

THE CENTRE POST

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

June 2021



Happy BC Seniors Week – June 6th to 12th

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Thank you to the

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operations of Silver Harbour.

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Summerhill: 604.980.6525

summerhill
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Silver Harbour Seniors' Activity Centre

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



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

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre
SilverHarbourC

Board of Directors

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Our Vision

A community that honours and celebrates aging

Our Mission

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

Our Values

Respect -- we honour the dignity, worth and independence of everyone

Excellence – we strive to do our best and to be a model for others

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

Collaboration – we encourage teamwork and partnerships

Responsiveness – we welcome new ideas and possibilities

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

Staff

Andrea Picchi	Admin. & Program Assistant
Annwen Loverin	Executive Director
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
John McCann	Go Bus Driver
Logan Thackray	Arts Program Coordinator
Zoltan Csapkay	Head Cook

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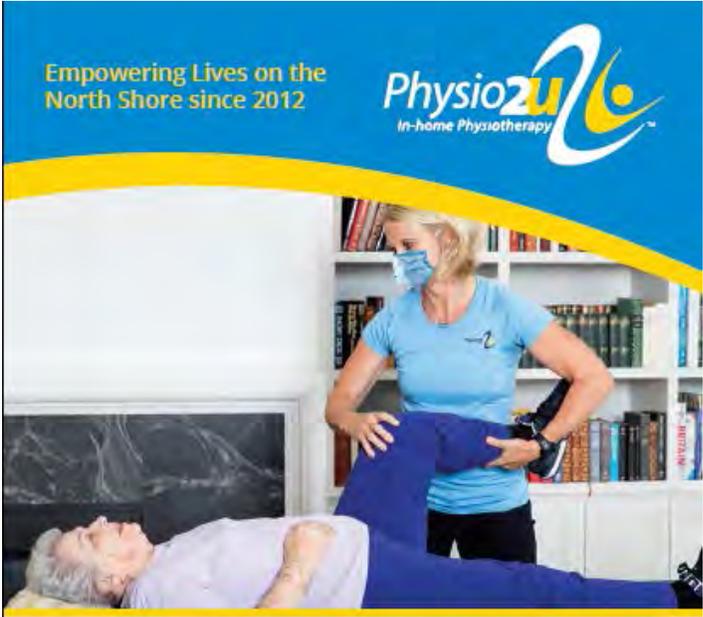
A New Building for Silver Harbour...

As you might know, our staff and Board have been working with the City of North Vancouver on a new building for Silver Harbour. We are looking forward to sharing updated information about this with you as there have been changes over the years in the plans for a new building. We are scheduling some **information sessions** in June, as follows:

- Wednesday June 23rd at 10:00 am in the Silver Harbour auditorium
- Thursday June 24th at 1 pm on Zoom (using your computer, device, or phone)
- Friday June 25th at 9:30 am in the Silver Harbour auditorium

To attend an information session, you must register in advance by calling our front desk at 604-980-2474; there are limited numbers allowed at the in person sessions, due to COVID-19 protocols. Information sessions are open to anyone who is interested in learning more about a new building for Silver Harbour. If you don't wish to attend an information session but have questions or comments, please feel free to call Annwen at 604-980-2474 after June 22nd.

As soon as we have all the required details about a new building, we will schedule a **duly constituted members meeting**. Our bylaws require we provide notice by email to all members who have given us an email address, on our website, and in the North Shore news (we are not required to mail any information to members). Only current paid-up members are entitled to receive notice of and attend a members meeting so we encourage you to renew your membership if it has expired and to provide us with an email address to stay informed.



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Silver Harbour Bulletin Board

Thank you, Stephanie Welcome, Logan

For over a year, Stephanie was the Silver Harbour Program Coordinator for the Arts, bringing passion, dedication, organization, and great enthusiasm to the role. We say thank you and goodbye to Stephanie and welcome to Logan, who is our new Program Coordinator for the Arts.

