

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 2025



**Read about Silver Harbour's new building
in our July newsletter**

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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



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, Vice-President
Leanne Roy, Director	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, President
Ritch Seeley, Director	Ron Needham, Director
Shideh Shadfar, Director	Virginia Baldwin, Director
Wayne Hanna, Director	

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Silver Harbour Bulletin Board

New Building Update

We are pleased to announce that Silver Harbour's new building at the corner of 23rd and St Georges, will be finished construction in January 2026. Our move to the new building will take place around May or June 2026. In preparation for our move, a number of programs will be paused in April or May 2026, we will be closed for just a few weeks while we move, and then we will re-open in our new building and restart our programs.

Looking back, Silver Harbour has been planning towards our new building for 20 years. We have studied the limitations of our current building and looked for partners and locations for our new facility. In 2021, Silver Harbour members officially approved transferring our current land and building to the City of North Vancouver, in exchange for a 99 year lease of a new facility as part of the new Harry Jerome Community Recreation Centre rebuild project. With the members' approval, the Silver Harbour Board of Directors was authorized to complete negotiations and finalize this exchange. Since 2021, and with Board approval, Silver Harbour staff have been designing the program spaces, with program volunteers and participants outlining their needs. In 2023, the City of North Vancouver and Silver Harbour formally signed the first legal documentation regarding the long-term lease and its conditions.

Our new building will be accessible, welcoming, and inclusive, with a variety of amenities including:

- A somewhat larger building across 2 storeys, with more space to support Silver Harbour's programs
- A fully-equipped kitchen to support our meal program
- Better building safety which meets or exceeds current code and best practices
- Secure and convenient access, including 18 dedicated underground parking spaces
- Rick Hansen Foundation Accessibility Certification (RHFAC) Gold Certification
- Universal accessibility throughout centre which considers equitable access for all users regardless of cognitive, visual, hearing, or physical challenges
- Larger elevators, washrooms, hallways, and doorways to better accommodate all users
- Hearing assistive technology
- Energy efficient design that includes a highly insulated building envelope, maximized natural lighting, water conservation plumbing fixtures, and a reduced carbon intensity compared to our existing building



*New Building Update
continues on the next page*



While we are still here in our current building, we are doing a lot of planning around how to furnish and equip our new space, using some of our existing items that we will move over, and some items that we will purchase new. We are also planning how we will function in the new building, which includes elements of budgeting, fundraising, staffing, building systems, safety, programming, marketing, and much more. In the near future, you will see updates about our fundraising efforts to equip and operate our new building and how you can donate to support the new Silver Harbour.

Holiday Closing

Silver Harbour will be closed on Tuesday, July 1st for the Canada Day holiday, re-opening at 9:00 am on Wednesday, July 2nd.

Cold Plates Return

Delicious cold plates are back for the summer – Tuesday, Wednesday and Thursday only. Just \$10. Sorry no substitutions; not available with meal vouchers or with full meal combo.

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

Our wonderful senior volunteers at Silver Harbour are putting together fun and affordable Craft Kits for Kids—just \$5 each! Designed to keep little hands busy and creative over the summer, these kits include everything from crochet and jewelry-making to pompom and pipe cleaner crafts, and much more. Pick one up at Silver Harbour Centre or visit our table at The Shipyards Night Market inside The Pipe Shop on July 11th. Stop by, say hello, and grab a kit (or two!) for your grandkids—they'll love learning new skills and staying happily entertained all summer long.

Parking at Silver Harbour

In addition to designated parking spots on the west side of Silver Harbour, you may also park across the parking lot (on the Harry Jerome side), or in the parking lot outside Memorial recCentre, east of Silver Harbour. Please note that most of the parking spots on East 22nd Street have been changed to **2-hour parking**. Please give yourself extra time to find parking. **DO NOT PARK IN STAFF OR LOADING ZONE PARKING.**

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: July 14th, 21st and 28th from 11:45 am to 12:30 pm.

Fall Program Registration Dates

All our Fall programs will be listed in the August newsletter. Registration for Fall arts program will begin at 9 am on Tuesday, August 19th and registration for all other Fall programs will begin at 9 am on Thursday, August 21st.

No Bingo in July

In order to give Bingo volunteers a well-deserved break, there will be no Bingo at Silver Harbour for the month of July.

