

# THE CENTRE POST

Silver Harbour Seniors' Activity Centre  
144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com) tel: 604-980-2474

October 2021



## October 1<sup>st</sup> is National Seniors Day!

Thank you to

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# Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and social services for seniors in North Vancouver. During COVID, we have been running about half our programs and services and are restarting many more. If you have questions about programs or would just like to connect, we'd love to hear from you by phone or email!



144 East 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

[info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)



*SilverHarbourSeniorsActivityCentre*  
*SilverHarbourC*

## Our Vision

A community that honours and celebrates aging

## Our Mission

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

## Our Values

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

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

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

**Collaboration** – we encourage teamwork and partnerships

**Responsiveness** – we welcome new ideas and possibilities

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

## Board of Directors

Alan Dion	Director
Brenda Harrison	Director
Caroline Bell	Director
Doug Blakeney	Treasurer
Jatinder Doad	Director
Elizabeth Jones	Vice-President
Margaret Coates	Secretary
Richard Gauntlett	President
Ritch Seeley	Director
Ron Needham	Director
Virginia Baldwin	Director

## Staff

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

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# AGM Update

Many thanks to those who were able to attend the Silver Harbour Annual General Meeting on September 20<sup>th</sup>. In accordance with our bylaws, members approved past meeting minutes, received audited financial statements, and appointed our auditor for the 2021-22 fiscal year. In addition, the Directors' Report was presented (see summary box below) and Board members elected, with the new 2021-22 Silver Harbour Board of Directors being:

Officers: Richard Gauntlett (President), Elizabeth Jones (Vice-President), Doug Blakeney (Treasurer), Margaret Coates (Secretary)

Directors: Alan Dion, Brenda Harrison, Caroline Bell, Jatinder Doad, Ritch Seeley, Ron Needham and Virginia Baldwin

## **A brief summary of the AGM Directors' Report**

During the pandemic, we have run between 25 and 45 programs and services with about 45% of the total participation we had at Silver Harbour pre-COVID. The Board, staff, and volunteers have worked hard to meet and often exceed provincial health orders and create a safe environment for local seniors. We are grateful to the District of North Vancouver and City of North Vancouver for core operating grants that greatly support our annual budget, for the Canada Emergency Wage Subsidy support of our staffing costs, and to the many organizations, businesses, and individuals who have donated to Silver Harbour.

While maintaining and repairing our current building and equipment, we are also looking forward to a new building. In July 2021, Silver Harbour members voted to transfer our present building and land to the City of North Vancouver in exchange for a 99 year lease in a building built for us by the City. At this time it is anticipated that our new centre will be ready by the end of 2025, with Silver Harbour remaining open and in our current location until that time.

Silver Harbour also values the opportunity to work in partnership with many other community organizations to reduce barriers to participation in programs, increase intergenerational programming, amplify seniors' voices in municipal and other strategic plans, and coordinate essential supports to seniors during COVID.

While there are still COVID impacts to come, Silver Harbour remains committed to providing a wide variety of seniors' programs and services in a welcoming and inclusive environment. We are grateful to all the individuals and organizations who have supported Silver Harbour over the years in fulfilling this important and beneficial mission.

## **IMPORTANT NEW COVID-19 PROTOCOLS**

In order to come into Silver Harbour you must:

- As of September 13<sup>th</sup>, show proof of at least one COVID-19 vaccination
- As of October 24<sup>th</sup>, show proof of two COVID-19 vaccinations completed at least 7 days prior
- Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19
- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask at all times inside the Centre
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.

# The Christmas Market Returns!

Our Christmas Market is returning this year, and we are busy with all the preparation that goes into this great event! This year the market will be held over 2 days – Friday, November 26<sup>th</sup>, from 1 to 3 pm, and Saturday, November 27<sup>th</sup>, from 10 am to 2 pm. Here are some of the many ways to participate and help out with our sale...

## Jewelry

Our jewelry table is a must-see at each sale. Good quality costume jewelry is in high demand. This is the perfect opportunity to sort through your jewelry boxes and put any of your unwanted or long forgotten items to good use. Please hand in all jewelry donations to the front desk.

## Crafts

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 extra donations that you may have are always a big help during this sale. You may drop off any craft donations you have at any point prior to the day of the sales, so that we have time to price and sort everything.

## 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 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.



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## Silver Harbour Bulletin Board

### Proof of Vaccination Is Required

You must show your vaccine passport and legal identification in order to be admitted to Silver Harbour. Please bring it with you every time you come.