Flower Bulbs

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

Holiday Closing

Silver Harbour will be closed Thursday, July 1st for the Canada Day long weekend, re-opening at 9 am on Friday, July 2nd.

Thank You CUPE 389

Thank you to CUPE 389 for sponsoring free meals on May 13th and 14th. This was very much appreciated by all who participated.

Watch Batteries

For over 10 years, volunteer Don B. replaced members' watch batteries, donating all the proceeds to Silver Harbour. Sadly, Don passed away in March. As this was a unique service, requiring specialized skills, this program will not be resuming. We are so grateful Don shared his talents with us over the years.

Father's Day Gift Sale

Come check out all the great Father's Day gifts for sale, handcrafted right here at Silver Harbour: Monday June 14th to Friday June 18th, 9:00 am – 4:00 pm, in our main lobby.



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Community Programs & Workshops

Did You Have Your COVID-19 Vaccine Before April 6th? Make Sure You Register For Your Second Dose!

If you had your first dose of the COVID-19 vaccine before April 6th, you may not be registered for your second dose. Call 1-833-838-2323 or visit www.gov.bc.ca/getvaccinated to register.

YWCA Job Futures 55+

YWCA Job Futures 55+ is now accepting referrals for its new intake on June 14th. It is a FREE employment program that prepares job seekers who are 55+ to achieve sustainable employment through skills training and employment supports. Register for an information session by calling 604-220-7183 or 604-818-1082, or online at jobfutures@ywcavan.org.



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It's official, B.C. Endorses Return to Travel & Tourism

BC Health Authority is allowing tourism to open as of June 15 for travel in BC.
Ageless Adventures has been working with hotels, restaurants and venues to ensure a safe experience and we have reserved appropriate space for our tours.
Starting with a selection of safe favourite tours, we will add more as required.
Space is limited and we ask that our guests be vaccinated to ensure the safety and well being of all. Call to book your tour today!

<p>Salt Spring Island Artists, Farmers, and Vintners ... August 9 - 12 7 incl. meals • dbl. \$1,839.⁰⁰</p>	<p>Cruise the West Coast Waterways Knight Inlet and Nootka Sound August 7 - 10 9 incl. meals • dbl. \$2,316.⁰⁰</p>	<p>Discovery Coast Passage & the Cariboo Chilcotin ... August 21 - 25 10 incl. meals • dbl. \$1,978.⁰⁰</p>
<p>Desolation Sound Desolation Sound Cruise Aug 29 - Sept 2 6 incl. meals • \$2,149.⁰⁰</p>	<p>Fabulous Kootenays Osoyoos, Nelson, Nikusp, Vernon Sept 12 -16 8 incl. meals • \$2,049.⁰⁰</p>	<p>Women's Wellness <small>Stay at Home</small> Kingfisher Resort & Spa Sept 13 - 16 8 incl. meals • \$2,114.⁰⁰</p>

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Changes to the BC Homeowner Grant

Starting in 2021, residents in municipalities no longer apply for the home owner grant through their municipal office. Everyone now applies directly to the province using a new online system that's easy to use and will process applications faster. When you apply, they will need your social insurance number to verify your eligibility. The best time to apply is after you receive your property tax notice in the mail and before your property tax due date.

- Wait to receive your property tax notice in the mail. This usually happens around May.
- Keep your property tax notice on hand. It has important numbers you'll need to apply.
- Apply online. Your information will be safe and secure when you apply online. It only takes a few minutes and is faster than calling.
- If you're unable to apply online, call the BC Government at 1-888-355-2700 for assistance.

Advance Care Planning – FREE Online Information Session

Advance Care Planning helps you, and the people you trust, prepare for future health-care decisions. Presented by Vancouver Coastal Health, this session will help you think and talk about your wishes and who would make decisions for you if you cannot. You will learn about why Advance Care Planning is important for everyone, and how to do it. Wednesday, June 9th, 10 – 11:30 am on Zoom. To register call 604-363-0961, or email everydaycounts@vch.ca.



Have You Made a Plan yet?