Tulip & Daffodil Bulbs

The City of North Vancouver has, once again, made a generous donation of repurposed tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put into the City plantings. Starting in early July, this year's 18 varieties will be ready to purchase. Only \$3 a dozen (or 2 dozen for \$5) – pay at the front desk, Monday to Friday, 9 am to 4 pm.




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Ethics & Technology

In Spring 2024, Silver Harbour partnered with the Science and Technology for Aging Research (STAR) Institute at Simon Fraser University on a research project funded by AGE-WELL Canada, the country's Aging and Technology Network. The project explored the ethical dimensions of technologies designed for older adults—often called "AgeTech"—by engaging seniors in conversations about how these technologies can better reflect their needs, values, and everyday realities.

A series of workshops was held at Silver Harbour, where participants shared their experiences, concerns, and hopes regarding emerging technologies. These sessions prompted thoughtful discussions around key questions: *What do you want? What do you need? What would you like? What worries you?* Participants emphasized the importance of designing technology that aligns with the real-world needs of older adults, and they highlighted the critical role of adequate training and meaningful involvement in shaping how new technologies are developed and implemented.

A report summarizing the project's findings—including contributions from Silver Harbour participants—is now available. Printed copies are available in limited supply at the Silver Harbour front desk, or you can read the full report online at [ICE-TEA Project Report \(PDF\)](#)

Moving Forward: An Exciting New Research Partnership

Silver Harbour is partnering with researchers from the Department of Gerontology at Simon Fraser University to explore how best to support us as we prepare for our upcoming move. The project is led by Becky White, a PhD candidate whose research focuses on the role of seniors' centres in promoting the well-being of older adults and how they help build sustainable, inclusive communities that support healthy aging. Originally from the UK, Becky worked for over a decade in healthcare and non-profit organizations, and her experience with a range of change management initiatives continues to inform her current research.

As part of this work, Becky will be speaking with other seniors' centres that have gone through similar transitions to learn what helped, what challenges they faced, and what insights can help inform a smooth and successful move into our new space. Becky has previously worked on a number of research projects involving Silver Harbour and is excited to be working more closely with the Silver Harbour community in the months ahead as we prepare for the upcoming move to the new building. She will be sharing updates on her work through the newsletter, and looks forward to connecting with Silver Harbour community members in the coming months.

Silver Harbour Survey: Listening to Our Community

With the support of Elise S., a MA student in the SFU Gerontology Department, the Silver Harbour Community Relations Committee recently carried out a Silver Harbour-wide Accessibility, Inclusivity and Impact survey to learn more about the people who use our centre, including their experiences, needs, and suggestions for improvement. This helps us make Silver Harbour more welcoming and accessible for all, especially as we plan for our move to the new location in 2026.

The survey focused on three key areas:

- **Accessibility** – Can everyone, regardless of ability or background, access our programs and services?
- **Inclusivity** – Do people feel welcome and part of the Silver Harbour community?
- **Impact** – Are our programs and services making a positive difference in people's lives?

A big thank-you to the 514 people who completed the survey, and to the volunteers who distributed the survey and supported participants. This strong response has given us valuable insight.

Most respondents were women (81%), aged 65–84, fluent in English, who attended programs regularly. The top benefits reported included making friends (67%), and the most popular activities included arts, fitness, and food services. Overall, people shared warm feelings about Silver Harbour, but also raised important concerns: limited parking, challenges with program registration and waitlists, and a desire for longer operating hours. There is excitement about the future and the move to a new building, even as many hold fond memories of the current space.

We also recognize who we haven't heard from, especially people who speak other languages or need help with reading or writing. This survey is the beginning of our journey to improving access and making sure all voices are included.

If you would like to read the full summary, please email info@silverharbourcentre.com and we'll be happy to email you a copy.

Thank you again to everyone who took the time to participate and to the volunteers who helped others to have their say. Your input is helping us better understand and serve our Silver Harbour community!

In the Community

Crisis Response, Community-Led (CRCL) North Shore

CRCL is a mobile, community-led crisis response team that provides support to people 13 and older on the North Shore who are experiencing a mental health crisis. Our trained crisis workers provide urgent, in-person, consent-based mental health support, including de-escalation and follow-up care.

Crisis can look different for everyone. You might need to reach out for help because you are:


- Feeling grief, panic, depression, or anxiety
- Acting or feeling ways that are different or distressing
- Experiencing thoughts of self-harm or suicide
- Concerned for the wellbeing of someone who could be experiencing a mental health crisis

If you recognize signs or symptoms of a mental health crisis in yourself or others, you can call CRCL.

