

THE CENTRE POST



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

October 2024



October 1st is the International Day of Older Persons!

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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!

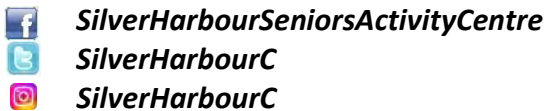


144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



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, Vice-President
Leanne Roy, Director	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, President
Ritch Seeley, Director	Ron Needham, Director
Shideh Shadfar, Director	Virginia Baldwin, Director
Wayne Hanna, Director	

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AGM Recap

A big thank you to everyone who was able to attend our September 9th Silver Harbour Annual General Meeting (AGM). Members approved past meeting minutes, received audited financial statements, and appointed our auditor for the 2024-25 fiscal year. We also presented our directors' report that outlines Silver Harbour's successes, challenges, and plans for the future (summarized below). Your 2024-25 Silver Harbour Board of Directors includes Richard Gauntlett (President), Elizabeth Jones (Vice-President), Doug Blakeney (Treasurer), Margaret Coates (Secretary) and Directors Arthur Davies, Brenda Harrison, Leanne Roy, Naseem Amarshi, Ritch Seeley, Ron Needham, Shideh Shadfar, Virginia Baldwin and Wayne Hanna.

A brief summary of the AGM Directors' Report

Silver Harbour Seniors' Activity Centre is committed to providing a welcoming and inclusive gathering place and a wide range of programs, services, and connections for older adults in North Vancouver. This past year, we celebrated our 50th anniversary and started new programming such as ElderCollege programs, Lunch and Learn, Creative Journey, and summer intergenerational arts workshops. Our membership and participation in programs continues to rebound since COVID, with a great demand for programs and services. We are actively working to build up our volunteer teams and integrate graduate students from local universities to assist us with a variety of important projects. Staff and volunteers have worked on raising public awareness about Silver Harbour and our programming. We have also partnered with other organizations on community initiatives that satisfy local seniors' needs and priorities including caregiving, community well-being, climate change, digital literacy, emergency preparedness, fighting ageism and more. Engaging with our community helps us achieve our strategic goals of staying in touch with changing needs and perspectives and responding to emerging needs through collaboration and program development. A significant part of our work is our transition to a new building, with construction expected to be completed by the end of 2025 and our move anticipated in early 2026. Our Board and staff have worked hard to refresh our organization's strategic plan, build out our operational plan for the coming years, and manage risk in various forms.

In order to operate Silver Harbour and all our programs and services, we raise revenues from a variety of sources including about 50% from earned revenues (such as membership and program fees, sales, and room rentals), 35% from municipal grants, and 15% from other grants and donations. We are extremely thankful to all our funders, sponsors, and donors. With operating costs increasing every year, it is important that Silver Harbour continues to increase and diversify our funding sources. Our new building will have higher building operating costs, such as maintenance and utilities. And in order to fulfill our strategic goal of enhancing and expanding programs and services, we will need to expand our staff and volunteer team, which also requires additional funds. There will be opportunities to financially support the future of Silver Harbour – please talk to a staff member for more information about how you can help and donate.

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.



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Silver Harbour Bulletin Board

Bridge Lessons – Are You Interested?

We have a volunteer who is willing to teach bridge lessons. If you would be interested, please let us know – leave your name at the front desk, or send an email to info@silverharbourcentre.com. Lessons would be scheduled on Friday mornings, starting in January 2025.

Cribbage Cancelled – Tuesday, November 5th ONLY

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

NO Line Dance – Friday, November 15th

There will be no line dance classes scheduled on Friday, November 15th, as we will be setting up for the Silver Harbour Christmas Market.

Musical Mondays

We are excited to have musicians coming to play during lunch service – on Monday, October 28th from 11:45 am to 12:30 pm.



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Clothes Closet Fall Clearance Sale

All summer items are now half-price (this does not include items on the \$1 rack). We are now accepting donations of fall and winter ladies clothing and accessories.

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.

Holiday Closing

Silver Harbour will be closed on Monday, October 14th for the Thanksgiving long weekend.

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.

Tax Preparation Volunteers


We are looking for volunteers to assist low income seniors with tax preparation at our Tax Clinics in March and April. Some experience with tax preparation software is preferred, computer experience is essential, and volunteers will be asked to do a Criminal Records check. Training is provided through the Canada Volunteer Income Tax Program. Volunteers should be available for one weekly 3-hour shift in March and April. If you're interested in learning more about this, please contact Holly, our Program & Services Manager at

holly@silverharbourcentre.com

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour.

50 Amazing Stories

Meet Vic



"The centre helps keep me connected and pushes me to maintain a good level of socialization. It's made a big difference in my mental health."

In celebration of Silver Harbour's 50th Anniversary



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Please Be Scent Free

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

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.

In honour of turning 50 years old, Silver Harbour is collecting 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 Sharon



"I'm a caregiver for my husband. He's very happy that I go out and do things for myself. It's nice having that passion for Bridge in my life and the community that I've formed through playing."