If not, give our family a call

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Our Family Serving Yours For Over 70 Years

Seminars & Special Events

Tech Connect: Online Shopping

Online commerce is a cornerstone of digital life, and online shopping is becoming the default method for people to buy what they need. In this class we will explore the major online marketplaces, best practices for online purchasing, and what you need to know to protect yourself from scams and fraud.

Wednesday, June 16th
10:00 – 11:00 am
Auditorium
Free of charge,
but you must pre-register



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Daily Menu for June

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Shepherd's Pie <u>PICK UP ONLY</u>	2 Turkey Schnitzel	3 Pork Stew <u>PICK UP ONLY</u>	4 BBQ Ribs & Chicken
7 Cod with Prawns	8 Thai Chicken Breast <u>PICK UP ONLY</u>	9 Cabbage Rolls	10 Beef Patty <u>PICK UP ONLY</u>	11 Bami Goreng
14 Salmon with Shrimp Sauce	15 Sausages <u>PICK UP ONLY</u>	16 Fish & Chips	17 Beef Stew <u>PICK UP ONLY</u>	18 Lamb Shank
21 Cod Nuggets	22 Meatballs <u>PICK UP ONLY</u>	23 Cottage Pie	24 Lasagna <u>PICK UP ONLY</u>	25 Chicken Cordon Bleu
28 Garlic Prawns	29 Chicken a la King <u>PICK UP ONLY</u>	30 Paella		

Silver Harbour's meal program is available for pick up (Monday-Friday) or delivery (Monday, Wednesday and Friday only). Each meal (entrée, soup, salad, and dessert) costs \$10 and is chilled, ready for you to reheat. **To order, please phone 604-980-2474, Monday through Friday between 10 am and 3 pm, but no later than 11 am the day before – you may order multiple days in advance.** We accept Visa and Mastercard only for payment. There is a maximum of 2 meals per person and daily quantities are limited.

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

Programs & Services

Affirmations

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

Friday, June 4th

10:00-11:30 am

Auditorium

By donation and you must pre-register

Book Club – In Person

Club meets monthly to discuss a pre-selected book. This month the book is “The Best Laid Plans” by Terry Fallis.

Monday, June 21st

2:30 pm

Fitness Room

No charge, but you must pre-register

Chair Yoga

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

Wed 1:00 – 2:00 pm

OR

Wed 2:30 – 3:30 pm

Fitness Room

If you were registered in Chair Yoga before it was suspended, you are registered in this class until June 23rd.

Next session:

June 30 – Aug 25 (no class Aug 11)

\$52/8 classes

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 ladies wear and accessories are always welcome. Customers will have to sign in at the front entrance before shopping.

Mon-Fri 11 am – 1 pm

Computer Club

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

Mon 9:30-11:00 am July 5 – Aug 30

OR

Fri 9:30-11:00 am July 2 – Aug 27

Computer Room

OR

On Zoom

Mon & Fri 9:30-11 am July 2 – Aug 30

\$10/July-Aug



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Get Up & Go – Thursday

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 2:00 – 3:00 pm

Fitness Room

If you were registered in Get Up & Go before it was suspended, you are registered in this class until June 24th.

Next session:

July 8 – Aug 26

\$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 & Thu 9:05 – 10:05 am

Fitness Room

If you were registered in Jointmoves before it was suspended, you are registered in this class until June 21st.

Next session:

June 24 – Aug 30 (no class July 1, August 2)

\$166.50/18 classes

Meal Program

At this time, there is no eating inside Silver Harbour. However, we are offering pre-ordered meals for pick up or delivery. Please see page 7 for the daily menu and detailed information on how to order.

IMPORTANT COVID-19 PROTOCOLS

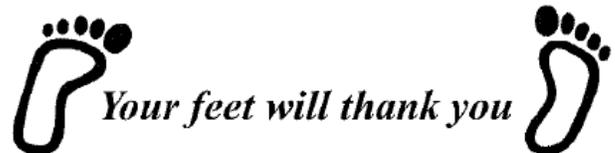
In order to come into Silver Harbour you must:

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

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Osteofit 1

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

Mon & Thu 12:30 – 1:30 pm

Fitness Room

If you were registered in Osteofit1 before it was suspended, you are registered in this class until June 21st.

