

THE CENTRE POST



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

March 2025



Registration starts soon for Spring Programs!

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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, Słwłxwú7mesh Úxwumixw (Squamish), səlılwətał (Tseil-Waututh) and xʷməθkʷəjəm (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

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Silver Harbour Bulletin Board

New Building Update

As you may know, Silver Harbour will be moving to a new facility in 2026. We have been working closely with the City of North Vancouver who is currently constructing our new building. Construction should be complete in January 2026 and we intend to move in the months following.

Our newly constructed home will be located at East 23rd Street and St. Georges Avenue. It will be two storeys high and slightly larger than our current space but with very noticeable differences. Everyone will immediately appreciate the attention to safety, mobility and access, to better accommodate older adults. Elevators, washrooms, hallways and doorways will be larger, and infrastructure will support hearing assistive technology. Our washrooms will be gender neutral but with fully enclosed private toilets. Our building will include a full kitchen, woodworking shop, billiards room, thrift store, pottery studio, arts rooms, and multipurpose spaces.

This is a tremendous opportunity for Silver Harbour to offer more programs and services engaging even more local seniors. We're looking forward to your support through participation in programs, volunteering, and donating to support equipping the new Centre and its increased operating costs.

Musical Mondays

We are excited to have musicians coming to play on Mondays during lunch service: March 10th and 24th, from 11:45 am to 12:30 pm.

We're Number One!

Silver Harbour has once again been selected for "Favourite Seniors' Service" in the 2025 North Shore News Readers Choice Awards.



Spring Program Registration

Registration for arts programs (beginning in April) will start at 9 am on Tuesday, March 11th. Registration for all other programs will start at 9 am on Thursday, March 13th. You may register by phone or in-person. **Please make sure that your membership is up-to-date.**

Limited Numbers of Meals

Silver Harbour prices our meals well below the cost of producing them. Due to the cost and popularity of certain entrees, we restrict the number of meals purchased to 2 per person on those days. This will ensure that many seniors can access our meals. Please check the menu on page 7 to see which days have a limit.

Silver Harbour Survey

Silver Harbour is conducting an important survey that we hope you'll complete – you might have already received an email invitation to complete it. This anonymous survey will give us feedback about the Centre and programs, and it should only take you 5 to 10 minutes to complete. The combined survey results will help us to make key improvements, both now and in our new building.

If you're reading this newsletter online, to fill out the survey, please click: [Silver Harbour Survey](#). After you fill out the survey, if you would like to enter the draw for one of four \$50 gift cards, please click: [Survey Prize Draw](#) (we have kept the prize draw separate to ensure the survey is anonymous). If you prefer to complete the survey on paper, you can ask for one at the front desk of Silver Harbour.




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Please Be Scent Free

When we talk about scents, we mean fragrances, aromas or perfumes – anything that adds a smell to something else. Scents can usually be found in personal-care products such as perfume, aftershave, cologne, shampoo and conditioner, soap, body lotion and deodorant. Some people have severe reactions to scents, so we ask you to be scent free while you are at Silver Harbour.

Used Birthday Cards

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

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Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$35,000 or less per person and \$45,000 or less per couple, and interest income of \$1000 or less). Specially trained volunteers can help you complete your income tax and benefit return if your income is low and your tax situation is simple. Volunteers do not complete income tax and benefit returns for past years, deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. If you would like us to assist in completing your income tax forms, we are here to help.

**Call 604-980-2474 for
information and an appointment.**

Spring Forward!

Daylight Savings Time begins on Sunday, March 9th. Make sure to put your clocks forward one hour.

A Note About Waitlists

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

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.**

We're Looking for Vintage Textiles

Our talented crafters are working on a special textile recycling project, giving new life to vintage hand-embroidered linens. Do you have old tablecloths, napkins or cushion covers with beautiful embroidery or tapestry tucked away? Instead of letting them sit unused, donate them to our creative community!