In celebration of Silver Harbour's 50th Anniversary

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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!

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 8 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

Eldercollege Donation

Silver Harbour is incredibly grateful to receive a \$17,000 cash donation and computer equipment from North Shore ElderCollege. As you may know, Silver Harbour recently took on ElderCollege programs as that organization wrapped up their operations. For three decades North Shore ElderCollege offered general interest lectures, presentations and current affairs discussion groups to seniors wishing to continue expanding their brain-health. Past speakers have included leaders of lower mainland cutting edge businesses, a former Premier, police, lawyers, judges, architects, authors and more. Besides the classes, members enjoyed expanding their social network with newfound friendships.

"We are so pleased to find a new home for ElderCollege to continue its North Shore legacy with Silver Harbour. Our donation of computer equipment and cash will make the transition seamless and allow for continued growth with Silver Harbour – especially when the move to the new premises occurs." says Ed Kry, Chair of ElderCollege. "The ElderCollege motto, 'come learn with us' will continue with Silver Harbour stewardship."



Silver Harbour LINKS Team

Silver Harbour Centre has a very active Volunteer Leadership Team, called the Silver Harbour LINKS (Living Independently and Keeping Social) Team. Would you like to help in your community, specifically to support your friends and neighbours in continuing to stay active at their Seniors Centre? We are looking forward to expanding Silver Harbours outreach services and we would like to invite you to look at this interesting volunteer opportunity. You will enjoy working with a team of like-minded people while gaining valuable knowledge and information about aging well. This small group has already made a significant difference in the lives of some of our members.

Some of the volunteer work that we are currently doing is:

- Checking in with isolated seniors and friendly phone calls
 - Inviting them to attend a supportive a social program with you
 - Possibly leading and helping with Silver Harbour Social programs
 - Providing navigational support for seniors as they face challenges
- If you have a few hours a week that you would like to dedicate to this important work, please register at the SH front office. You will be contacted by Joni Vajda with upcoming training and information sessions.



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Daily Menu for October

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12	1 Salmon with Prawns	2 Sausages with Perogies	3 Meat Patty	4 Cod Nuggets
7 Turkey Schnitzel	8 Meatballs	9 Nasi Goreng (chicken & prawn w/noodles)	10 Chicken a la King	11 Fish & Chips
14 Thanksgiving Silver Harbour CLOSED	15 Garlic Prawns	16 Beef Stew	17 Cabbage Rolls	18 BBQ Ribs & Chicken (max 2 per person)
21 Pork Loin	22 Meat Loaf	23 Cod with Shrimp	24 Lasagna	25 Lamb Shank (max 2 per person)
28 Duck Breast	29 Chicken Paprikash over Spatzle	30 Shepherd's Pie	31 Bami Goreng (chicken & prawn w/rice)	Entrée: \$9 Full Meal Combo: \$12

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

Provincial Election – Saturday, October 19th

The B.C. provincial general election is scheduled for Saturday October 19th, 2024. You can get ready by making sure your voter registration is up to date, finding your new electoral district, and learning about the new voting processes we're using to run the election.

Register to vote - Be ready for the election when it is called by [registering or updating your information](#) today. Registered voters will get a Where to Vote card from Elections BC. Bring it with you when vote to help make voting faster and easier.

Find your district - There will be new electoral districts for the 2024 provincial election. Knowing your district is important because it determines your candidates and nearest voting places. Enter your address in the [My District App](#) to find your district.

Culture Days

Culture Days is a national celebration of Arts and Culture. This year Silver Harbour is collaborating with Harry Jerome recCentre to present two free workshops for Culture Days. See the descriptions on pages 11-12.

Seniors Advocate Info

Silver Harbour was happy to host the new BC Seniors' Advocate, Dan Levitt, in September. Dan Levitt has tirelessly championed the rights of seniors for 30 years at the provincial, national and international levels. Prior to his appointment as B.C.'s Seniors Advocate, Dan held leadership positions in senior-living and long-term care homes in the Lower Mainland for more than ten years where he helped shape a dementia-friendly future for seniors and their loved ones. During his presentation, Dan spoke about his Office's role in monitoring and analyzes seniors services and issues in B.C., and making recommendations to government and service providers to address systemic issues. The Office also provides information and referrals for individuals who are navigating seniors services and tracks their concerns, which helps inform future work. More information and resources can be found on their website at: <https://www.seniorsadvocatebc.ca/>.

Workshops & Special Events

OASIS Arthritis: Sleep & Stress

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress.

Wednesday, October 2nd

10:00 – 11:30 am

Card Room

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

Choose To Move

Being active is one of the most important things you can do to maintain your overall health – it helps you to feel better, have more energy and live longer. Choose To Move is a free 10-week physical activity support program (not a fitness class), that helps you to select activities and make goals. Led by a knowledgeable activity coach, Choose To Move combines a series of informational workshops on different topics, and a one-on-one coaching session to help you make a plan to achieve your fitness goals. Participants are expected to commit to the full 10-week session.



