

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 2025



See you at the Christmas Market!

Sat Nov 15th 10 am – 2 pm

Thank you to
parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the



and



for helping to fund the
operations of Silver Harbour.

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For a limited time, our immaculate, rarely available 2-bedroom penthouse suite could be yours!

This 1021-square-foot suite comes appointed with two bathrooms, a full kitchen, brand new luxury plank flooring, in-suite laundry, and air conditioning. But best of all are the truly spectacular south-facing harbour views.

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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 x^wməθk^wəyəm (Musqueam) Nations.

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Our Vision

A Diverse Community that Celebrates Aging

Our Mission

To help seniors thrive by offering a wide range of programs, services, and connections.

Our Values

Respect: We honour the dignity, worth and independence of everyone.

Excellence: We strive to do our best and to be a model for others in everything we do.

Diversity: We are committed to diversity, participation and inclusion in all aspects of our work.

Collaboration: We cultivate strong relationships throughout our community for greater impact.

Responsiveness: We welcome new ideas, possibilities and approaches.

Stewardship: We believe care for the environment and land runs through everything we do.

Staff

Andrea Picchi	Admin. & Program Assistant
Annwen Loverin	Executive Director
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
Simran Likhari	Arts Program Coordinator
Zoltan Csapkay	Head Cook

Board of Directors

Arthur Davies, Director	Brenda Harrison, Director
Doug Blakeney, Treasurer	Elizabeth Jones, Director
Leanne Roy, Vice-President	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, President
Ritch Seeley, Director	Ron Needham, Director
Shideh Shadfar, Director	Virginia Baldwin, 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 15th, 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 14th, 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.



Handmade Arts & Crafts

Wood Working, Stained Glass, Knitting, Quilts,
Pottery, Christmas Decor, and more!

Stop by our **TEA ROOM** for some treats!

Puzzles, Flower Bulbs, Thrift Store Treasures
& Craft Supplies



SILVER HARBOUR

CHRISTMAS MARKET

SAT, NOV 15 10AM- 2PM

**144 East 22nd St,
North Vancouver**

www.silverharbourcentre.com



Silver Harbour Bulletin Board

Fall Back!

Daylight Savings time ends on Sunday, November 2nd. Remember to put your clocks back 1 hour.

Remembering Wayne Hanna

We are saddened to announce the passing of Wayne Hanna, Silver Harbour board member and ElderCollege volunteer and program facilitator. Our condolences to Wayne's family and friends.

Program Cancellations – Friday, November 14th

The following programs are cancelled on Friday, November 14th, while we set up for the Christmas Market:

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

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.



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<p>Watch Services:</p> <ul style="list-style-type: none"> • Movement Services • Stem and Crown Repair • Resecured Hands • Crystal Repair & Replacement • Watch Battery Replacement • Watch Bands & Bracelets • Waterproofing and Testing • Watch Maintenance 	<p>Jewellery Services</p> <ul style="list-style-type: none"> • Ring Sizing • New Claws and Re-Tips • Chain Solders & Repairs • Custom Ring Design • Rhodium Plating • Jewellery Appraisals
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Tuesday - Saturday
10:00am - 5:00pm

LONDON DRUGS

www.ontimeservice.com

Holiday Closing

Silver Harbour will be closed on Tuesday, November 11th for Remembrance Day, re-opening at 9 am on Wednesday, November 12th.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: November 3rd, 17th, and 24th, 11:45 am to 12:30 pm.

Winter Program Registration

Registration for arts programs (beginning in January) will start at 9 am on Tuesday, December 9th. Registration for all other programs will start at 9 am on Thursday, December 11th. You may register by phone or in-person. All the program details will be in our December newsletter.

Parking Around Silver Harbour

You can park on the west side of Silver Harbour and in the parking lot to the east of Silver Harbour. The parking spots on East 22nd are still limited to 2 hours but are not pay parking. The parking spots on Eastern are now pay parking. Please give yourself extra time to find parking. **DO NOT PARK IN STAFF OR LOADING ZONE PARKING.**

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.

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for Seniors**

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604 - 787 - 9418

In the Community

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.

