

THE CENTRE POST



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

November 2024



See you at the Silver Harbour Christmas Market
Sat Nov 16th, 10 am – 2 pm

Thank you to

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retirement
living

official sponsor of the Centre Post
and our website.

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for helping to fund the
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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 70 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
Wayne Hanna, Director	

Christmas Market

Our annual Christmas Market is sneaking up on us and we are busy with all the preparation that goes into this great event! The date for this year's market is **Saturday, November 16th, 10 am to 2 pm**. Here are some of the many ways to participate and help out with our sale...

Craft Products Ready For Sale

Our craft volunteers have been busy in Santa's workshop creating wonderful handmade goods for this year's sale. Although they work all year round, any additional finished crafts that you may have to contribute are always a big help during this sale. Please drop these off by November 1st, so that we have time to price and sort everything.

Baking

We are always looking for baking donations for our sale. Please let us know at the front desk as to what you will be making, in order to keep track of what we need in regards to our displays, packaging, and pricing. There will be a baking sign-up sheet at the front desk. Our wonderful bake sale volunteers will be setting up, packaging and pricing on Friday, November 15th, so please drop off your baking that morning. An ingredients list is appreciated for anyone with food allergies.

Used Clothing

Silver Harbour is always looking for good quality, gently used women's clothes for our Clothes Closet. Please bring in your donations at least one week before for sorting and pricing before the sale (no summer clothes, thank you).

Volunteers

We are always in search of volunteers to help in a variety of ways at the sale – including selling at the tables. Booth set-up and take down require volunteers that can do a little extra heavy lifting – if you can lend us your muscle for any of this, we would love to hear from you! Please leave your name and number at the front desk.

Posters

Several weeks before the Christmas Market, we will have posters and garden signs available at the front desk promoting the event. If you know of a bulletin board at a business, apartment building or other visible location, please pick up a poster, put it up, and help us promote our wonderful Christmas Market.



Silver Harbour Bulletin Board

A Message From Sponsor PARC Retirement Living

PARC Retirement Living has been proud to sponsor Silver Harbour Centre for almost 15 years to support its operation, including its monthly newsletter distribution, website development and maintenance, plus bus excursions and vehicle maintenance. We also fund special events for Silver Harbour volunteers, who are so essential to keeping the centre running and offering its more than 70 programs and activities. These include everything from yoga, snooker, fitness programs, tapestry, weaving, knitting, arts, computer club, meditation, to bus trips.

Needless to say, PARC has always shared the centre's vision to create a community that honours and celebrates aging. We share similar programming to help seniors stay healthy and self-reliant longer - enriching the body and the mind through four pillars of wellness: physical fitness, social pursuits, cognitive health and nutritious meals. It gives us immense pleasure to announce that PARC will now be the official sponsor of the Silver Harbour ElderCollege Programs. Lifelong learning and developing new skills is vital for healthy aging. Not only do patrons keep their minds sharp through brain stimulation but it also combats isolation through socialization and connections with other older adults."

Fall Back!

Remember to put your clocks back one hour on Sunday, November 3rd.

Cribbage and Daytime Dance Cancelled – Tuesday, November 5th ONLY

Please note that there will be no Cribbage Program on Tuesday, November 5th.

Have You Made a Plan yet?

If not, give our family a call

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Program Cancellations – Friday, November 15th

The following programs are cancelled on Friday, November 15th, while we set up for the Christmas Market:

- Duplicate Bridge
- Table Tennis
- Current Conversations
- Open Studio
- Line Dance – Level 2 and Level 3

Winter Program Registration

Registration for arts programs (beginning in January) will start at 9 am on Monday, December 9th. Registration for all other programs will start at 9 am on Thursday, December 12th. You may register by phone or in-person. All the program details will be in our December newsletter.

Program Price Increases

We will be increasing the prices of many of our programs beginning in January to \$30/season (from \$25). Other programs will also have a small price increase. The last program price increase was two years ago.

Holiday Closing

Silver Harbour will be closed on Monday, November 11th for Remembrance Day.

Elevator Shutdown

Please note: the elevator will be shut down for repairs all day on Wednesday, December 18th.

Musical Mondays

We are excited to have musicians coming to play on Mondays during lunch service: November 4th, 18th and 25th, from 11:45 am to 12:30 pm.



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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.

Updated Waiver

Silver Harbour has revised our waiver recently, so everyone will be asked to sign this when you buy or renew your membership. For those renewing, you would have already signed our original waiver when you bought your membership for the first time. We revised our waiver to make sure that it was up to date, including around communicable illnesses such as COVID.

