottery enthusiasts alike, this hands-on course introduces you to the art of sculpting with clay. Over eight enjoyable weeks, you'll explore fundamental techniques for molding, shaping, and refining clay as you create a series of small, expressive sculptures. With guided instruction and plenty of creative freedom, you'll build confidence, develop new skills, and discover the joy of bringing form to life with your own hands.

Wed 1:00 – 3:00 pm

Jan 7- Feb 25

Arts & Crafts Room

\$30

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

Jan 7 – Mar 11

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

Jan 6 – Mar 10

Multipurpose Room

No charge

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).

2 sessions a month

Jan 5, 26, Feb 9, 23, Mar 9, 23

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 Jan 7

Arts & Crafts Room

\$30/season

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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

Jan 5 – Mar 9 (no class Feb 16)

Multipurpose Room

\$30



Rigid Heddle Weaving Program – Part 2

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

Tues 1:00 – 3:00 pm

Starts Jan 6

Computer 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

Jan 19 – Mar 16

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

Jan 8 – Mar 12

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 for materials

Tue 9:30 am – 3:00 pm

Starts Jan 6

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

Jan 5 – Mar 9

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

Jan 5 – Mar 9

Multi-purpose Room

\$30

Watercolour Painting with Erica

Discover the art of watercolour painting with our 3-part workshop series. Over 6 hours of instruction, you'll build a foundation in watercolour techniques and create your own artworks.

Mon 1:00 – 3:00 pm

Jan 12 – 26

Sewing Room

\$20/3 classes

Please collect the materials list when you register.



Advanced Watercolour Painting with Nazanin

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

Thur 10 am – 12 pm

Jan 8 – Feb 12

Sewing Room

\$45/6 classes

Weaving – Loom

**CURRENTLY
WAITLISTING**

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 Jan 6

Arts & Crafts Room

\$30/season

Silver Harbour Winter Program Schedule

MONDAY Jointmoves Yoga Computer Club Snooker Craft Volunteers Ukulele Practice Osteofit For Life Men's Club Beginner Ukulele Osteofit 1 Musical Journey Silk Painting Acrylic Painting Watercolour with Erica Memory Cafe	8:15 – 9:15 am 9:00 – 10:00 am 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 – 11:00 am 10:30 am – 12:00 pm 10:30 – 11:20 am 11:30 am – 12:30 pm 11:30 am – 12:20 pm 12:30 – 2:30 pm 1:00 – 3:00 pm 1:00 – 3:00 pm 1:30 – 3:30 pm
TUESDAY Snooker Woodworking Tapestry Weaving Golden Fireflies Daytime Dance Cribbage Quilting Volunteers Rigid Heddle Weaving	9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 am – 3:00 pm 9:30 am – 3:30 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 1:00 – 3:00 pm
WEDNESDAY Snooker Woodworking Keep Well Table Tennis Woodcarving Knit & Crochet Circle Meditation Tile Rummy Chair Yoga – Fully Seated Circle of Friends Dressmaking Clay Sculpture	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 1:00 – 3:00 pm 1:00 – 3:00 pm
WEDNESDAY (CONTINUED) Line Dance – Level 1 Chair Yoga – Standing Opt Line Dance – Level 2	1:30 – 2:30 pm 2:15 – 3:15 pm 2:30 – 3:30 pm
THURSDAY Jointmoves Snooker Woodworking Intermediate ESL Osteofit For Life Tea & Talk Stained Glass Advanced Watercolour Osteofit 1 Bingo Get Up & Go Pottery What's News	8:15 – 9:15 am 9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 – 11:30 am 10:00 – 11:00 am 10:00 – 11:30 am 10:00 am – 12:00 pm 10:00 am – 12:00 pm 11:30 am – 12:30 pm 1:00 – 3:30 pm 1:00 – 2:00 pm 1:00 – 3:00 pm 1:30 – 3:00 pm
FRIDAY Computer Club Snooker Woodworking Craft Volunteers Keep Well Minds In Motion Choir Advanced Watercolour Duplicate Bridge Current Conversations Open Studio Table Tennis Weaving Line Dance – Level 2 Line Dance – Level 3	9:00 am – 12:00 pm 9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 am – 12:00 pm 9:30 – 10:30 am 9:45 – 11:15 am 10:00 am – 12:00 pm 10:00 am – 12:00 pm 12:30 – 4:00 pm 1:00 – 2:30 pm 1:00 – 3:00 pm 1:00 – 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