North Shore Artists' Guild Winter Art Sale

Saturday, November 22nd
10:00 a.m. to 5:00 p.m.

St Thomas Aquinas
Secondary School
541 W Keith Rd
North Vancouver

Free admission

More info:

<https://nsartists.ca/>



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Daily Menu for November

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Entrée: \$10</i></p> <p><i>Full Meal Combo: \$14</i></p>				
3 Turkey Schnitzel	4 Nasi Goreng	5 Chicken A la King	6 Meatloaf	7 Lamb Shank (max 2 per person)
10 Garlic Prawns	11 Remembrance Day * Silver Harbour CLOSED	12 Salmon	13 Shepherd's Pie	14 Fish & Chips
17 Baked Sausages	18 Bami Goreng	19 Cottage Pie	20 Lasagna Valenciana	21 BBQ Ribs & Chicken (max 2 per person)
24 Pork Loin	25 Duck Breast	26 Cod Loin with Prawns	27 Meat Patty	28 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

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, November 5th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

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.

Monday, November 10th

1:30 pm

Auditorium

Free of charge

Have You Made
a Plan yet?

If not, give our family a call

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West Vancouver, BC

mckenziefuneralservices.com

**Our Family Serving Yours
For Over 70 Years**



Climate Café

A series of discussions about our climate and our world covering a variety of topics. This month's topic is "Rebuilding after a disaster". If our home has been hit by a disaster – should we rebuild? Fires, floods and landslides all seem to be more common. Logically we should be building our homes in safe spots, but we don't always, usually through lack of knowledge. How do you put a price on safety? Join us for a friendly discussion. Light refreshments will be served.

Wednesday, November 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, November 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, November 12th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

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Please follow us on Instagram/Facebook
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to learn more about our customers, products
and the jobs we have done.

(604) 912-0106
1863 Marine Drive, West Vancouver
www.AdvancedMedicalBC.ca

Christmas Market

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

Saturday, November 15th

10:00 am – 2:00 pm

Free admission

Bone Health 101

Presented by the Osteoporosis Society of Canada, Bone Health 101 will give you information on what osteoporosis is, risk factors, bone health, the impact of nutrition and physical activity, and fall prevention.

Wednesday, November 19th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

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 24th

10:00 – 11:30 am

Card Room

Free drop-in

Our New Building Information Session

Silver Harbour is moving into our new building around May or June 2026. Come to this session to hear information about our new building and our move, and to have your questions answered.

Monday, November 24th

1:00 – 2:00 pm

Auditorium

No charge

Book Club

The Book Club meets monthly to discuss a pre-selected title. This month's book will be "The German Girl" by Armando Lucas Correa. Members are responsible for finding their own copy of the book.

Monday, November 24th

2:30 – 3:30 pm

Multi-Purpose Room

No charge



Lunch & Learn: Planning for the Future

Registration begins on Mon, Nov 3rd at 9 am

Mike Beishuizen of Westcoast Wills and Estates will discuss Incapacity Planning and MAID. Following the presentation, each participant will be given a certificate for lunch (entrée, soup, salad, small dessert and tea or coffee) valid on that day only. Only registered participants will be admitted and you must attend the presentation in order to get lunch. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, November 26th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

Free of charge, but you must pre-register

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, November 26th

1:00 – 2:30 pm

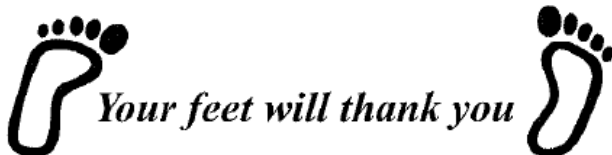
Card Room

Free of charge, but you must pre-register

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Serving the North Shore for 17 years

7 Hidden Reasons for Disease

Presented by holistic nurse Victoriya Litargne, this workshop explores hidden causes of illness and how to restore balance and well-being.

Tuesday, December 2nd

10:00 - 11:00 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 3rd
(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 3rd**

Holly Tea

Music and 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 16th
(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 3rd

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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.