Next session:

June 24 – Aug 30 (no class July 1, August 2)

\$166.50/18 classes

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 & Thu 11:00 am – 12:00 pm

Fitness Room

If you were registered in Osteofit For Life before it was suspended, you are registered in this class until June 21st.

Next session:

June 24 – Aug 30 (no class July 1, August 2)

\$166.50/18 classes

Snooker

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

Mon 9:15 – 11:15 am

Starts July 5

Tue 1:00 – 3:00 pm

Starts July 6

Wed 9:15 – 11:15 am

Starts July 7

Thu 1:00 – 3:00 pm

Starts July 8

Fri 9:15 – 11:15 am

Starts July 2

\$10/July-Aug



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Sound Advice on Zoom

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

Mon, June 28th

10:00 – 11:30 am

On Zoom

Please email chha_nsb@telus.net to register

Summer Spanish

A unique opportunity to strengthen your Spanish by refining your pronunciation and intonation. Some knowledge of Spanish is required.

Wed 9:30 – 11:30 am

Fitness Room

July 14 – Aug 25

\$11.50

Tai Chi

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

Tue 9:15 – 10:15 am

OR

Tue 10:30 – 11:30 am

Auditorium

If you were registered in Tai Chi before it was suspended, you are registered in this class until August 3rd.

Yoga

Monday Yoga with Henrik will not be resuming at this time. If you were registered in the session which was suspended on March 29th, you will be credited for the missed classes.

Put the *spring* back in your step...

Join Dr. Anne Marie Evers
Learn ALL about



Affirmation Life Tools
**what they are*
**how they work*
 and most importantly...
**how they can work for you*

Join us
Friday June 4th
 10:00 - 11:30 a.m.
 Silver Harbour, North Vancouver
 Call Holly 604-980-2474
 You must pre-register for the
 Affirmation Meeting.
 See you there!

Arts Programs (Volunteers)

Craft Volunteers

Supported, non-instructional environment

All levels

Join this volunteer group of crafters to help make handmade items for our craft markets.

Explore, Crafting, Knitting, Crochet, Felting, Sewing, and Painting within a supportive, community environment.

Mon 9:30 am - 12:00 pm

OR

Fri 9:30 am–12:00 pm and 1:00–3:00 pm

No charge, but you must pre-register.

Materials provided. All new volunteers must book an orientation with Stephanie before registering

Craft Volunteers (on Zoom)

Hosted by Logan, group guided

All levels

Join this volunteer group on zoom. exploring crafting within a welcoming, supportive, friendly atmosphere.

Tue 10.30 - 11:30 am

No charge. To join type in bit.ly/3cr11hw to your web browser.

Quilting Volunteers

Supported, non-instructional environment

Intermediate+

Join this volunteer group of quilters to help make handmade items for our Craft Markets.

Come have fun solving enormous geometry problems!

Tue 1:00 - 3:00 pm (1st and 3rd Tuesday of the month for July & August)

No charge, currently waitlisting. Materials provided.

IMPORTANT COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

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

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.

Mon – Fri mornings

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

All new volunteers must book in an orientation with Neil before registering

Arts Programs (Studio)

Painting - Open Studio

Supported, non-instructional environment
All levels

Work on your paintings within a friendly, relaxed and encouraging atmosphere

Wed 1:00 – 3:00 pm Starts July 7

No charge, but you must pre-register. Bring your own materials

Pottery - Open Studio

Supported, non-instructional environment,
co-operative studio environment
Intermediate+

Explore the world of clay within a co-operative studio environment. All potters are required help with the upkeep of the studio. Plenty of skills and knowledge sharing.

