

THE CENTRE POST



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

July 2026



We're moving! See you in our new building!

Thank you to
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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!

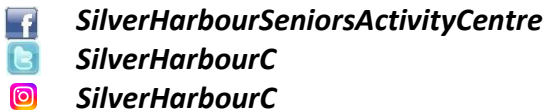


144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



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, Słwłxwú7mesh Úxwumixw (Squamish), səlılwətał (Tsleil-Waututh) and x^wməθk^wəyəm (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
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Margaret Coates, Secretary	Richard Gauntlett, President
Ritch Seeley, Director	Ron Needham, Director
Shideh Shadfar, Director	Virginia Baldwin, Director

Silver Harbour Bulletin Board

Going Live At 2325!

We are nearly ready to move into our new building at 2325 St Georges Ave. Our last day of programs in our current building is Friday June 26th. Then for 3 weeks, staff and designated volunteers will be the only ones in our buildings, making the transition with the help of professional movers. We'll open our new building starting the week of July 20th, all being well with our move. Don't forget the Grand Opening celebrations for Harry Jerome and Silver Harbour on Saturday July 25th – the event begins at 10:30 am and both buildings are open from 11:45 am to 3:00 pm that day. Look for the latest updates on our move and special events on our Facebook and Instagram, or in emails we'll send to members and people on our e-newsletter list. This is a great time to make sure our front desk has your email address so we can keep you in the loop.

Getting There From Here

In case you were wondering, our new building is literally just one block away from our current building! To help you visualize, the map below shows how to walk from our current building to the new one.



Timeline of Silver Harbour's Move



Parking at the New Building

We know that many people are concerned with parking at our new building. City of North Vancouver Council decided that underground parking at Harry Jerome will include 3 hours of free parking followed by paid parking at \$3/hour. However, everyone must register their car either at the parking meter or using the app, even when parking within the 3 free hours. There is some limited parking underground directly under Silver Harbour for those attending our programs. If you're driving and parking, give yourself extra time to orient yourself to your new route and the underground parking. Please be sure to carefully read all signage and follow the posted rules.

Grand Opening!

The City of North Vancouver-led celebration of the new Silver Harbour and Harry Jerome Rec Centre will take place on Saturday, July 25th. The event will begin at 10:30 with a welcome, speeches, and music. Harry Jerome and Silver Harbour will then be open from 11:45 am to 3:00 pm. This is a great chance to view our new facility and see what will be happening in the different rooms. Drinks and snacks will be available for purchase and there will be fun activities to participate in.

Save the date for our own Silver Harbour Welcome event on the afternoon of Tuesday, September 8th.

No July Menu

We will not be announcing the Food Services menu for July, as we will be closed for several weeks. We hope that our food services will be back in full operation on Monday, July 20th. Check our website and social media for the most up-to-date information.

Fall Program Registration Dates

All our Fall programs will be listed in the August newsletter. Registration for Fall arts programs will begin at 9 am on Tuesday, August 18th and registration for all other Fall programs will begin at 9 am on Thursday, August 20th.



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Experienced Repair Volunteers Needed!

Silver Harbour Senior Activity Centre is launching a Repair Café and is seeking volunteers with experience repairing electronics, small appliances, computers, clothing, bicycles, and other household items. Help seniors extend the life of their belongings, save money, and reduce waste. If you'd like to share your skills and make a difference in the community, please contact the Arts Program Coordinator.

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.

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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

Signs of Heat Stroke

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

Anyone with these signs:

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

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.

In the Community

Cycling Without Age North Shore

Cycling Without Age is a global movement started in 2012 in Denmark with the aim of improving the lives of older adults and helping them to break free from social isolation. Cycling Without Age North Shore was established in 2019 as a program of Silver Harbour Seniors' Activity Centre, serving North and West Vancouver.

At Cycling Without Age North Shore, our mission is to promote well-being by sharing the beauty of nature and the joy of new friendships. We offer enriching free rides through scenic forest trails, bringing together people with mobility challenges, and those who seek community connection regardless of age or ability. Most of our free rides are organized through 21 seniors' residences and care organizations but in 2026, we plan once again to host public rides at Seymour Demonstration Forest (Lower Seymour Conservation Reserve), Bridgman Park (Lynn Creek). and Ambleside Park. Morning and afternoon sessions on the following dates:

Seymour Demonstration Forest

- July 6th, 7th and 8th
- August 10th, 11th and 12th

Bridgman Park:

- June 19th, July 17th, August 14th, September 11th

Ambleside:

- June 26th, July 24th, August 21st, September 18th

To book **free rides** email Eva at: cwarides@silverharbourcentre.com or phone 604 980 2474.