### Holiday Closing

Silver Harbour will be closed Monday, October 11<sup>th</sup> for Thanksgiving, re-opening at 9 am on Tuesday, October 12<sup>th</sup>.

### 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. Begins September 23<sup>rd</sup>.

### It's Time to Plant Your Tulip Bulbs!

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

### Our Thrift Shops Are Open!

Both of our thrift shops are now open. The Boutique sells small household and decorative items, and the Clothes Closet has good quality, second hand women's clothing. Come for a bargain, leave with a treasure. Customers will have to sign in at the front entrance before shopping.

**Open Monday to Friday  
11 am to 1 pm**

Have You Made  
a Plan yet?

If not, give our family a call



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# Community Programs & Workshops

## Mental Wellness for Seniors

The North Shore Keep Well Society has received funding from New Horizons for Seniors Program, a federal government funding agency, to offer Mental Wellness workshops for seniors and caregivers of seniors. Research shows that improving the mental wellness of seniors leads to improved quality of life and improved physical and cognitive functioning.

The Mental Wellness for Seniors program is to be offered in a series of 7 free weekly workshops on Wednesdays, starting on October 6, 2021 from 10:45 am to 12:45 pm at Silver Harbour Seniors' Activity Centre. The workshop topics are: Principles of Healthy Living; Eating Well; Being Physically Active; Sleeping Well; Emotional Wellness; Social Life; Community Integration. Each 2 hour weekly session will consist of a workshop presentation, group coaching and exploration, and will include opportunities to explore relaxation and stress relief techniques. The instructor will be available for individual coaching, in-person or by telephone.

To register for this program, email [info@keepwellsociety.ca](mailto:info@keepwellsociety.ca) or call 604-988-7115, ext. 27.

## Zoom Golden Firefly

Using humour and fun acting games in a safe, lighthearted environment, we'll awaken our senses and explore the world of storytelling. Guaranteed to be fun, freeing and stimulate your mind. Everyone is welcome and no experience necessary.

Time: Wednesdays 1 - 3pm

Come once or twice or as many times as you like!

Place: From your home

Cost: Free!!

Instructors: Patti Allan and Eileen Barret

Inquiries: Manami

[outreach@phtheatre.org](mailto:outreach@phtheatre.org)

Please register using the link below before the class:

<https://www.phtheatre.org/golden-firefly-project/>

Let's CELEBRATE Fall...time to reconnect!  
**Join Dr. Anne Marie Evers**  
**Learn ALL about**



### ***Affirmation Life Tools***

*\*what they are*

*\*how they work*

*and most importantly...*

*\*how they can work for you*

Join us on  
**Tuesday, 19 October 2021**  
10:00 a.m. - 12 noon

Silver Harbour, North Vancouver  
Call Holly 604-980-2474

As always, it's *important* to  
**Pre-Register** for this Meeting.  
*Looking forward to seeing you again!*

## Webinars for Seniors

Canada Revenue Agency is pleased to host the following live webinars in September and October:

- Seniors Benefits and Credits - October 7<sup>th</sup>, 2021, 1:30 – 2:30pm
- Benefits & Credits for Caregivers - October 5<sup>th</sup>, 2021, 1:30 – 2:30pm
- Scam Awareness – Be Scam Smart - October 26<sup>th</sup>, 2021 from 1:30 – 2:15pm

You can register for any of the above webinars by going to the below link and clicking on the link associated with the date of your choice:

<https://canada.webex.com/canada/onstage/g.php?PRID=4f1473dfdd206ba0967b78ce55fe4326>

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## Seminars & Special Events

### Book Bike

North Vancouver City Library's Book Bike is coming to Silver Harbour! Users can check out library books and materials, get a library card, and receive information about library programs and services. You don't need to register in advance but do bring your City Library card (or get one at the Book Bike).

**Wednesday, October 13<sup>th</sup>**  
**(weather permitting)**

**11 am – 1 pm**  
**In the garden**

### Juicy Wordplay

So you want to express yourself in writing? Will you finally heed the Nike slogan and "just do it"? This two-hour workshop with writer/educator/Silver Harbour regular Crystal Hurdle will feature a variety of prompts to get those creative juices flowing and to lubricate your brain. Why not let your heart sing in a warm and supportive environment, getting feedback from others and playing with words to see whether you are the next J. K. Rowling, Margaret Atwood... or perhaps simply a more writerly version of yourself?

This session will lead to a once-a-month 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.

