

THE CENTRE POST



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

May 2026



Behind Every Silver Harbour Meal is a Smile!

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Now Is The Perfect Time for Seniors to Rent

With the cost of homeownership continuing to rise in B.C., renting in an independent seniors' community may be the best choice for your stage of life. Here are six signs it might be the right time to make the move:

1. Home maintenance feels overwhelming.

Yard care, repairs, and upkeep are tougher than they used to be.

2. You want more quality time with family and friends.

Less time spent managing a home means more time spent doing the things you love.

3. Getting around isn't as easy as before.

Live in a centrally-located community that offers complimentary transportation.

4. You're spending more time alone.

A vibrant community brings connection, social events, and a sense of belonging.

5. You're concerned about safety at home.

Secure buildings and 24/7 staff can offer real peace of mind.

6. You'd like more financial flexibility.

Unlocking your home equity can give you the freedom to enjoy life.

Learn more about renting at PARC, the Lower Mainland's best active living community for aging adults: parcliving.ca

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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, SłwɁxwú7mesh Úxwumixw (Squamish), səliłwətał (Tseil-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
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Ritch Seeley, Director	Ron Needham, Director
Shideh Shadfar, Director	Virginia Baldwin, Director

Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed on Monday, May 18th for the Victoria Day long weekend, reopening at 9 am on Tuesday, May 19th.

Save The Date!

Save the date for our "Closing the Door at 144" event on Monday, June 22nd (not June 8th as previously announced). Come to this afternoon event to enjoy coffee or tea and a cupcake, share favourite memories of Silver Harbour, and take away a small souvenir. Check the June newsletter for details.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: join us on May 4th and 25th, 11:45 am to 12:30 pm.

Going Live At 2325!

We are a little bit closer to moving into our new building at 2325 St Georges Ave, in July 2026. The Celebrations Working Group have met, and we are busy planning our "good bye to the old building" events, as well as grand opening and welcome events in the new building.

Pausing Thrift Donations

We're pausing all donations to our Clothes Closet and Boutique at the end of May, so we can get ready for the move to our new building. If you have quality costume jewelry to donate, please bring it to the Silver Harbour front desk in May. Volunteers will get it ready for display and sale in the Thrift Boutique in our new building, opening towards the end of July.

Timeline of Silver Harbour's Move





50% OFF

MOVING SALE!

Everything in the Silver Harbour Boutique and Clothes Closet is 50% off in May & June

Volunteer Spirit Award

Each year, Volunteer North Shore celebrates local volunteers who make valuable contributions to community. This year, Silver Harbour Arts & Crafts volunteer Deb Biro is a recipient of the Community Volunteer Spirit Award. As well as knitting and making crafts for our sales, Deb has spent many hours this year organizing and downsizing crafts supplies for our move. Thank you, Deb!

Used Cards

Thank you for donating your used cards. We are currently looking for donations of used birthday, get well and sympathy cards in good condition. Please drop them off at the front desk.



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FREE TO ATTEND

8TH ANNUAL CAREGIVER EXPO



SATURDAY, MAY 2, 2026 • 12-4PM
SILVER HARBOUR CENTRE | 144 EAST 22ND ST, NORTH VAN

Self-care, support and resources for unpaid caregivers is crucial to helping them navigate the difficulties of caring for loved ones. North Shore Community Resources is proud to present the following speakers:

<p>12:15PM ELAINE BOOK MSW, RSW, BC Brain Wellness Program Clinical Instructor, Faculty of Medicine, Division of Neurology, UBC Brain Wellness: Why it is Important and How to Maintain it as a Care Partner</p> 	<p>1:15PM UMILLA STEAD Regional Team Lead & DARA LEWIS RN, Educator and Clinical Support, Goals of Care Support Team Vancouver Coastal Health Conversations That Matter: Empowering Caregivers in Care Planning</p> 
<p>2:15PM AMELIA GILLIES Alzheimer Society of BC & Yukon Understanding Behaviour Changes</p> 	<p>3:35PM RACHELLE SUNG BCScN, RN, Care Office Owner Right At Home Recognizing Early Cognitive Changes & Supporting Dementia Care at Home</p> 

Be sure to visit all of the expo booths and meet local business owners who offer products and services that can help you in your caregiving journey.