Your contributions will be transformed into unique handmade items, preserving the artistry and history of these cherished textiles. Donations can be dropped off at the front desk. Thank you for helping us to celebrate craftsmanship and sustainability! For more information, please contact Simran at simran@silverharbourcentre.com.

Have You Made a Plan yet?

If not, give our family a call



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S
West Vancouver, BC

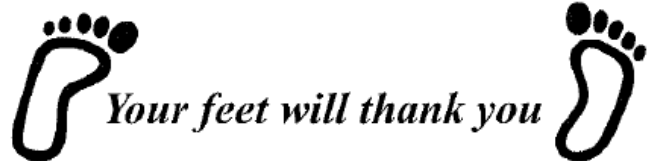
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Become an ElderCollege Volunteer

The ElderCollege Program Planning Committee is inviting new and former members to join their regular meetings, to create new and thought-provoking learning experiences in a fun, collaborative environment. This group of facilitators meets several times a year to plan the next term of ElderCollege courses. Facilitators take the lead in developing and running interesting courses – everything from leading programs, to finding and scheduling speakers on a particular topic. If you would like to find out more about this, please contact info@silverharbourcentre.com

Become a Flower Bulb Volunteer

Every spring the City of North Vancouver donates their used flower bulbs to Silver Harbour, where a group of dedicated volunteers helps to sort, dry and package the bulbs. The “repurposed” bulbs are then sold, as a fundraiser for Silver Harbour. If you’re interested in helping out, please leave your name and phone number on the clipboard at the front desk.



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Daily Menu for March

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Breast	4 Duck Breast	5 Nasi Goreng	6 Meatloaf	7 Chicken Cordon Bleu
10 Cod Nuggets	11 Sausages with Perogies	12 Meat Patty	13 Lasagna	14 Lamb Shank (max 2 per person)
17 Meatballs Bolognese	18 Beef Stew	19 Cottage Pie	20 Chicken Paprikash	21 Salmon with Tiger Prawns
24 Garlic Prawns	25 Pork Loin	26 Cod Loin with Prawns	27 Cabbage Rolls	28 BBQ Chicken & Ribs (max 2 per person)
31 Fish & Chips	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**



North Shore Where to Get After-Hours & Urgent Care

Family Physician or Nurse Practitioner



Contact your primary care provider first. They know your health history and can provide ongoing care.

Looking for a family physician
or nurse practitioner?

SCAN THE QR CODE



or visit www.nspcn.ca/find-care

Urgent Primary Care Centre (UPCC)



#200 - 221 West Esplanade,
North Vancouver

Mon - Sat 8:00am-10:00pm

Sun 9:00am-5:00pm

For issues that need to be addressed within 12-24 hours, or when your family physician or nurse practitioner is unavailable. All visits to the UPCC are walk-in only.

Mental Health



BC Crisis Line: **(604) 310-6789**

Women's Crisis Line: **(604) 987-3374**

Kids Help Phone: **1 (800) 668-6868**

Indigenous Hope for Wellness:

1 (855) 242-3310

Opioid Same-Day Treatment:

1 (833) 804-8111

8-1-1



For 24/7 health advice, call **8-1-1** to speak with a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

Pharmacist



Pharmacists can assist with medication queries and, in some cases, prescribe for minor health issues. Consult your local pharmacy for more information.

Poison Control



If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control immediately: **(604) 682-5050**



Emergency Department 9-1-1

For emergencies that need immediate attention (e.g., chest pain, major trauma) visit the Emergency Department or call: **9-1-1**

Lions Gate Hospital (LGH): #231-15th St East, North Vancouver

www.nspcn.ca

Workshops & Special Events

OASIS Arthritis – Pain Management

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest and have a function-centred life.