**Monday, October 18<sup>th</sup>**

**10 am – 12 pm**

**Sewing Room**

**No charge**

### Book Club

**CURRENTLY  
WAITLISTING**

Club meets monthly to discuss a pre-selected book. This month the book is "The Disappearing Earth" by Julia Phillips.

**Monday, October 18<sup>th</sup>**

**2:30-3:30 pm**



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## Affirmations

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking.

**Tuesday, October 19<sup>th</sup>**

**10:00 am – 12:00 noon**

**Multi-Purpose Room**

**By Donation**

**You must pre-register**

## Flu Vaccinations – By Appointment Only

Davies Pharmacy will come to Silver Harbour to administer flu vaccines, by appointment only. Registration is online only. The registration link was unavailable when the newsletter was published; you may request it by emailing [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com). If you need assistance with this please contact Holly at 604-980-2474.

**Wednesday, October 20<sup>th</sup>**

**1:00 – 4:00 pm, or**

**Wednesday, October 27<sup>th</sup>**

**1:00 – 4:00 pm**

**By appointment only – no walk-ins!**



## Tech Connect: Collaboratory

City Library has a new exciting space for technology learning! Our new technology learning space: The Collaboratory has weekly classes, workshops, and small group learning sessions as well as a wide variety of technology to support learning from beginner to specialist. Join us for this exciting introduction to the Collaboratory.

**Tuesday, November 9<sup>th</sup>**

**1:00 – 2:00 pm**

**Fitness Room**

**Free of charge,**

**but you must pre-register**



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## Walker Clinic

How sure are you that you are walking properly with your walker? Do you have any concerns about your walker? Amir from Advanced Medical will be here to give you some tips about correct posture while using your walker, as well as give your walker a quick tune-up if needed.

**Tuesday, November 16<sup>th</sup>**

**1:00 – 3:00 pm**

**Library/Lounge**

**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 made here at Silver Harbour and quality secondhand items at the Boutique and Clothes Closet.

**Friday, November 26<sup>th</sup>**

**1:00 – 3:00 pm**

**and**

**Saturday, November 27<sup>th</sup>**

**10:00 am – 2:00 pm**

**Free admission**

### **IMPORTANT NEW COVID-19 PROTOCOLS**

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- Check in with the volunteer at the front door
- Wear a mask at all times inside the Centre
- Sanitize your hands frequently
- Not eat inside the Centre
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Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.

### **A Gift to the Living From the Living**

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

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

**604-202-3509**

**Debby.Stephenson@sci-us.com**



**FIRST MEMORIAL  
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## Trips and Tours

**All bus trip participants must show proof of vaccination in order to board the bus. Everyone must wear a mask on the bus. Thank you for your cooperation.**

The following trips for October are now sold out (tickets went on sale September 8<sup>th</sup>) but please feel free to add your name to the waitlist:

- Steveston – October 7
- Grand Villa Casino – October 26

### Tsawassen Mills

**Tickets on sale Monday, October 4<sup>th</sup>**

Get a head start on your Christmas shopping! We will travel to Tsawassen Mills Mall, which has a variety of premium retailers and outlet offerings. We will spend 3 hours at the mall, with time for lunch (not included in price) at one of the restaurants or at the food court. Lots of walking.

**Tuesday, November 9<sup>th</sup>**

**10:00 am – 3:00 pm**

**\$23 members; \$33 non-members**

**Please buy your tickets before November 2<sup>nd</sup>**  
**or the trip may be cancelled.**

### Potters Christmas Store

**Tickets on sale Monday, October 4<sup>th</sup>**

We will drive to Langley, to Potters Christmas Store, the largest Christmas store in Western Canada. Spend 1 ½ hours shopping for all kinds of fun and unusual holiday-themed décor and gifts. After shopping, the bus will bring us to Willowbrook Shopping Centre for lunch (not included in price) in the food court, before returning to North Van. Lots of walking.

**Thursday, November 25<sup>th</sup>**

**9:15 am – 3:00 pm**

**\$25 members; \$35 non-members**

**Please buy your tickets before November 18<sup>th</sup>**  
**or the trip may be cancelled.**

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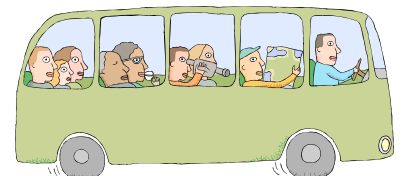
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**1401 St. Georges Avenue, North Vancouver**

## Important Information About Bus Trips

This information will be very helpful to anyone interested in joining our bus trips...