Support is available in English and Farsi.

Hours of operation: 7 days a week, 8am-12:30am (including holidays)

Call us: 1-888-261-7228

Text us: 778-839-1831 

Learn more: CRCLnorthshore.ca CRCL North Shore is operated by the Canadian Mental Health Association (CMHA), North & West Vancouver branch.



Cycling Without Age North Shore offers free trishaw rides for mobility challenged passengers and their caregivers along North Shore's amazing forest trails! You can register for upcoming rides by contacting the Silver Harbour front desk (604-980-2474):

July 17th to 19th - Seymour Demonstration Forest (Lower Seymour Conservation Reserve)
July 31st to August 2nd - Bridgman Park (Lynn Creek)

August 14th to 16th - Seymour Demonstration Forest (Lower Seymour Conservation Reserve)
August 28th to 30th - Bridgman Park (Lynn Creek)

Total Toe Care

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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.



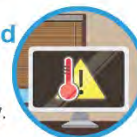
Hydrate

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



Plan ahead and stay informed

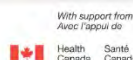
- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.



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.

Daily Menu for July

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$10 Full Meal Combo: \$14	1 Canada Day Silver Harbour CLOSED	2 Cod Nuggets	3 Cabbage Rolls	4 Chicken Parmesan
7 Sausages & Perogies	8 Garlic Prawns	9 Spaghetti & Meatballs	10 Chicken a la King	11 Lamb Shank
14 Turkey Schnitzel	15 Cod Loin with Prawns	16 Chicken Breast with Marinara sauce	17 Meatloaf	18 Fish & Chips
21 Salmon with Prawns	22 Shepherd's Pie	23 Chicken Cordon Bleu	24 Lasagna	25 BBQ Chicken & Ribs
28 Tiger Prawns	29 Duck Breast	30 Meat Pie	31 Bami Goreng	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

Hula Dress Rehearsal

Our Hula for Health group invites you to attend the dress rehearsal for their upcoming performance.

Monday, July 7th

11:00 – 11:30 am

Auditorium



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Seniors on the Move

Transitioning from driving a car to using alternative forms of transportation such as public transit, shuttle services, or volunteer driving programs, doesn't have to be daunting! Presented by BEST (Better Environmentally Sound Transportation), this workshop will inform you about accessible, affordable, and convenient transportation options in BC for those who don't drive. Then you can put your skills to use at a "Seniors on the Move" excursion on Thursday, July 10th.

Workshop: Tuesday, July 8th

10:00 – 11:30 am

Card Room

Excursion: Thursday, July 10th

10:00 am

Free of charge, but you must pre-register

Therapy Dogs

Once a month two volunteer therapy dog teams from St. John Ambulance come to Silver Harbour. These specially trained dogs offer comfort and companionship. Interacting with a therapy dog has many health benefits – both mental and physical. If you like dogs, please drop by and say hello.

Wednesday, July 9th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

Grandparents and Me Craft Week

Join us for a week of creativity, fun and bonding at our Grandparents and Me Craft Week! Children aged 5-10 will spend their mornings with their grandparents, learning exciting new craft activities like origami, card weaving, collage-making, card making and beading. This intergenerational workshop gives kids and grandparents the chance to create together, share stories, and enjoy the joy of making something special. This program is provided in conjunction with Harry Jerome recCentre's Art & Mixed Media Day Camp "At The Zoo" in the afternoon. Please see the detailed description on page 16.

Monday – Friday,

July 14th – 18th

10:00 am – 12:00 pm

\$50

Diabetes Presentation

**JUST
ADDED!**

Presented by Proof Care Home Services, you will learn the basics of diabetes, including its causes, symptoms, and effective management strategies. We'll also discuss how aging can affect blood sugar control and the potential complications of unmanaged diabetes, such as nerve damage (neuropathy), heart disease, kidney problems, vision loss, and congestive heart failure (CHF). This session will provide practical tips on healthy eating, physical activity, medication management, and lifestyle changes. Whether you're living with diabetes or caring for someone who is, you'll leave with valuable knowledge to support a healthier, more informed life.