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.

It's Time to Plant Your 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 \$3 a dozen (or 2 dozen for \$5) – pay at the front desk, Monday to Friday, 9 am to 4 pm.


Please Note: We Do Not Accept the Following Donations:

- Hardcover Books
 - Electronics
 - CDs and DVDs
 - Children's clothing and toys
 - Gift bags and wrapping paper
 - Men's clothing
 - Furniture
 - Bedding, pillows, cushions and towels
- We DO appreciate donations of other small household goods as well as ladies clothing and accessories, that are good quality and in good condition. Thank you for supporting the Boutique and Clothes Closet!

In honour of turning 50 years old, Silver Harbour has collected the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

50 Amazing Stories

Meet Arthur



"If the new building carries on the legacy of how this one has been run, I think it will be very successful. The future looks promising. I feel that the centre will grow and prosper into something bigger than what it is today."

In celebration of Silver Harbour's 50th Anniversary

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.

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

Total Toe Care

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Call Diane @ 604-649-1624



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Return Your Dishes

If you take dishes out of the auditorium, you are responsible for returning it to the bin in the auditorium. Thank you for your attention to this.

Food Price Increases

Effective January 2, 2025, we will be increasing food prices at Silver Harbour. Food prices were last increased in September 2022 and since that time the cost of food products has increased significantly. Shown below is a sample of some of the price increases.

	Current Price	New Price
Full Meal	\$12	\$14
Entrée only	\$9	\$10
Soup	\$2.50	\$3.00
Salad/Dessert	\$1.50	\$2.00
Sandwich	\$4.00	\$5.00

Daily Menu for November

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12				1 Turkey Schnitzel
4 Sausages & Perogies	5 Cabbage Rolls	6 Bami Goreng (chicken & prawn with noodles)	7 Meat Patty	8 BBQ Ribs & Chicken (max 2 per person)
11 Remembrance Day Silver Harbour CLOSED	12 Garlic Prawns	13 Fish & Chips	14 Meat Loaf	15 Beef Stew
18 Pork Stew	19 Nasi Goreng (chicken & prawn with rice)	20 Chicken Breast A la King	21 Lasagna	22 Lamb Shank (max 2 per person)
25 Duck Breast	26 Chicken Cordon Bleu	27 Salmon	28 Pork Loin	29 Meatballs

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**

In The Community

Flu (and COVID) Vaccines Are Now Available

Help protect yourself and your community this respiratory illness season by getting your updated flu and COVID-19 immunizations. Starting October 8, notifications will be sent to book your flu and COVID-19 immunization. Notifications will be sent to everyone already registered for the Get Vaccinated system. You can book your appointment online at [Get your COVID-19 and flu immunizations - Province of British Columbia \(gov.bc.ca\)](https://www.getvaccinated.ca) or by phone at 1-833-838-2323.

Smoke Alarm Check

The City of North Vancouver Fire Department offers free smoke alarm installations and battery changes for seniors and people with disabilities living in the City. Top priority is given to seniors who do not have family, strata or building managers to help them. To access this service, please contact CNV Fire Department at 604-980-5021, or email Fire@cnv.org.

North Shore Artists' Guild Winter Art Sale

The North Shore Artists' Guild is having a sale of one-of-a-kind original art, created by talented North Shore artists – Saturday, November 23rd, from 10 am to 5 pm at St Thomas Aquinas Secondary, 541 West Keith Road in North Vancouver. For more information check their website at www.nsartists.ca/show.

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 May 17, 2025 - Limited Space Available
 Amboseli & Mt. Kilimanjaro - Tarangire - Lake Manyara
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Rwanda Gorilla Trek
 May 31, 2025 – Subject to Availability
 Join Ron see the Dian Fossey Rwanda Mountain Gorillas

Additional Tours
2025 & beginning of 2026 include:

Kenya – June 02/25 Famous Masai Mara, Lake Nakuru Aberdare & more
 Tanzania & Amboseli – Oct 01/25 African Safari **All the Major Highlights**
 New Zealand – Nov 04/25 North & South Islands **Bookings Have Started**
 Sri Lanka – Jan 15/26 Historically known as Ceylon **Fabulous Tour**
 India – Jan 27/26 All must-see + the Taj Mahal **Bookings Have Started**
 Kenya & Tanzania – TBA Five incredible wildlife area

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North Shore Christmas Bureau