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During Extreme Heat, Cold & Power Outages



How to stay cool during extreme heat



Safe heating during cold weather



What to do during power outages

<p>Practical Tips Easy steps for a safer, more comfortable home.</p>	<p>Trusted Resources Find helpful information and community support.</p>	<p>Questions Welcome! Ask questions and share experiences.</p>
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FREE ONLINE WEBINAR

 **Thursday, July 9th**

 **11:00 AM - 12:00 PM**

 **Online via Zoom**



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For more information please email Marlena at coalesce@sfu.ca

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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.

A Day in Spain With **Ciro Vivancos** With **Enjoy Tours**

Registration began on Monday, June 1st

Spend a day with Spanish National **Ciro Vivancos**, a talented vocalist and trumpet player. Savour a Spanish lunch at Bodega on Main, then continue to Spanish Banks for **Ciro's** special afternoon trumpet and vocal performance, complete with seaside picnic table dessert and refreshments.

Tuesday, July 28th

9:15 am – 4:15 pm

\$154 members; \$164 non-members

Please buy your tickets before June 26th
or the trip may be cancelled



Please note that program registration will not be available during the move. Registration should resume on Monday, July 20th.

Supporting you and your family when you need it most.



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rightathomecanada.com/vancouver-northshore

Galiano Island **SORRY, FULL** 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

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

**Please buy your tickets before August 7th
or the trip may be cancelled.**

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Programs

Keep Fit...

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

Please note: Due to early publication of this newsletter, some start dates may change. We will inform registered participants **but only if there is a change**. Program registration will not be available during the move. Registration should resume on **Monday, July 20th**.



BETTER MEALS
Serving Our Communities Since 1993

Line Dance

Silver Harbour Membership Required

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Sorry, no drop-ins. **Registration began June 1st**.

Line Dance – Level 1 (Wed)

**SORRY,
FULL**

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

Wed 1:30 – 2:30 pm

Aug 5 - 26

Auditorium

\$22/4 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Aug 5 - 26

Auditorium

\$22/4 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Aug 7 - 28

Auditorium

\$22/4 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Aug 7 - 28

Auditorium

\$22/4 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

Aug 7 - 28

Gathering Room

\$40/4 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

\$10/July-Aug

Starts July 20

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.

Registration began June 1st.

Tues 10:00 am – 12:00 pm

Aug 4-25, Auditorium

\$10

AND/OR

Thur 9:00 – 11:00 am

Aug 6 – 27, Auditorium

\$10

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- ♥ Move coordination



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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

Starts August 6th

Duplicate Bridge

Silver Harbour Membership Required

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

Multi-Purpose Room

\$4 drop-in

Starts July 24

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

Starts July 21

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

Starts July 22

Please note:
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Program registration will not be available during the move. Registration should resume on Mon, July 20th.

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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

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.

Tue 1:00 - 3:00 pm

Large Arts Studio

No charge. Materials provided

Starts July 21

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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.

Starts July 20

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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. **Registration began June 1st.**

Fri 1:00 – 3:00 pm

Aug 7 - 28

Small Arts Studio

\$10

Bring your own materials. Some printmaking supplies, watercolour paper and brushes are available for purchase.

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.

Registration began June 1st.

Wed 10:00 am -12:00 pm

Aug 5 - 26

Small Arts Studio

\$10

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Arts Programs (Instructed)

Basket Weaving: **SORRY, FULL** Market Basket

Silver Harbour Membership Required

Learn the timeless art of basket weaving in this hands-on 4-session course! Guided step-by-step, you'll learn traditional weaving techniques, as you create your own sturdy and beautiful market basket from start to finish. From shaping the base to weaving the sides and adding finishing details, you'll gain practical skills while working with natural materials in a creative and supportive environment. By the end of the course you'll leave with a completed market basket and the skills to continue exploring the craft of basket weaving. Reed will be provided, but you will need your own tools (list available at the front desk). **Registration began June 1st.**