Vancouver Orpheus Male Choir With Enjoy Tours

Registration began on Wednesday, Oct 1st

Take in a special afternoon Christmas concert with the amazing Vancouver Orpheus Male Choir, at St Andrew's Church in Langley. Enjoy the popular Sunday Brunch Buffet at Newlands Golf and Country Club prior to the performance.

Sunday, November 30th

9:45 am – 5:45 pm

\$129 members; \$139 non-members

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

Merry & Bright at Martini Town With Enjoy Tours

Registration begins on Monday, Nov 3rd

Experience holiday movie magic at Merry & Bright at Martini Town, a film backlot in Langley! As a functioning set, Martini Town brings to life everything you love about your go-to holiday movies. Tour price includes brunch buffet at Newlands Gold & Country Club, and a stop at Potters Christmas Store.

Sunday, December 14th

11:30 am – 5:10 pm

\$119 members; \$129 non-members

Please buy your tickets before December 5th
or the trip may be cancelled.



Programs & Workshops

Our program sessions specifically scheduled for November and December 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 Fully Seated

**NEW
DATES**

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 12 – Dec 17

Fitness Room

\$48/6 classes

Participants should bring their own yoga mat.

Chair Yoga Standing Options

**NEW
DATES**

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 12 – Dec 17

Fitness Room

\$48/6 classes

Participants should bring their own yoga mat.



Christmas Cards & Tags Workshop

Join us for a fun morning of crafting your own holiday cards and gift tags. Materials included.

Fri, Nov 28

10:00 am – 12:00 pm

Sewing Room

\$15

Creative Journey

The November session has been cancelled.

ElderCollege

Presented 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
- Healthy People, Healthy Planet
- Meet Our Local Authors
- What's News

Detailed descriptions of these programs are available on pages 18-19.

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 6 – Dec 18

Fitness Room

\$64.75/7 classes

Comfort Keepers.
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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

Nov 3 – Dec 22

\$138.75/15 classes

Fitness Room

Living Well With Memory Loss – Memory Café

Memory Café is a social gathering where care partners can relax, unwind and have fun with their family members with memory loss. It's all about music, art, social connections and joyful engagement.

Mon 1:30 – 3:30 pm

Nov 10 – Dec 15

Fitness Room

\$99/pair



Macrame Christmas Ornament Workshop

Join us for a cozy Macrame Christmas Ornament Workshop and get into the holiday spirit! Learn simple macramé knotting techniques to create beautiful, handcrafted ornaments perfect for your tree or to give as heartfelt gifts. No experience needed, supplies provided – just bring your festive cheer and creativity!

Fri, Nov 21

10:00 am – 12:00 pm

Sewing Room

\$15



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24 / 7 AVAILABILITY

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- Parkinson Care
- Postoperative Care
- Home Parenteral Care
- Central Venous Catheter Care
- Transportation Services

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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 7 – Dec 19

Multipurpose

\$59.50/7classes

(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

Nov 3 – Dec 22

\$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

Nov 3 – Dec 22

\$138.75/15 classes

Fitness Room

\$74/8 classes (Mon only)

\$64.75/7 classes (Thurs only)

Watercolour Painting - Beginners

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

Nov 10, 17, 25

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Yoga

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

Mon 9:00 – 10:00 am

Auditorium

Oct 20 – Dec 15

\$49.50/9 classes

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. They meet every 3 weeks via Zoom and have social meetings too. Participants get their own copy of the books. Titles chosen for this session are:

- Sept 17 – Forgotten On Sunday, Valerie Perrin
- Oct 8 – The Diviners, Margaret Laurence
- Oct 29 – Birnam Wood, Eleanor Catton
- Nov 19 – The Brothers Karamazov, Dostoevsky
- Dec 10 – The War We Won Apart, Nahlah Ayed

Wed 1:30 – 3:00 pm

Sept 17, Oct 8, Oct 29, Nov 19, Dec 10

\$30

Healthy People, Healthy Planet

The theme of this session of Healthy People, Healthy Planet is biodiversity. Our health is intricately tied up with the health of the natural world of which we are a part. Sometimes we need to recognize that what we have done in the past was destructive, and we need to change. This includes the way we approach wildfires, how we build cities, and how we protect our streams from pollution.