The Christmas Bureau invites you to give or receive this holiday season! If you're unable to afford the holidays and would like to participate in the Christmas Bureau, our community is here to help you with a holiday gift basket that includes grocery gift cards, a present, and other festive items. You'll need proof of income and proof you reside on the North Shore. Details are at: <https://www.familyservices.bc.ca/find-support/christmas-bureau/>. If you'd like to help out, choose the number of families, individuals, or seniors you would like to sponsor and you will be confidentially matched with qualified applicants. You can recruit the help of your family, friends, colleagues or community groups to provide holiday gift baskets for people with low incomes. Details are at: <https://www.familyservices.bc.ca/ways-to-give/make-a-holiday-gift-to-the-christmas-bureau/>. Please call the Family Services of the North Shore office at 604-984-9627 Monday to Friday 10:00 am – 4:00 pm, for more information.



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Workshops & Special Events

Remembrance Day Event

Join us for this special Remembrance Day event featuring a performance by our own Silver Harbour choir. The choir will sing a variety of songs relating to the two World Wars and to peace, and will also lead the audience in familiar wartime songs.

Tuesday, November 5th

1:30 pm

Auditorium

Free of charge

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, November 6th

10:15 am

Meet in the Silver Harbour library

Free of charge, but you must pre-register

OASIS Arthritis – Curious About Cannabis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn how and why cannabis can help with pain and how to access cannabis for medical purposes.

Wednesday, November 6th

10:00 – 11:30 am

Card Room

**Free of charge,
but you must pre-register**



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Christmas Wreath-Making Workshop

Join us for a festive two-hour workshop where you'll create your own beautiful Christmas wreath! Perfect for all skill levels, this hands-on session will guide you through the process of crafting a stunning wreath using greenery, seasonal embellishments, and various decorative elements. All supplies are provided, so just bring your holiday spirit!

Thursday, November 7th

10:00 am – 12:00 pm

Sewing Room

\$20

Climate Café

Presented by Ocean Ambassadors Canada, Climate Café is a new monthly program, where we will meet for a friendly discussion about issues relating to climate change. This month's topic is "Reservoirs". Metro Vancouver's 3 reservoirs provide 2.8 million people with an average of 1 billion litres of water each day. Are we using our water wisely? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, November 13th

10:00 – 11:30 am

Card Room

Free of charge,

but you must pre-register



**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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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,
November 13th**

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

Tech Connect: Technology Terminology

Does technology terminology have you baffled? Are you confused by what an Operating System or RAM are? Do you know the difference between an Upload and a Download? NVCL staff will help you to demystify the technology jargon that will help you use your devices and navigate the technological landscape.

Wednesday, November 13th

1:30 – 3:00 pm

Card Room

**Free of charge,
but you must pre-register**

Christmas Market

Make sure you mark your calendar for our famous Christmas Market, complete with beautiful crafts and gifts, baking, and more!

Saturday, November 16th

10:00 am – 2:00 pm

Free admission

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In honour of turning 50 years old, Silver Harbour has collected the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

Meet Asha

“When I was working I had no time to pursue my hobbies. Coming to Silver Harbour has given me the space to dedicate my energy to improving my passions. The programs here really woke up my creative self.”

In celebration of Silver Harbour's 50th Anniversary

Christmas Card Making **JUST ADDED** Workshop

Join us for a festive Christmas Card Making Workshop! In just 2 hours, unleash your creativity as you craft beautiful handmade cards to share the joy of the season. All supplies are provided, so you can focus on having fun and expressing your holiday spirit.

Tuesday, November 19th

10:00 am – 12:00 pm

Multipurpose Room

\$10

You must register by November 15th

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, November 25th

10:00 – 11:30 am

Card Room

Free drop-in

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Paper Quilling Workshop **JUST ADDED**

In this workshop you'll be introduced to the captivating art of paper quilling. Learn the fundamentals of transforming strips of paper into stunning designs in a laid-back environment, complete with ample personal guidance. You'll walk away with your own unique creations and the confidence to delve deeper into this intricate craft.

Friday, November 22nd

1:00 – 3:00 pm

Computer Room

\$10

All materials provided



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Book Club

The Book Club meets monthly to discuss a pre-selected book. Check at the front desk for the next title to be discussed.