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In the Community

Canadian Dental Care Plan

Renew Your Coverage

Renewals for the 2026-2027 benefit year will open on April 15, 2026, and close on June 1, 2026. If you have not renewed before the deadline, you will need to re-apply.

Find out:

- who can renew
- what you need to renew
- what to know after you renew

For more information: <https://www.canada.ca/en/services/benefits/dental/dental-care-plan/renew.html>

Apply for the Canadian Dental Care Plan

Applications for this benefit year will close on April 14, 2026, at 8:00 p.m. (ET). Applications for the next benefit year will reopen on June 2, 2026.

Find out:

- who can apply
- what you need to apply
- what to know after you apply

For more information:

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/qualify.html>

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Serving the North Shore for 17 years

Age-Friendly Communities: What are they? What is happening in my community?



Join us for a panel discussion including Dr. Mei Lan Fang, Assistant Professor of Urban Aging at Simon Fraser University and planners from the City of North Vancouver and the District of West Vancouver.

Admission is free.

When: Wednesday, May 27th 7:00 p.m. - 8:30 p.m.

Where: St. Catherine's Anglican Church, 1058 Ridgewood Drive, North Vancouver (enter off Wellington Crescent via Emerald Drive)

Inquiries to: cfuw.northvan.president@gmail.com

Organized by:



Emergency Preparedness Week (May 3 to 9)

Emergency Preparedness Week is a national and provincial campaign that encourages individuals, families, community groups and organizations to be better prepared for emergencies. This year's provincial theme, "In it together," highlights the importance of community connection in how we prepare for, respond to, and recover from emergencies. North Shore Emergency Management are presenting events and public sessions across the North Shore -- more information can be found on their workshops and events page: <https://nsem.ca/workshops-and-events/presentations-and-events-april-to-june-2025/>.

FireSmart and Wildfire Risk Mitigation

FireSmart activities continue across the North Shore to help reduce wildfire risk. Residents play an important role and are encouraged to do their part by taking practical actions around their property, especially within the Home Ignition Zone (approximately the first 10 metres around homes).

North Shore Emergency Management are encouraging residents to:

- Sign up for a free Home Ignition Zone (wildfire mitigation) assessment to receive prioritized recommendations to reduce ignition risks from embers and nearby fuels
- Attend a FireSmart information session (details available on municipal websites)
- Learn more through their local FireSmart programs:
 - District of West Vancouver: <https://westvancouver.ca/services/emergency-services/fire-rescue/firesmart-community>
 - District of North Vancouver: <https://www.dnv.org/your-home-property/wildfire-home-hazard-assessment>
 - City of North Vancouver: <https://www.cnv.org/home-property/fire-department/firesmart>



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Daily Menu for May

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$10 Full Meal Combo: \$14 Soup: \$3 Sandwich: \$5				1 BBQ Ribs & Chicken
4 Salmon with Tiger Prawns	5 Lasagna Valenciana	6 Turkey Schnitzel	7 Cottage Pie	8 Lamb Shank or Turkey Schnitzel
11 Fish & Chips	12 Pork Stew	13 Chicken Breast with Mushrooms	14 Cod Nuggets	15 Chicken Thighs
18 Victoria Day Silver Harbour CLOSED	19 Garlic Prawns	20 Meatballs	21 Beef Stew	22 Pork Loin
25 Cod Loin with Tiger Prawns	26 Duck Breast	27 Beef Patty	28 Shepherd's Pie	29 Chicken Cordon Bleu

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

Golden Firefly Storytelling Theatrical Showcase

I AM, YOU ARE, WE ARE CANADIAN. Members of the Silver Harbour Golden Firefly Program warmly invite you to a theatrical showcase featuring personal stories that have shaped and transformed their perspectives on life. It is entertaining, inspiring, funny, profound, surprising, and deeply moving. Join us for a memorable journey that takes you around the world... and back again—no passport required!