Tuesday, July 22nd

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register



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Lunch & Learn:

Right Sizing & Financial Planning

Registration begins on Wed, July 2nd at 9 am

Judie Dahl, "Your Moving & In-Home Concierge" will speak about aging in place, downsizing and moving; Derek James of CIBC Wood Gundy will discuss financial planning. Following the presentation, each participant will be given a certificate for lunch (entrée, soup, salad, small dessert and tea or coffee) valid on that day only. Only registered participants will be admitted and you must attend the presentation in order to get lunch. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, July 23rd

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

Free of charge, but you must pre-register



OASIS Arthritis:

Mindful Eating for Better Health

OASIS Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Do you struggle with behaviours, thoughts or emotions that affect your eating? In this 2-part program you will learn how to improve what you eat by changing your relationship with food and eating.

Wednesday, July 23rd and

Wednesday, August 6th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

**Have You Made
a Plan yet?**

If not, give our family a call

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Mental Illness Learning Series

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

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

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

Thursdays, July 31st – Aug 28th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register



The advertisement features three smiling staff members (two women and one man) standing in front of a light-colored wall. On the left, there is an orange vertical banner with the Comfort Keepers logo and the tagline "Elevating the Human Spirit™". On the right, there is a circular seal for the "ACCREDITATION PRIMER AWARD" and "ACCREDITATION AGREEMENT CANADA". Below the staff members, the text "Keeping seniors safe. At home." is displayed in a large, bold, white font. At the bottom, a white box contains the text "HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES" followed by the phone number "(604) 998.8806" in red, and the email address "northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver" in black.

Comfort Keepers
Elevating the Human Spirit™

ACCREDITATION PRIMER AWARD
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CANADA

Keeping seniors safe. At home.

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Grandparent & Me

Craft Week July 14-18



Craft Week at Silver Harbour Seniors Activity Centre

Join us for a week of creativity, fun, and bonding at Silver Harbour's Grandparents and Me Craft Week! Children aged 5-10 will spend their mornings with their grandparents learning exciting new craft activities like origami, card weaving, collage-making, card making, and beading. This intergenerational workshop gives kids and grandparents the chance to create together, share stories, and enjoy the joy of making something special. M-F July 14-18, 10:00AM-12:00PM \$50

After the morning session, families are welcome to stay for lunch at the Silver Harbour cafeteria. While grandparents relax and enjoy a well-deserved break, the kids will head over to Harry Jerome in the afternoon for a crafting session with an experienced instructor.

Art & Mixed Media Camp 5-10yrs – At the Zoo

Join us to create some unique animal projects by using a variety of art materials including drawing materials, painting, collage, papier-mache and clay. Each class will introduce a new project to engage and inspire the young artist. (Cherie S.)

Course ID#00352337 M-F July 14-18, 1:00-3:30 Arts Studio, Memorial Community Centre (right behind Silver Harbour) \$155.05

Call 604-987-7529 or visit nvr.ca to register. Registration opens on May 22 at 7:00am

Please note: These programs work in conjunction, but you will need to sign up separately—register for the morning session at Silver Harbour and the afternoon session at North Vancouver Recreation & Culture (NVR) for the Harry Jerome crafting session. Silver Harbour membership is not required for this program.

Trips and Tours

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

Academy Farms

With Enjoy Tours

Registration began on Monday, June 2nd

We will drive to Academy Farms in Langley, where you will meet the herd of more than 350 water buffalo and 1000 bison. Enjoy a ride on a 30-passenger wagon, see baby calves, taste the cheese and learn about agriculture, the animals of Academy Farms and state-of-the-art farm technology. Following our farm visit, we will have lunch at Adrian's at the Airport. Before returning to North Van, we will stop at Driediger Berry Farm, where fresh strawberries and raspberries will be available to purchase.

Wednesday, July 2nd

7:45 am – 4:15 pm

\$119

Hell's Gate & Othello Tunnels

With Enjoy Tours

Registration begins on Wednesday, July 2nd

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

Friday, August 22nd

8:00 am – 6:00 pm

\$129 members; \$139 non-members

**Please buy your tickets before August 15th
or the trip may be cancelled**

Programs & Services

Boutique

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

Mon – Fri

10:00 am – 1:00 pm

Clothes Closet

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

Mon-Fri 10:00 am – 1:00 pm

Legal Advice and Referral Clinic

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

Library

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

Meal Program

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

Program Registration Information:

- ***Membership*** is \$35/year and is required to register for all programs, except where specified.
- 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 – 1:50 pm

July 9 – Aug 27

Fitness Room

\$56/8 classes

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 2:00 – 3:50 pm

July 9 – Aug 27

Fitness Room

\$56/8 classes

Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock! Daytime dance will be on in June and July, but taking a short break for the month of August. If it is forecast to be 27 degrees or hotter at 1 pm, Daytime Dance will be cancelled that day.