Monday, November 25th

2:30 - 3:30 pm

Multi-Purpose Room

No charge

Lunch & Learn: **SORRY, FULL** Planning for the Future

Registration began on Tuesday, October 1st

Mike Beishuizen, from Westcoast Wills and Estates will discuss Medical Assistance in Dying (MAID) from a legal perspective. He will discuss what you should know about some of the more important legal details of Canada's MAID law. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, November 27th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

OASIS Arthritis: Foot & Ankle Arthritis

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

Wednesday, December 4th

10:00 – 11:30 am

Card Room

**Free of charge,
but you must pre-register**

Climate Café

Presented by Ocean Ambassadors Canada, Climate Café is a monthly program, where we will meet for a friendly discussion about issues relating to climate change. This month's topic is "The Mighty Fraser River". The Fraser River lies at the heart of BC, flowing 1,375 kilometers from the Rocky Mountains to the Pacific Ocean. Floods and slides have sent debris into the Fraser. It is a major waterway for 6 types of salmon. How are they faring? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Tuesday, December 10th

10:00 – 11:30 am

Card Room

**Free of charge,
but you must pre-register**

Christmas Lunch

**Presenting Sponsor:
PARC Retirement Living**

Enjoy a traditional Christmas turkey dinner with your friends, followed by a draw for gifts. Thank you to PARC Retirement Living for sponsoring this event.

Wednesday, December 11th

(no other lunch served that day)

Doors at 12:15 pm

Lunch at 12:30 pm

\$15 members; \$20 non-members

Tickets must be purchased in person

from the front desk

Tickets on sale starting

Monday, November 4th

Holly Tea

A plate of Christmas sweets make this event a sheer delight! And our very own Silver Harbour Choir will present a beautiful program of Christmas music to help celebrate the holiday season.

Tuesday, December 17th

(lunch service will end at 12:30 pm that day)

Doors open at 1:45 pm

\$10.00 per ticket

Tickets must be purchased in person

from the front desk

Tickets on sale starting

Monday, November 4th

Trips and Tours

Harrison Bald Eagle Tour With Enjoy Tours

**SORRY,
FULL**

Registration began on October 1st

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, at Eagle Point Community Park and the shores of the Harrison and Fraser Rivers near the Kilby Historic Site (admission included in price). You will enjoy lunch (included in price) at the Rivers Edge Restaurant.

Monday, November 25th

8:30 am – 6:30 pm

\$119

The Singing Christmas Tree With Enjoy Tours

Registration begins on November 1st

The Singing Christmas Tree is a highlight of the Christmas season in Vancouver. The tree lights up with 80 singers. Actors, dancers, and musical soloists are all part of the festivities. Following the performance, you will enjoy dinner (included in price) at the historic Sylvia Hotel overlooking English Bay.

Friday, December 13th

3:15 – 9:45 pm

\$139

Please buy your tickets before December 6th
or the trip may be cancelled.

In honour of turning 50 years old, Silver Harbour has collected the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

Meet Donna



"My husband and I have often taken trips offered. Being new in North Vancouver, this allowed us to check out all sorts of places and events. We met and formed relationships with others who were involved."

50 Amazing Stories

In celebration of Silver Harbour's 50th Anniversary

Meet Kam



"I taught computer lessons here for 17 years. Being a teacher has been the most satisfying part of my life, and Silver Harbour was a big part of that."

50 Amazing Stories

In celebration of Silver Harbour's 50th Anniversary

Programs & Workshops

Our program sessions specifically scheduled for November/December are detailed here. For a full listing of our programs, please see the last page of this newsletter or view our program guide online at <https://silverharbourcentre.com/news-events/>.

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

Nov 6 – Dec 4

Fitness Room

\$37.50/5 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

Nov 6 – Dec 4

Fitness Room

\$37.50/5 classes

Christmas Card Making **JUST ADDED** Workshop

Join us for a festive Christmas Card Making Workshop! In just 2 hours, unleash your creativity as you craft beautiful handmade cards to share the joy of the season. All supplies are provided, so you can focus on having fun and expressing your holiday spirit.

Tues, Nov 19

10:00 am – 12:00 pm

Multipurpose Room

\$10

You must register by November 15th

Program Registration Information:

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Christmas Wreath Making Workshop

Join us for a festive two-hour workshop where you'll create your own beautiful Christmas wreath! Perfect for all skill levels, this hands-on session will guide you through the process of crafting a stunning wreath using greenery, seasonal embellishments, and various decorative elements. All supplies are provided, so just bring your holiday spirit!