Tuesday May 5th

2:00 – 3:00 pm

Fitness Room



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Estate Planning: Beyond the Will

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Wednesday, May 6th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

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- Errands
- Decluttering & downsizing
- Move coordination



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New Building Info Session

Silver Harbour is moving into our new building around July 2026. Come to this information session to hear about the various features of our new building, how we will furnish and equip it, the timeline for our move and programs, and much more. We will also have a presentation by PhD candidate, Becky White, about the mental and emotional process of this big change for Silver Harbour. This is a great opportunity to learn more and have your questions answered about our new building and move.

Wednesday, May 13th
1:00 – 2:00 pm
Card Room

Sound Advice

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, May 25th
9:30 – 11:30 am
Card Room
Free drop-in

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Book Club

The Book Club meets monthly to discuss a pre-selected title. This month's book will be "The Word Is Murder" by Anthony Horowitz. Members are responsible for finding their own copy of the book.

Monday, May 25th

2:30 – 3:30 pm

Multi-Purpose Room

No charge

Lemon Balm Salve & Invasive Plant Tea Workshop

Start your afternoon with an easy-going session of making salve, drinking tea, and learning about local ecosystems. Along with collectively making salve tins from locally harvested Lemon Balm, we will be sampling a variety of teas from invasive plants and "weeds" that call the Lower Mainland home while learning about their histories and stories.

This workshop is not suitable for individuals who have or suspect they have thyroid troubles.

Tuesday, May 26th

1:00 – 3:00 pm

Fitness Room

\$10



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Trips and Tours

We do not provide reminder calls for bus trips. If a trip is cancelled, we will inform you; otherwise you can assume that it is going ahead as planned. We also suggest that you arrive 15 minutes before the scheduled departure time. All bus trips leave from Silver Harbour – meet at the front entrance.

Secret Cove & The Sunshine Coast

With Enjoy Tours

Registration began on Wed, April 1st

**SORRY
FULL**

Explore the Sunshine Coast, also known as “The Best Place on Earth”. Visit Davis Bay, an ancient forest and have lunch (included in price) at the 5-star Rockwater Secret Cove Resort. Package includes: lunch, Secret Cove Resort boardwalk, Hidden Groves, Davis Bay and Gibson’s Landing. Note: there is an additional ferry fee for those aged 64 years and under. You must bring valid BC ID to receive the Senior Fare, otherwise you will be charged the full adult fare.

Wednesday, May 6th

10:45 am – 6:30 pm

\$139 members; \$149 non-members

Squamish Canyon

With Enjoy Tours

Registration begins on Friday, May 1st

Experience the new Squamish Canyon – an immersive forest walk with towering boardwalks, a forest lounge, roaring Mamquam Falls and interactive stories celebrating BC’s wild beauty and culture. Activity level is moderate (may include up to 80 stairs). Trip includes Squamish Canyon ticket, lunch at the Watershed Grill, Squamish Old Town, and Sp’akw’us Feather Park.

Friday, June 12th

9:30 am – 5:00 pm

\$144 members; \$154 non-members

Please buy your tickets before June 5th

or the trip may be cancelled.

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Programs

Our program sessions specifically scheduled for May onwards are detailed here. For a full listing of our programs, please see the last page of this newsletter or visit us online at www.silverharbourcentre.com.

Chair Yoga

Silver Harbour Membership Required

In this 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. Participants should bring their own yoga mat.

Wed

1:00 – 2:00 pm

OR

Wed 2:15 – 3:15 pm

May 6 – June 24

Fitness Room

\$64/8 classes

Please note: Both Chair Yoga classes now have standing options; participants can decide if they wish to remain seated.