1. Please note that return times are approximate, as there is no way to predict traffic or other possible timing issues which may arise. We recommend that you do not schedule any appointments directly following the trip.
2. Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
3. Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
4. Some drivers will appreciate a tip and others prefer not to be tipped. If you would like to tip the driver, please bring a small amount of money for this purpose. If a driver accepts tips, it is still your choice whether you want to give one or not.
5. Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
6. We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Silver Harbour will be refunded in full.
7. If a trip is full, please put your name on the waitlist. We will attempt to accommodate substantial waitlists by creating second trips when possible and people on the waitlist will have the first opportunity to buy tickets for the second trip.
8. If you are driving to Silver Harbour for your bus trip, please park on the street or in the parking lot to the east of our building. Anyone may park in these areas for any length of time.
9. Please limit your use of scented products like hairsprays and perfumes when going on bus trips. Some people can be very sensitive to these scents, especially in enclosed spaces. We very much appreciate your consideration.
10. Enjoy your trip!



## Daily Menu for October

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Cod with Prawns	<b>5</b> Thai Chicken Breast <b><u>PICK UP ONLY</u></b>	<b>6</b> Bami Goreng	<b>7</b> Cod Nuggets <b><u>PICK UP ONLY</u></b>	<b>8</b> Turkey Dinner
<b>11</b> Thanksgiving Silver Harbour CLOSED	<b>12</b> Sausages <b><u>PICK UP ONLY</u></b>	<b>13</b> Fish & Chips	<b>14</b> Chicken a la King <b><u>PICK UP ONLY</u></b>	<b>15</b> Lamb Shank
<b>18</b> Salmon with Shrimp Sauce	<b>19</b> Paella <b><u>PICK UP ONLY</u></b>	<b>20</b> Pork Stew	<b>21</b> Lasagna <b><u>PICK UP ONLY</u></b>	<b>22</b> Chicken Cordon Bleu
<b>25</b> Garlic Prawns	<b>26</b> Cabbage Rolls <b><u>PICK UP ONLY</u></b>	<b>27</b> Turkey Schnitzel	<b>28</b> Beef Stew <b><u>PICK UP ONLY</u></b>	<b>29</b> BBQ Ribs & Chicken

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

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



# Programs & Workshops

## 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.

Mon 1:30 – 2:30 pm

Fitness Room

Nov 1 – Dec 20

\$74/8 classes

OR

Thu 1:30 – 2:30 pm

Fitness Room

Nov 4 – Dec 16 (no class Nov 11)

\$55.50/6 classes

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## Hula for Health

Did you know that Hula has health benefits as an alternative form of mild exercise? Taught by an experienced instructor, the gentle moves to relaxing music can improve strength, flexibility, balance and coordination, even while seated.

Mon 1:00 – 2:00 pm

Multi-purpose Room

Sept 27 – Nov 29 (no class Oct 11)

\$23/season

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## Intermediate ESL for Seniors

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

Thur 9:30 – 11:30 am

Computer Room

No charge

Starts Oct. 7

## Jointmoves

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

Mon & Thu 8:30 – 9:30 am

Fitness Room

Nov 1 – Dec 20 (no class Nov 11)

\$129.50/14 classes

## Juicy Wordplay

So you want to express yourself in writing? Will you finally heed the Nike slogan and “just do it”? This two-hour workshop with writer/educator/Silver Harbour regular Crystal Hurdle will feature a variety of prompts to get those creative juices flowing and to lubricate your brain. Why not let your heart sing in a warm and supportive environment, getting feedback from others and playing with words to see whether you are the next J. K. Rowling, Margaret Atwood, ...or perhaps simply a more writerly version of yourself?

This session will lead to a once-a-month 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.

Monday, October 18

10 am – 12 pm

Sewing Room

No charge



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## Keep Well

Exercise to music then it's time for blood pressure checks, massage, nutrition counselling and medication awareness. Silver Harbour membership not required.

Wed and Fri 9:30 - 11:15 am

By donation

## Memory & Aging

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.