Thurs, Nov 7

10:00 am – 12:00 pm

Sewing Room

\$20

ElderCollege

Sponsored by PARC Retirement Living

We are pleased to offer ElderCollege at Silver Harbour. There is still space available in the following programs:

- Books Unlimited Book Club
- What's News

Detailed descriptions of these programs are available on page 20.

Flexibly Fit

Flexibility is defined as the range of motion about a joint. Along with many other benefits, it can help to improve our ability to do daily activities like reaching to get something off a shelf, and may also help decrease our risk of injuries. This is a great way to ease into fitness. Please note that participants must be able to get down to and up from the floor.

Mon 1:00 – 2:00 pm

Nov 4 – Dec 23 (no class Nov 11)

Fitness Room

\$64.75/7 classes

In honour of turning 50 years old, Silver Harbour has collected the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

50 Amazing Stories

Meet Mehrun



"Through Silver Harbour I have found a social network. It feels great to be a part of the North Vancouver community, particularly the Silver Harbour community."

In celebration of Silver Harbour's 50th Anniversary

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

Nov 7 – Dec 19

Fitness Room

\$64.75/7 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/or Thu 8:15 – 9:15 am

Nov 4 – Dec 23 (no class Nov 11)

\$129.50/14 classes

Fitness Room

Program Registration Information:

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

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

Nov 1 – Dec 13

Multipurpose


\$56/7 classes

(Rate is for one person and their care partner)

In honour of turning 50 years old, Silver Harbour has collected the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

50 Amazing Stories

Meet Richard



"I have found volunteering to be very satisfying. As I have learnt more about Silver Harbour and the important role it plays in supporting seniors and their issues it has become increasingly worthwhile and I have found that I can make a difference"

In celebration of Silver Harbour's 50th Anniversary

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/or Thu 11:30 am – 12:30 pm

Nov 4 – Dec 23 (no class Nov 11)

\$129.50/14 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

Nov 4 – Dec 23 (no class Nov 11)

Fitness Room

\$129.50/14 classes

\$64.75/7 classes (Mon only)

\$64.75/7 classes (Thurs only)

Paper Quilling Workshop **JUST ADDED**

In this workshop you'll be introduced to the captivating art of paper quilling. Learn the fundamentals of transforming strips of paper into stunning designs in a laid-back environment, complete with ample personal guidance. You'll walk away with your own unique creations and the confidence to delve deeper into this intricate craft.

Fri, Nov 22 1:00 – 3:00 pm

Computer Room

\$10

All materials provided

Watercolour Painting

Discover the art of watercolour painting with our 3-part workshop series. Over the course of the program you will build a foundation in watercolour techniques and create your own artworks. Supplies not included in price – supply list is available at the front desk.

Mon 1:00 – 3:00 pm

Nov 18 – Dec 2

Sewing Room

\$15/3 classes

Program Registration Information:

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

ElderCollege at Silver Harbour

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.

Wed 1:30 – 3:00 pm

Sept 18, Oct 9, Oct 30, Nov 20, Dec 11
\$25

In honour of turning 50 years old, Silver Harbour has collected the stories of 50 seniors connected with Silver Harbour. We hope you enjoy the excerpts from these in our newsletter and on social media.

50 Amazing Stories

Meet Rika



“I think the arts and crafts classes are especially helpful for seniors, I believe using your hands to create helps you stay young.”

In celebration of Silver Harbour's 50th Anniversary

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

Sept 26 – Dec 12

Card Room

\$25



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778-522-1544 (Ruben)

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Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Int. Ukulele	Woodworking	Woodworking	Woodworking	Snooker
	Snooker				Woodworking
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
		Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Beg. Ukulele		Meditation		Basket Weaving
	Osteofit For Life	Meet Local Authors	Table Tennis	Osteofit For Life	Choir
			Woodcarving	Stained Glass	History from A to Z in 3
				Tea & Talk	
10:15 am			Knit & Crochet		
11:00 am	Musical Journey		Tile Rummy		
11:30 am	Osteofit 1			Osteofit 1	
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Flexibly Fit	Cribbage	Chair Yoga – Fully Seated		Current Conversations
		Daytime Dance	Circle of Friends	Bingo	Open Studio
	Hula for Health	Golden Fireflies	Dressmaking	Creative Journey	Table Tennis
		Inkle Loom Weaving		Get Up & Go	Weaving
		Quilting Volunteers		Pottery: Open Studio	
			Pottery: Wheelthrowing		
1:30 pm			Line Dance – Level 1	What's News	Line Dance – Level 2
2:15 pm			Chair Yoga – Stand Options		
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.