Wednesday, March 5th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Indigenous Storytelling: The History of the Squamish People

**SORRY,
FULL**

Join us for a special 2-hour workshop featuring two captivating storytellers, Paitsmauk and Glen Newman, as they share the rich history of the Squamish people. This interactive session will explore the Squamish culture, language and traditions, with Glen diving into the role of sports like boxing, canoeing and lacrosse in Indigenous life. Don't miss this unique opportunity to learn, connect and experience the power of Indigenous storytelling firsthand. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Friday, March 7th

10:00 am – 12:00 pm

Card Room

Free of charge, but you must pre-register

Collage Workshop **JUST ADDED**

Join us for this fun and inspiring workshop, where your imagination is the only limit! We'll provide an array of materials to spark your creativity, including magazines, stamps, stickers, fancy paper, punches and more. Whether you're an experienced artist or trying collage for the first time, this is a wonderful opportunity to explore, create and connect. Bring your ideas – or simply come as you are – and watch your masterpiece take shape in a supportive, relaxed environment. Don't miss out on this chance to express yourself and try something new!

Monday, March 10th

10:00 am – 12:00pm

Sewing Room

\$15

Climate Café

This month's topic is ocean warming. Ocean warming has intensified hurricanes, but did you know that fish are migrating? Ocean warming impacts how we live and what we eat, and what other sea creatures eat, unless they move too. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, March 12th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Newcomers Tea and Tour

All new members and those considering becoming members or joining programs are invited to attend a tour of Silver Harbour and enjoy a free cup of tea (or coffee).

Wednesday, March 12th

10:15 am

Meet in the Silver Harbour library

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, March 12th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge



Empowering Seniors:

Stay Safe from Fraud and Scams

The best way to combat fraudsters is through prevention and awareness. Learn how to protect yourself and share the information with those around you.

Tuesday, March 18th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Tech Connect:

Privacy & Security

Do you feel insecure about the information you are putting online, or worry about scams, fraud and identity theft? This class will look at the basics of online privacy and security, and how to keep data and devices secure and private. Topics will include internet tracking, cookies, password management, and scam and fraud prevention. Come learn some strategies for protecting yourself.

Wednesday, March 19th

1:30 – 3:00 pm

Card Room

Free of charge, but you must pre-register

Origami Pleated Swan Workshop: Create Your Own Stunning Paper Ornament

**JUST
ADDED**

Join us for a creative and fun 2-hour workshop, where you'll learn the art of origami to craft your very own beautiful pleated swan. This hands-on session will guide you through each step, from folding techniques to assembling your finished ornament. No prior origami experience necessary – just bring your creativity! Materials will be provided.

Friday, March 21st
10:00 am – 12:00 pm
Sewing Room
\$15

Book Club

The Book Club meets monthly to discuss a pre-selected book. This month's book will be "Remarkably Bright Creatures" by Shelby Van Pelt. Members are responsible for finding their own copy of the book.

Monday, March 24th
2:30 - 3:30 pm
Multi-Purpose Room
No charge

Lunch & Learn:

Volunteering in the Community, Registration began on Monday, February 3rd

**SORRY,
FULL**

Volunteering doesn't just help the community – it helps the volunteer as well. Join Lionsgate Rotary members Ian and Stan, who will discuss the health and wellness benefits of volunteering. 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, March 26th
11:00 am – 12:00 pm
Card Room

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



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

ASK MARCI HOW!
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marci@askmarci.ca



www.askaboutreversemortgages.ca

Sound Advice

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.

Monday, March 31st

10:00 – 11:30 am

Card Room

Free drop-in

OASIS Arthritis: Hand Arthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. This class will focus on specific strategies for the management of hand arthritis, including joint protection, exercise and pain management.

Wednesday, April 2nd

10:00 - 11:30 am

Card Room

Free of charge, but you must pre-register.

Staying Connected: Preventing Social Isolation and Loneliness

Presented by Seniors First BC, this interactive presentation introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives.

Tuesday, April 8th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register





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Climate Café

This month's topic is atmospheric rivers. Atmospheric rivers are typically several thousand kilometers long and only a few hundred kilometers wide, and a single one can carry a greater flux of water than Earth's largest river, the Amazon River. They are becoming more common. They are destroying roads, flooding flat land and creating landslides. How do we properly prepare for them? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, April 9th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Save the Date! The Art of Slow Fashion: Weaving Stories of Connection and Creation

Join us for a one-of-a-kind fundraiser fashion show celebrating creativity, craftsmanship, and sustainability! The Art of Slow Fashion: Weaving Stories of Connection and Creation will showcase stunning handmade and upcycled garments crafted by the talented members of our fiber arts program. All proceeds will go toward expanding our weaving program, allowing more seniors to participate in this meaningful and creative practice. Enjoy an afternoon of artistry, connection, and inspiration—all while supporting a great cause!