Mon 1:00 – 2:30 pm

Nov 3 – 17

Card Room

\$30



Meet Our Local Authors

Six local authors will present their stories, both fiction and non-fiction, and will tell of their experiences of the writing process and their motivation. How do they come up with their interesting ideas? We'll hear about crime and mystery, romantic suspense tales inspired by the writer's own wild adventures, a tale about a major earthquake rocking the west coast, and an historical work, British Columbia in Flames. Another author will describe her literary exploration of her dual heritage, the result of her thesis for her MFA, and another who has written beautiful books about Vancouver – most recently a graphic novel about the hippie scene of the early 70s. Many are award-winning authors who will both entertain and inspire us.

Tues 10:00 – 11:30 am

Oct 14 – Nov 25

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

Sept 18 – Dec 11

Card Room

\$30



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Silver Harbour Fall Program Schedule

MONDAY	
Jointmoves	8:15 – 9:15 am
Yoga	9:00 – 10:00 am
Computer Club	9:00 am – 12:00 pm
Snooker	9:00 am – 4:00 pm
Craft Volunteers	9:30 am – 12:00 pm
Ukulele Practice	9:30 – 10:30 am
Osteofit For Life	10:00 – 11:00 am
Men's Club	10:30 am – 12:00 pm
Beginner Ukulele	10:30 – 11:20 am
Osteofit 1	11:30 am – 12:30 pm
Musical Journey	11:30 am – 12:20 pm
Silk Painting	12:30 – 2:30 pm
Healthy People, Healthy Planet	1:00 – 2:30 pm
Acrylic Painting	1:00 – 3:00 pm
Memory Cafe	1:30 – 3:30 pm
TUESDAY	
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Tapestry	9:30 am – 3:00 pm
Weaving	9:30 am – 3:30 pm
Meet Local Authors	10:00 – 11:30 am
Golden Fireflies	1:00 – 3:00 pm
Daytime Dance	1:00 – 2:30 pm
Cribbage	1:00 – 3:00 pm
Quilting Volunteers	1:00 – 3:00 pm
Rigid Heddle Weaving	1:00 – 3:00 pm
WEDNESDAY	
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Keep Well	9:30 – 10:30 am
Table Tennis	10:00 am – 12:00 pm
Woodcarving	10:00 am – 12:00 pm
Knit & Crochet Circle	10:00 am – 12:00 pm
Meditation	10:00 – 11:00 am
Tile Rummy	11:00 am – 12:00 pm
Snooker Lessons	1:00 – 3:00 pm
Chair Yoga – Fully Seated	1:00 – 2:00 pm
Circle of Friends	1:00 – 2:30 pm
Dressmaking	1:00 – 3:00 pm
Pottery	1:00 – 3:00 pm

WEDNESDAY (CONTINUED)	
Line Dance – Level 1	1:30 – 2:30 pm
Chair Yoga – Standing Opt	2:15 – 3:15 pm
Line Dance – Level 2	2:30 – 3:30 pm
THURSDAY	
Jointmoves	8:15 – 9:15 am
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Intermediate ESL	9:30 – 11:30 am
Osteofit For Life	10:00 – 11:00 am
Tea & Talk	10:00 – 11:30 am
Stained Glass	10:00 am – 12:00 pm
Osteofit 1	11:30 am – 12:30 pm
Bingo	1:00 – 3:30 pm
Get Up & Go	1:00 – 2:00 pm
Pottery	1:00 – 3:00 pm
What's News	1:30 – 3:00 pm
FRIDAY	
Computer Club	9:00 am – 12:00 pm
Snooker	9:00 am – 4:00 pm
Woodworking	9:00 am – 12:00 pm
Craft Volunteers	9:30 am – 12:00 pm
Keep Well	9:30 – 10:30 am
Minds In Motion	9:45 – 11:15 am
Choir	10:00 am – 12:00 pm
Advanced Watercolour	10:00 am – 12:00 pm
Duplicate Bridge	12:30 – 4:00 pm
Current Conversations	1:00 – 2:30 pm
Open Studio	1:00 – 3:00 pm
Table Tennis	1:00 – 3:00 pm
Weaving	1:00 – 3:00 pm
Line Dance – Level 2	1:30 – 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**