Fri 10:00 am – 12:00 pm

Aug 7 – 28

Small Arts Studio

\$40

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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



Learn to Crochet

**SORRY,
FULL**

Silver Harbour Membership Required

Discover the joy of crochet in this beginner friendly course! Starting with the basics, you'll learn essential stitches and techniques, and how to confidently work with yarn and hooks. As your skills grow, you'll create beautiful granny squares – the foundation for countless handmade projects, including blankets, bags, scarves, sweaters, pillows and more. By the end of the course you will have the skills and confidence to turn simple squares into endless creative possibilities. Please bring your own crochet hooks (size 5 or 5.5) and yarn (cotton dish cloth worsted weight) – supplies will NOT be provided. **Registration began June 1st.**

Wed 10:00 am – 12:00 pm

Aug 5 - 26

Large Arts Studio

\$20

Melody in August

**SORRY,
FULL**

Silver Harbour Membership Required

Join us this August for a joyful music program designed especially for seniors! Sing along to beloved classics, enjoy fun musical games, share memories, laugh, connect and celebrate the music we all love. No musical experience needed – just bring your voice and your smile!

Registration began June 1st.

Mon and Wed 10:45 am – 12:00 pm

Aug 5 - 31

Mountainview Room

\$25

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.

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Rigid Heddle Weaving 1

Silver Harbour Membership Required

**SORRY,
FULL**

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 floor loom weaving. This course is highly recommended for anyone planning to join the weaving workshop and learn to weave on a floor loom in the future. 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

Please note: Due to early publication of this newsletter, some start dates may change. We will inform registered participants **but only if there is a change**. Program registration will not be available during the move. Registration should resume on **Monday, July 20th**.

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Tie Dye Silk Painting

Silver Harbour Membership Required

Using simple folding, tying and dyeing techniques, you'll learn how to create beautiful patterns and unique designs on silk panels. Experiment with colour blending, texture and patternmaking, while discovering how silk absorbs dye to create stunning artistic effects. This beginner-friendly class is perfect for anyone looking to explore textile arts in an easy and enjoyable way. Pay as you go for silk and dyes. **Registration began June 1st.**

Mon 1:00 – 3:00 pm

Aug 10 – 31

Small Arts Studio

\$20

Ukulele Crash Course

Silver Harbour Membership Required

Have you always wanted to learn the ukulele? This fun and beginner-friendly crash course is the perfect place to start. Join us twice a week throughout August and learn the basics of chords, strumming, rhythm and simple songs in a relaxed and encouraging environment. Whether you're completely new to music or just looking for a fun new hobby, the ukulele is a joyful instrument anyone can learn. You must bring your own ukulele. **Registration began June 1st.**

Mon and Wed 9:30 – 10:30 am

Aug 5 - 31

Mountainview Room

\$25



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Watercolour Painting

SILVER HARBOUR MEMBERSHIP REQUIRED

**SORRY,
FULL**

Discover the beauty and flow of watercolour painting in this inspiring 3-session beginner course! Learn the fundamental techniques of working with watercolour, including colour mixing, brush control, layering, washes, and creating texture and depth. Through guided exercises and creative exploration, you'll build confidence while developing your own artistic style. Perfect for beginners and those looking to refresh their skills, this course offers a relaxed and supportive environment to experiment with this versatile medium. Supplies not included – pick up a supply list at the front desk. **Registration began June 1st.**

Tues 1:00 – 3:00 pm

Aug 11 – 25

Small Arts Studio

\$20

Weaving Studio - Update

We're updating our weaving program to create a clearer learning pathway and more studio access. The weaving waitlist will be discontinued.

New pathway (starting August):

New weavers begin with Rigid Heddle Weaving 1 and 2 in our new building. Graduates will have access to 2 reserved table loom spots every 4 months in the Weaving Studio.

Experienced weavers:

Those with shaft weaving experience may register directly for the Weaving Studio, with additional spots opening every two months.

Direct entry requires ability to:

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

Current summer programs at Silver Harbour: Inkle Loom (band) and Tapestry are open for registration. Rigid Heddle Weaving 1 and Basket Weaving currently full and waitlisted.

Have You Made a Plan yet?

If not, give our family a call

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