Saturday, April 12th

1:00 – 3:00 pm

Auditorium

**Tickets: \$25 | On sale Monday, March 17th
(Membership not required to purchase)**



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Thinking Through Housing Options – Where Will I Live As I Age?

Come for a lively presentation and some good interaction on the options for Senior Living we need to think about as we all age! Knowledge is power, and there is no time like the present to think through and understand what's even out there in your community. Presented by North Shore Community Resources, we will be sharing information and discussing some important questions like:

- When should I be thinking about changing where I live and what kinds of support I need?
- What options are available?
- What do I want?

Join us, bring your questions and stay informed and empowered to make the life choices you want to.

Tuesday, April 15th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register.

OASIS Arthritis: Exercise & Arthritis *Rescheduled from February*

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Wednesday, April 16th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Tech Connect: Introduction to the Cloud

From backing up documents and pictures to sharing large files such as pictures and videos, the cloud is a useful tool. We'll look at some of the cloud services you may already be using, and take some of the fog out of your understanding. This class will focus on using the cloud to store and share your documents.

Wednesday, April 16th

1:30 – 3:00 pm

Card Room

Free of charge, but you must pre-register

“Do I Still Need This Medication?”:

Learn About Deprescribing and Safe Use of Medications

Medications can help us in many different ways. However, as we age, our bodies become more sensitive to the effects of medications. Some medications we take may even cause more harm than benefit. Learn about safe medication use and essential questions to ask your healthcare professional to help prevent medication harm—for you and those you care for.

Tuesday, April 22nd

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Trips and Tours

Mystery Tour With Enjoy Tours

Registration began on Monday, February 3rd

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes and props! A must-see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes!

Friday, March 28th

8:15 am – 5:45 pm

\$119

**Please buy your tickets before March 21st
or the trip may be cancelled.**

Harrison Tulip Festival With Enjoy Tours

Registration begins on Monday, March 3rd

Tiptoe through designated pathways adorned with 10 million tulips and the new 2.5 acre show garden at the Harrison Tulip Festival. Trip includes lunch at the River's Edge Restaurant, and a stop at Golden Ears Cheesecrafters.

Wednesday, April 16th

8:00 am – 4:30 pm

\$119

**Please buy your tickets before April 9th
or the trip may be cancelled.**



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Programs & Services

Boutique

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

Mon – Fri

10:00 am – 1:00 pm

Clothes Closet

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

Mon-Fri 10:00 am – 1:00 pm

Legal Advice and Referral Clinic

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

Library

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

Meal Program

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

Program Registration Information:

- **Registration for Arts Programs** will begin on Tuesday, March 11th. Registration for all other programs, will begin on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Keep Fit...

Chair Yoga – Fully Seated

In this seated class students will explore meditative breathing, functional postures and stretches, as well as guided relaxation. No experience is necessary, and all movements will be performed from the safety and comfort of a chair. Students can experience the same benefits of other yoga classes, such as improved balance, strength and mobility, while learning techniques to calm the mind and body. All levels and abilities welcome.

Wed 1:00 – 2:00 pm

Feb 12 – Apr 2

Fitness Room

\$64/8 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 2:15 – 3:15 pm

Feb 12 – Apr 2

Fitness Room

\$64/8 classes

Daytime Dance

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

Tue 1:00 – 2:30 pm

Auditorium

No charge

Program Registration Information:

- **Registration for Arts Programs** will begin on Tuesday, March 11th. Registration for all other programs, will begin on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

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

Mar 6 – Apr 24

Fitness Room

\$74/8 classes

Iranian Dance

**NEW
DATES**

Come and learn some of the basics of traditional Iranian dance.