Wed 1:00 – 3:30 pm Starts July 7

OR

Thu 1:00 - 3:30 pm Starts July 8

\$11.50/July-Aug. Cost includes kiln and wheel use, slab rollers, glazes and tools, however all clay must be purchased at the centre \$3 per kg All new participants must book an orientation with Logan before registering.

Woodcarving - Open Studio

Supported, non-instructional environment.
All levels

Work on your carving project in a cooperative studio environment.

Wed 10:00 am – 12:00 pm Starts July 7

\$11.50/July-Aug. Bring your own materials

Watercolour - Open Studio

Supported, non-instructional environment.
All levels

Work on your watercolour projects in a welcoming and relax atmosphere.

Fri 1:00 – 3:00 pm Starts July 2

\$11.50/July-Aug. Bring your own materials.

Open Studio (on Zoom)

Hosted by Maurice, group guided

All levels

An open, self-organized virtual art group, with skill sharing, learning, and open discussions.

Thu 2:00-4:00 pm

To register please call Logan at 604-980-2474

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Arts Programs (Instructed)

Art Space

With Barbara

All levels

A creative program for anyone looking to enhance their brain health and make social connections. Designed to help increase quality of life and become a new way of expressing yourself. Fun and messy studio setting with skilled instructor.

Wed 10:00 am – 12:00 pm

No charge, but you must pre-register.

Materials provided

July-August dates to be determined.

Painting

With Gabriele

All levels

Learn how to use watercolour and acrylic paint in a relaxed and supportive studio setting. Our skilled instructor is there to assist with colour theory and mixing.

Fri 10:00 am – 12:00 pm

July 2 – Aug 27

\$11.50/July-Aug. Bring your own materials

Weaving - Loom

With Toby

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.

Tue 9:30 am - 12:00 pm Starts July 6

OR

Tue 1:00 – 3:30 pm Starts July 6

OR

Thu 9:30 am - 12:00 pm Starts July 8

\$11.50/July-Aug. Currently waitlisting. Pay as you go for materials.

**CURRENTLY
WAITLISTING**

Tapestry

With Virginia

All levels

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor.

Tue 9:45 am – 12:15 pm

OR

Tue 1:15 – 3:45 pm

July 6 – Aug 31

\$11.50/July-Aug.

A Gift to the Living From the Living

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

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

604-202-3509

Debby.Stephenson@sci-us.com



FIRST MEMORIAL
FUNERAL SERVICES

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:05 am		Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves			Jointmoves	
9:15 am		Tai Chi			
	Snooker		Snooker		Snooker
9:30 am	Computer Club				Computer Club
		Weaving	Spanish Level 2+	Weaving	
9:45 am		Tapestry			
10:00 am	Craft Volunteers		Art Space		Craft Volunteers
			Woodcarving		Painting with Gabriele
10:30 am		Tai Chi			
11:00 am	Osteofit For Life			Osteofit For Life	
	Clothes Closet	Clothes Closet	Clothes Closet	Clothes Closet	Clothes Closet
12:30 pm	Osteofit 1			Osteofit 1	
1:00 pm	Silk Painting	Snooker	Open Painting Studio	Snooker	Current Conversations
	Memory & Aging	Weaving	Pottery	Pottery	Craft Volunteers
		Quilting Volunteers	Chair Yoga		Watercolour (Open Studio)
			Circle of Friends		
1:15 pm		Tapestry			
2:00 pm				Get Up & Go	
2:30 pm			Chair Yoga		

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

Silver Harbour's June 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Sound Advice on Zoom	1	2	3	4 Affirmations	5
6	7	8	9	10	11	12
13	14 Father's Day Gift Sale	15 Father's Day Gift Sale	16 Tech Connect: Online Shopping * Father's Day Gift Sale	17 Father's Day Gift Sale	18 Father's Day Gift Sale	19
20	21 Book Club	22	23 New Building Information Session	24 New Building Information Session (on Zoom)	25 New Building Information Session	26
27	28 Sound Advice on Zoom	29	30	1 Canada Day - Silver Harbour CLOSED	2	3