Tue 1:00 – 2:30 pm

Auditorium

No charge

Get Up & Go

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

Thu 1:00 – 2:00 pm

July 3 – Aug 28

Fitness Room

\$83.25/9 classes

Program Registration Information:

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- 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.

Introduction to Latin Dance **NEW!**

Learn the basics of this vibrant, energetic dance form, from an experienced instructor. No previous dance experience needed.

Mon 1:30 – 2:30 pm

July 7 – 28

Auditorium

\$22/4 classes

Program Registration Information:

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- 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.

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

July 3 – Aug 28 (no class Aug 4)

\$148/16 classes

Fitness Room

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed and/or Fri 9:30 – 10:30 am

Auditorium

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Line Dance

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

Line Dance – Level 1 (Wed)

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

Wed 1:30 – 2:30 pm

July 2 – Aug 6

Auditorium

\$33/6 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

July 2 – Aug 6

Auditorium

\$33/6 classes

Please Note: Dates have been updated for Friday classes.

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

July 4 – Aug 15 (no class July 18)

Auditorium

\$33/6 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

July 4 – Aug 15 (no class July 18)

Auditorium

\$33/6 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

July 11 – Aug 15

Multipurpose

\$51/6 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

July 3 – Aug 28 (no class Aug 4)

\$148/16 classes

Fitness Room

Osteofit For Life

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

Mon and/or Thu 10:00 – 11:00 am

July 3 – Aug 28 (no class Aug 4)

\$148/16 classes

Fitness Room

\$64.75/7 classes (Mon only)

\$83.25/9 classes (Thurs only)

Snooker

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

Mon through Fri, 9 am to 4 pm

Billiards Room

\$15/July-Aug

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

\$15/July-Aug



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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required. In order to give Bingo volunteers a well-deserved break, there will be no Bingo at Silver Harbour for the month of July.

Thu 1:00 - 4:00 pm
Auditorium

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm
Card Room
\$4 drop-in

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 or see page 12 for tech learning happening at Silver Harbour.

Mon & Fri 9:00 am – 12:00 pm
Computer Room
\$15/July-Aug

Cribbage

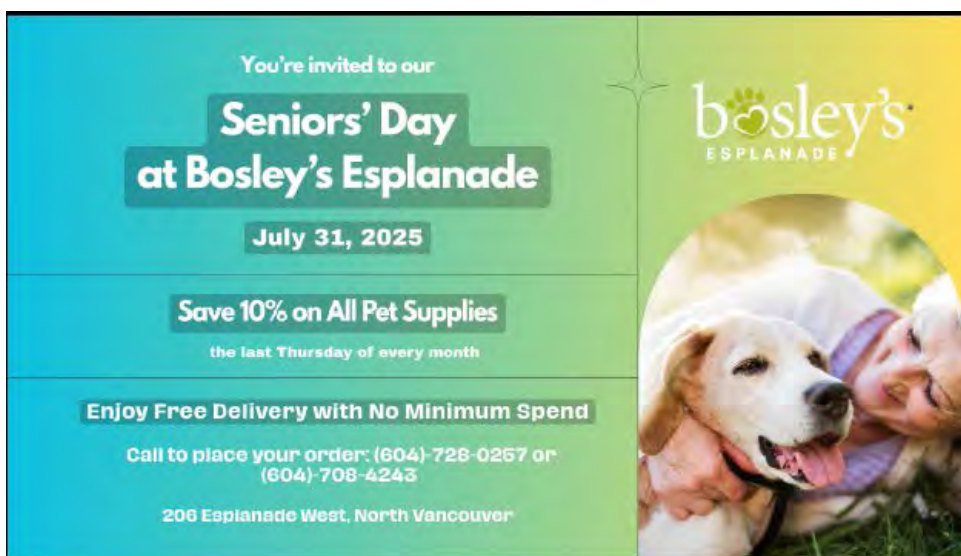
Play for prizes.