Thurs 1:00 – 2:00 pm

Mar 6 - 27

Multipurpose Room

\$20/4 classes

Jointmoves

Combining Jointmasters and Jointworks II, you will learn appropriate, progressive and consistent joint-friendly ways to develop strength, balance and coordination. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon and Thu 8:15 – 9:15 am

Mar 6 – Apr 28 (no class Apr 21)

\$138.75/15 classes

Fitness Room

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed and/or Fri 9:30 – 10:30 am

Auditorium

By donation

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

Apr 9 - June 25

Auditorium

\$66/12 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Apr 9 – June 25

Auditorium

\$66/12 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Apr 4 – June 20 (no class Apr 18)

Auditorium

\$60.50/11 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Apr 4 – June 20 (no class Apr 18)

Auditorium

\$60.50/11 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

Mar 14 – May 2 (no class Apr 18)

Multipurpose

\$59.50/7 classes

(Rate is for one person and their care partner)

Osteofit 1

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

Mon and Thu 11:30 am – 12:30 pm

Mar 6 – Apr 28 (no class Apr 21)

\$138.75/15 classes

Fitness Room

Osteofit For Life

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

Mon and/or Thu 10:00 – 11:00 am

Mar 6 – Apr 28 (no class Apr 21)

\$138.75/15 classes

Fitness Room

\$64.75/7 classes (Mon only)

\$74.25/8 classes (Thurs only)

Snooker

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

Mon through Fri, 9 am to 4 pm

Billiards Room

\$30/season



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

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Qi Gong *NEW!*

You will be introduced to gentle body and mind exercises to help maintain and enhance balance, coordination, cognition, and calmness.

Tue 10:00 – 11:00 am

Multi-Purpose Room

Mar 11 – Apr 29

\$64/8 classes

Intermediate Table Tennis

Get a great workout with this popular sport. Equipment provided.

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

Fitness Room

\$30/season

Yoga

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

Mon 9:00 – 10:00 am

Auditorium

Apr 14 – June 30 (no class Apr 21, May 19)

\$55/10 classes

Expand Your Mind...**Bingo**

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

Book Club

Book Club meets monthly to discuss a pre-selected book.

4th Monday of the month

2:30 pm

Multipurpose Room

No charge, but you must pre-register

Bridge Lessons (Beginner)

Instruction in Standard American Bridge. It is recommended that participants also buy the book "Bidding In the 21st Century" from the ACBL (American Contract Bridge League) series, available on Amazon.

Fri 9:30 – 11:30 am

Card Room

Apr 4 – May 30 (no class Apr 18)

\$30/8 classes

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

Card Room

\$4 drop-in

Circle of Friends

**CURRENTLY
WAITLISTING**

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. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Wed 1:00-2:30 pm

\$3 per session

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

\$30/season

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$5 drop-in

Current Conversations

**CURRENTLY
WAITLISTING**

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. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Fri 1:00-2:30 pm

Multipurpose Room

\$3 per session

ElderCollege

Presented By PARC Retirement Living

We are pleased to offer ElderCollege at Silver Harbour. Programs this spring include:

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

Detailed descriptions of these programs are available on page 23.

Intermediate ESL for Seniors

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

Thur 9:30 – 11:30 am

Multipurpose Room

No charge

Meditation

The January to March session has been extended to the end of April. The next session will be in September.

Memory & Aging **SORRY, FULL**

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

Wed 10:00 am – 12:00 pm

Mar 12 – Apr 9

Multi-Purpose Room

\$15

Men's Club **NEW!**

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. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Mon 10:30 am - 12:00 pm

Card Room

\$3 drop-in

Starts March 24

Tea & Talk

**CURRENTLY
WAITLISTING**

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. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Thurs

10:00 - 11:30 am

Card Room

\$3 per session

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

ElderCollege at Silver Harbour Presented by PARC Retirement Living

Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book. If you would like more information on Books Unlimited, please email info@silverharbourcentre.com, and we will have the facilitator contact you. The book list for winter and spring will be available in mid-December.