**A FEW
SPACES LEFT**

**ALMOST
FULL**

Lemon Balm Salve & Invasive Tea Workshop

Silver Harbour Membership Required

Start your afternoon with an easy-going session of making salve, drinking tea, and learning about local ecosystems. Along with collectively making salve tins from locally harvested Lemon Balm, we will be sampling a variety of teas from invasive plants and "weeds" that call the Lower Mainland home while learning about their histories and stories.

This workshop is not suitable for individuals who have or suspect they have thyroid troubles.

Tues, May 26th

1:00 – 3:00 pm

Fitness Room

\$10



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

May 8 – June 12

Multipurpose

\$51/6 classes

(Rate is for one person and their care partner)

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FULL**



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Silver Harbour Spring Program Schedule

MONDAY		WEDNESDAY	
Yoga	9:00 – 10:00 am	(CONTINUED)	
Computer Club	9:00 am – 12:00 pm	Dressmaking	1:00 – 3:00 pm
Snooker	9:00 am – 4:00 pm	Line Dance – Level 1	1:30 – 2:30 pm
Craft Volunteers	9:30 am – 12:00 pm	Chair Yoga	2:15 – 3:15 pm
Intermediate Ukulele	9:30 – 10:30 am	Line Dance – Level 2	2:30 – 3:30 pm
Beginner Ukulele	10:30 – 11:20 am	THURSDAY	
Musical Journey	11:30 am – 12:20 pm	Snooker	9:00 am – 4:00 pm
Silk Painting	12:30 – 2:30 pm	Woodworking	9:00 am – 12:00 pm
Memory Cafe	1:30 – 3:30 pm	Intermediate ESL	9:30 – 11:30 am
TUESDAY		Tea & Talk	10:00 – 11:30 am
Snooker	9:00 am – 4:00 pm	Chinese Brush Painting	10:00 am – 12:00 pm
Woodworking	9:00 am – 12:00 pm	Stained Glass	10:00 am – 12:00 pm
Tapestry	9:30 am – 3:00 pm	Bingo	1:00 – 3:30 pm
Weaving	9:30 am – 3:30 pm	Beginners Watercolour	1:00 – 3:00 pm
Golden Fireflies	1:00 – 3:00 pm	Pottery	1:00 – 3:00 pm
Daytime Dance	1:00 – 2:30 pm	FRIDAY	
Cribbage	1:00 – 3:00 pm	Computer Club	9:00 am – 12:00 pm
Quilting Volunteers	1:00 – 3:00 pm	Snooker	9:00 am – 4:00 pm
Rigid Heddle Weaving 2	1:00 – 3:00 pm	Woodworking	9:00 am – 12:00 pm
WEDNESDAY		Craft Volunteers	9:30 am – 12:00 pm
Snooker	9:00 am – 4:00 pm	Keep Well	9:30 – 10:30 am
Woodworking	9:00 am – 12:00 pm	Minds In Motion	9:45 – 11:15 am
Keep Well	9:30 – 10:30 am	Basket Weaving	10:00 am – 12:00 pm
Table Tennis	10:00 am – 12:00 pm	Duplicate Bridge	12:30 – 4:00 pm
Woodcarving	10:00 am – 12:00 pm	Current Conversations	1:00 – 2:30 pm
Knit & Crochet Circle	10:00 am – 12:00 pm	Open Studio	1:00 – 3:00 pm
Meditation	10:00 – 11:00 am	Table Tennis	1:00 – 3:00 pm
Tile Rummy	11:00 am – 12:00 pm	Weaving	1:00 – 3:00 pm
Chair Yoga	1:00 – 2:00 pm	Line Dance – Level 2	1:30 – 2:30 pm
Circle of Friends	1:00 – 2:30 pm	Line Dance – Level 3	2:30 – 3:30 pm

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