Tue 10:00 am – 12:00 pm

Fitness Room

\$10/5-week session (includes workbook)

Oct 19 – Nov 16

## Osteofit 1

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

Mon & Thu 12:30 – 1:30 pm

Fitness Room

Nov 1 – Dec 20 (no class Nov 11)

\$129.50/14 classes

## Osteofit For Life

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

Mon & Thu 11:00 am – 12:00 pm

Fitness Room

Nov 1 – Dec 20 (no class Nov 11)

\$129.50/14 classes

**NEW DATES**

## Photography Collective

Silver Harbour is starting its very own photography group. Join a collective of friendly, enthusiastic photographers with a wide variety of photographic experience, knowledge and interests. Share your work, get helpful feedback, and take your skills to the next level by learning from each other and the occasional guest speaker. Whether you take photos with your phone, digital or film camera, you are welcome to join the Silver Harbour Photography Collective. If you are not comfortable uploading and emailing photos please contact Logan for a tutorial session.

1<sup>st</sup> and 3<sup>rd</sup> Monday of the month

1:00-3:00 pm

\$23/season

Sewing Room

Starts October 4



## Spanish for Beginners

Learn to communicate in basic present-tense Spanish. Text to be discussed at the first class.

Mon 9:30 – 11:30 am

Multi-purpose Room

\$23/session

Oct 18 – Dec 13

## Yoga

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

Mon 9:00 – 10:00 am

Oct 4 – Dec 13 (no class Oct 11)

Auditorium

\$60/10 classes

## IMPORTANT NEW COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

- As of September 13th, show proof of at least one COVID-19 vaccination
  - As of October 24th, show proof of two COVID-19 vaccinations completed at least 7 days prior
  - Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19
  - Accept the risk of possible illness due to your participation
  - Check in with the volunteer at the front door
  - Wear a mask at all times inside the Centre
  - Sanitize your hands frequently
  - Not eat inside the Centre
  - Report to a staff member if you feel unwell
- Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.


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 <b>Yukon's Northern Lights</b> <small>Whitehorse</small> February 7 - 11, 2022 7 incl. meals dbl: \$2,469. <sup>00</sup>	 <b>Costa Rica</b> <small>Land of Wonders</small> February 14 - 27, 2022 27 incl. meals dbl: \$7,639. <sup>00</sup>	 <b>Wickaninnish Inn Experience</b> December 6 - 10 9 incl. meals from dbl: \$2,698. <sup>00</sup>
<b>Eagles at Harrison Hot Springs</b> <small>Cruise on Harrison River</small> November 14 - 16 - <b>Sold Out</b>	<b>Jasper Park Lodge</b> <small>Seniors Fall Fling</small> October 17 - 22 - <b>Sold Out</b>	<b>2022 Brochure available in January 2022</b>

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## Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Snooker	Snooker	Snooker	Snooker	Snooker
	Computer Club	Tai Chi			Computer Club
<b>9:30 am</b>		Weaving	Keep Well	Weaving	
		Tapestry	Spanish Level 2 Plus		
<b>10:00 am</b>	Craft Volunteers	Tai Chi	Woodcarving	Printmaking	Craft Volunteers
	Chess	Meditation	Table Tennis		Chess
	Sonic Weaving		Art Space		Painting with Gabriele
<b>10:15 am</b>	Osteofit For Life			Osteofit For Life	
<b>10:30 am</b>					Choir
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>1:00 pm</b>	Snooker	Snooker	Snooker	Snooker	Snooker
	Silk Painting	Weaving	Dressmaking	Open Studio (on Zoom)	Current Conversations
	Hula	Tapestry	Pottery	Pottery	Open Painting Studio
			Chair Yoga		Stained Glass
		Quilting Volunteers	Circle of Friends		Table Tennis
<b>1:30 pm</b>	Get Up & Go			Get Up & Go	
<b>2:15 pm</b>			Chair Yoga		

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

# Silver Harbour's October 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b>	<b>4</b> November Bus Trips On Sale * Photography Collective starts * Yoga starts	<b>5</b>	<b>6</b> Mental Wellness for Seniors starts	<b>7</b> Steveston Bus Trip * Intermediate ESL starts	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> Thanksgiving Silver Harbour CLOSED	<b>12</b>	<b>13</b> Library Book Bike	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> Juicy Wordplay * Book Club * Spanish for Beginners starts	<b>19</b> Affirmations * Memory & Aging starts	<b>20</b> Flu Vaccines – By Appointment Only	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> Today onwards... 2 COVID-19 vaccinations at least 7 days prior required to enter Silver Harbour	<b>25</b> Sound Advice On Zoom	<b>26</b> Grand Villa Casino Bus Trip	<b>27</b> Flu Vaccines – By Appointment Only	<b>28</b>	<b>29</b>	<b>30</b>