Wed 1:30 – 3:00 pm

Jan 22, Feb 12, Mar 5, Mar 26, Apr 16

\$30

Champions of the Environment

This interesting and informative lecture series hosts a variety of speakers on environmental issues related to the importance of biodiversity and its contribution to our wildlife, rivers, forests and more. However, the loss of biodiversity is occurring at an alarming rate. This course looks at what is happening both locally and internationally to face this challenge.

Mon 1:00 – 2:30 pm

Feb 24 – Apr 7

Card Room

\$30

What's News?

Are you interested in following current events? What's News is a discussion group that focuses on current topics in local, national and international news. Meeting once a week, this group offers you an opportunity to be informed, get caught up to date, and express your opinions about the significant stories of the day.

Thur 1:30 – 3:00 pm

Jan 16 – Apr 24

Card Room

\$30

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, March 11th. Registration for all other programs, will begin on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

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.

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, March 11th. Registration for all other programs, will begin on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

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 Apr 4

Sewing Room

\$30/season

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

Pottery – Open Studio

Supported, non-instructional, co-operative studio environment

Intermediate+

Explore the world of clay within a co-operative studio environment. New participants: Call to book an orientation with the Arts Coordinator.

Wed 1:00 – 3:00 pm

Starts Apr 2

OR

Thu 1:00 - 3:00 pm

Starts Apr 3

Arts & Crafts Room

\$30/season

Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre. All participants must review and sign off on the pottery guidelines, which will be provided at the first session.

Wood Carving – Open Studio

A haven for beginners and experienced carvers alike. Whether you're new to the craft or refining your skills, our space offers guidance for newcomers and a supportive environment for seasoned artisans. Unleash your creativity, sculpt intricate designs, and join us in the transformative art of wood carving.

Wed 10:00 am -12:00 pm

Starts Apr 2

Sewing Room

\$30

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, March 11th. Registration for all other programs, will begin on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

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

Apr 10 – June 12

Sewing Room

\$30

Dressmaking

Expert instruction in all aspects of sewing including tailoring, cutting, sewing and fitting. Sewing machines and sergers available to use, but bring your own materials

Wed 1:00 – 3:00 pm

Starts Apr 9

Sewing Room

\$30

Golden Fireflies

Release your creativity and free your imagination to create stories. Using humour, fun acting games and professional theatre techniques in a safe, lighthearted environment, we'll awaken our senses, learn acting and writing skills, and explore the world of storytelling. Guaranteed to be fun, freeing and stimulating for your mind. Everyone is welcome, no experience necessary. Golden Fireflies is facilitated by professional theatre artists from Presentation House Theatre.

Tues 1:00 – 3:00 pm

Apr 1 – June 3

Multipurpose Room

No charge

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, March 11th. Registration for all other programs, will begin on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Juicy Wordplay

Facilitated by writer Crystal Hurdle, this is a twice-monthly writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit – whatever you like!) to help one another grow and develop as writers. Must be a registered participant (no drop-ins).

No Drop ins.

Apr 7, May 5, June 2, 16

10:00 am – 12:00 pm

Sewing Room

No charge

Knit & Crochet Circle

The Knit and Crochet Circle is a welcoming gathering where enthusiasts of all skill levels come together to indulge in the artistry of yarn crafting. Whether you're a novice seeking guidance, or a knitter eager to revive your skills, our circle offers a supportive and inclusive space. Join us to explore the soothing rhythm of needles or hooks, engage in creative patterns, and bond with fellow knitters. Our sessions encourage camaraderie, learning, and the joy of crafting handmade treasures while fostering a sense of community and connection.