Tues 1:00 – 3:00 pm
Card Room
\$5 drop-in

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



The advertisement is a promotional flyer for Bosley's Esplanade. It features a green and blue color scheme. On the left, there is a vertical list of offers: 'You're invited to our Seniors' Day at Bosley's Esplanade July 31, 2025', 'Save 10% on All Pet Supplies the last Thursday of every month', and 'Enjoy Free Delivery with No Minimum Spend'. Below these offers, it provides contact information: 'Call to place your order: (604)-728-0267 or (604)-708-4243' and the address '206 Esplanade West, North Vancouver'. On the right side, there is a circular image of a smiling dog, likely a Golden Retriever, with the text 'bosley's ESPLANADE' above it.

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

Please Read Carefully

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

Circle of Friends

The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required. Please leave your name and number with the front desk and the leader will contact you.

Wed afternoon

\$3 per session

Current

Conversations

Join us for a lively Friday afternoon gathering for seniors. The afternoon will include stimulating conversation, new ideas and laughter – a time to share, connect, and make new friends. Please leave your name and number with the front desk and the leader will contact you. Silver Harbour membership not required.

Fri afternoon

\$3 per session

Men's Club

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

Mon morning

\$3 drop-in

Tea & Talk

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

Thurs morning

\$3 per session

Arts Programs (Volunteers)

Craft & Knitting Volunteers

Supported, non-instructional environment

All levels

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

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

Arts & Crafts Room

No charge. Materials provided.

Quilting Volunteers

Supported, non-instructional environment, intermediate+.

Passionate about quilting? Join us weekly to craft beautiful quilted items sold at our craft markets. Showcase your skills and connect with other enthusiasts.

Tue 1:00 - 3:00 pm

Sewing Room

No charge. Materials provided.

Woodworking Volunteers

Supported, non-instructional environment

Intermediate+

Supervisors: Neil and Robert

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

Mon – Fri mornings

Woodshop

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



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Arts Programs (Studio)

Open Studio

Supported, non-instructional environment.

Work on your watercolour, printmaking, acrylic, or textile project in welcoming and relaxed atmosphere.

Fri 1:00 – 3:00 pm

Starts July 4

Sewing Room

\$15/July-Aug

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.

Thu 1:00 - 3:00 pm

Starts July 3

Arts & Crafts Room

\$15/July-Aug

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.

Ukulele Practice Hour **SORRY, FULL!**

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

July 7 – Aug 25

Multi-purpose Room

\$15

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 July 2

Sewing Room

\$15/July-Aug

Arts Programs (Instructed)

Creative Journey

Join us on an enriching journey of self-discovery and personal growth as we explore the transformative power of art making. Experiment with a variety of creative mediums, techniques, and insight focused art projects, to deepen the enjoyment of our own creative journey. Whether you're a seasoned artist or a complete beginner, this class welcomes all skills levels. This course is led by a professional art educator. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Thur 1:00 – 3:00 pm

July 3 – Aug 21

Sewing Room

\$30/8 classes

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 10:15 am – 12:15 pm

Starts July 2

Arts & Crafts Room

\$15/July-Aug

Watercolour Painting

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

Mon 1:00 – 3:00 pm

July 14, 21, 28

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

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 July 8

Arts & Crafts Room

\$15/July-Aug

Silver Harbour Program Schedule for July

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
					Woodworking
9:30 am	Craft & Knit Volunteers		Keep Well		Craft & Knit Volunteers
	Ukulele Practice	Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Osteofit For Life	Qi Gong	Table Tennis	Osteofit For Life	
			Woodcarving	Tea & Talk	
10:15 am			Knit & Crochet		
10:30 am	Men's Club				
11:00 am			Tile Rummy		
11:30 am	Osteofit 1			Osteofit 1	
12:30 pm					Duplicate Bridge
1:00 pm	Watercolour	Cribbage	Chair Yoga – Fully Seated	Bingo	Current Conversations
		Daytime Dance	Circle of Friends	Creative Journey	Open Studio
				Get Up & Go	Table Tennis
		Quilting Volunteers		Pottery: Open Studio	Weaving
				Choose To Move	
1:30 pm	Intro to Latin Dance		Line Dance – Level 1		Line Dance – Level 2
2:00 pm			Chair Yoga – Standing Option		
2:30 pm			Line Dance – Level 2		Line Dance – Level 3

OIf 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.