Wed 10:15 am – 12:15 pm

Starts Apr 2

Arts & Crafts Room

\$30/season

Musical Journey

Musical Journey is a social-wellbeing program for seniors and intentionally includes seniors who feel isolated and people living with an early-stage dementia and/or their care partners and friends. In a relaxed and safe environment, come reminisce, laugh and have fun to familiar tunes and explore the therapeutic benefits of making music together. Sessions may include rhythm activities, gentle movement to music, games, singing and supported conversations led by a certified music therapist. Activities are tailored to promote emotional well-being, cognitive vitality, creativity, social connection, and personal growth. Whether you're a seasoned musician or have never picked up an instrument before, 'Musical Journey' welcomes all levels of musical ability. Please join us for social time after the class. Refreshments will be available for purchase. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Mon 11:30 – 12:20 am

Apr 7 – June 23 (no class Apr 21, May 19)

Multipurpose Room

\$30

Silk Painting

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

Mon 12:30 – 2:30 pm

Apr 28 – June 23 (no class May 19)

Arts & Crafts Room

\$30

Stained Glass

We all see beautiful stained glass décor in a large scale in cathedrals and museums, but here at Silver Harbour you can learn how to make your own. Skilled instructors are on hand for assistance with your project. Experience encouraged. Pay as you go for materials.

Thur 10:00 am – 12:00 pm

Starts Apr 3

Arts & Crafts Room

\$30

Tapestry

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. No experience necessary; pay as you for materials

Tue 9:30 am – 3:00 pm

Starts Apr 1

Sewing Room

\$30

Beginners Ukulele

Whether you're picking up an instrument for the first time or revisiting an old passion, our gentle and supportive classes provide a nurturing environment to learn at your own pace. Join us as we strum through the basics of chords, melodies, and rhythms, fostering relaxation, cognitive stimulation, and a sense of community through the power of music. Please join us for social time after the class. Refreshments will be available for purchase.

This program is made possible with funding from the BC Ministry of Health through the United Way of BC. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 10:30 – 11:20 am

Apr 7 – June 23 (no class Apr 21, May 19)

Multipurpose Room

\$30

Intermediate Ukulele

Come join us for a fun and rewarding ukulele experience. Whether you're a seasoned player looking to refine your skills or an intermediate player ready to take your abilities to the next level, this class is designed to challenge and inspire you. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 9:30 – 10:20 am

Apr 7 – June 23 (no class Apr 21, May 19)

Multipurpose Room

\$30

Watercolor 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

Apr 7, 14, 28

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Advanced

Watercolour Painting

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

Thur 10 am – 12 pm

Apr 10 – May 29

Sewing Room

\$30/8 classes

Weaving – Loom

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 Apr 1

Arts & Crafts Room

\$30/season

Rigid Heddle Weaving

Have you completed our introductory rigid heddle weaving course, or already have experience with this versatile loom? Join our Rigid Heddle Weaving open studio – a non-instructed program designed for weavers to practice, explore techniques, and enjoy the creative process in a supportive environment.

Tue 10:00 am – 12:00 pm

Starts Apr 1

Arts & Crafts Room

\$30/season

**CURRENTLY
WAITLISTING**

Silver Harbour Program Schedule

	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
	Yoga				Woodworking
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Int. Ukulele	Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Osteofit For Life	Qi Gong	Meditation	Osteofit For Life	Choir
			Table Tennis	Advanced Watercolour	
			Woodcarving	Stained Glass	
			Memory & Aging	Tea & Talk	
10:15 am			Knit & Crochet		
10:30 am	Beg. Ukulele				
	Men's Club				
11:00 am			Tile Rummy		
11:30 am	Osteofit 1			Osteofit 1	
	Musical Journey				
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Champions of Environment	Cribbage	Chair Yoga – Fully Seated	Bingo	Current Conversations
		Daytime Dance	Circle of Friends	Creative Journey	Open Studio
		Golden Fireflies	Dressmaking	Get Up & Go	Table Tennis
		Quilting Volunteers	Pottery: Open Studio	Pottery: Open Studio	Weaving
				Iranian Dance	
1:30 pm			Line Dance – Level 1	What's News	Line Dance – Level 2
2:15 pm			Chair Yoga – Standing Option		
2:30 pm			Line Dance – Level 2		Line Dance – Level 3

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.