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Wednesdays
October 2 – December 4
10:00 – 11:00 am
Multi-Purpose Room
Free of charge,
but you must pre-register

Culture Days – Line Dance Workshop

Not just for cowboys, try fun dance routines to fabulous music in our one hour Line Dance class. No partner required.

Sunday, October 6th

1:00 – 2:00 pm

Gymnasium,

Memorial Community Centre

125 East 23rd Street

Free of charge,

but you must pre-register

OASIS Arthritis: Pole Walking For Arthritis

Learn about the benefits of using poles while walking and practice the correct technique to support your joints. Walking poles are available to borrow or you can bring your own.

Monday, October 7th

1:00 – 2:30 pm

Auditorium

Free of charge,

but you must pre-register

End-of-Life Planning

The Memorial Society of BC's mission is to provide comfort and protection for residents of British Columbia and their families by assisting and supporting the planning of end-of-life arrangements, as well as ensuring the availability of affordable and dignified funeral service options. This presentation will discuss the importance of creating a safe and secure record of your last wishes and funeral service arrangements.

Tuesday, October 8th

10:00 – 11:30 am

Card Room



Free of charge,

but you must pre-register

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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 "Carbon Offsets" – what are they and who uses them? People and businesses buy a carbon offset to reduce their carbon footprints or build up their green image (sometimes called greenwashing). Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, October 9th

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, October 9th

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, October 9th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

Culture Days – Felted Beads Workshop

Dive into the colourful world of felting and unlock your creativity in this hands-on workshop! Whether you're a crafting novice or a seasoned artisan, this session is perfect for anyone looking to explore the art of making beautiful custom felted beads and balls. You will learn the techniques of wet felting, including how to shape and embellish your beads to create unique, textured pieces. Our expert instructors will guide you through each step, from selecting the right materials to mastering the felting process. You can also choose to transform your felted beads into stunning earrings. All supplies are included.

Wednesday, October 9th

3:30 – 4:45 pm

Capilano Room,

Memorial Community Centre

125 East 23rd Street

Free of charge, but you must pre-register

Ebru – **JUST ADDED** Turkish Marbling Workshop

Discover the mesmerizing art of Ebru, also known as Turkish marbling. In this immersive 2-hour workshop, learn the centuries-old technique of floating vibrant paints on water, and creating unique, swirling patterns that are transferred onto paper. No prior experience is needed. All supplies are provided.

Thursday, October 10th

10:00 am – 12:00 pm

OR

1:00 – 3:00 PM

Computer Room

\$10

Tech Connect: iPad, Part 2

Following up our last Tech Connect session, “Intro to iPad” in May, NVCL Digital Services staff will give you some further tips and tricks to help you make the most of your iPad.

Tuesday, October 15th

10:00 – 11:30 am

Card Room

Free of charge,

but you must pre-register

Estate Planning: What You Should Know

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 workshop presented by Certified Executor Advisor, David Perkins.

Wednesday, October 16th

10:00 – 11:30 am

Card Room

Free of charge,

but you must pre-register





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Hearing Screening

Connect Hearing will be offering free 15-minute hearing screenings at Silver Harbour. A screening is a great way to determine if you have hearing loss, and learn how to address it.

Wednesday, October 16th

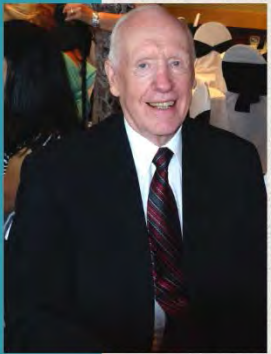
10:00 am – 3:00 pm

Free of charge, but please make an appointment at the front desk

In honour of turning 50 years old, Silver Harbour is collecting 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 Bill



“For seniors, it can be rather depressing sitting at home and watching time pass. The centre brings them into the present so they're able to chat, gain friendships, and get active.”

In celebration of Silver Harbour's 50th Anniversary

“Oktoberfest Before Dark”

It's time to dust off your lederhosen and raise your stein to celebrate Oktoberfest at Silver Harbour. The Rheinlander Band will get your feet tapping with their authentic Oktoberfest music. Admission includes coffee or tea and apple strudel. Non-alcoholic beer will be available for purchase. Tickets are only \$10 and must be purchased in person (no phone orders).

Monday, October 21st

1:30 – 3:30 pm

Auditorium

\$10 per ticket

Tickets on sale starting Tuesday, October 1st

Lunch & Learn SORRY FULL
Ear and Eye Health

Registration began on Tuesday, Sept. 3rd

Dr. Solamita Avanesian will be presenting on common eye conditions that affect seniors, treatment options and tips for preventing vision loss. Sarah McCarthy of Hearing Life will share information about the latest trends in hearing aid technology, mimicking natural brain hearing and incorporating wireless streaming features. This program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, October 23rd

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium
Free of charge

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, October 28th

10:00 – 11:30 am

Card Room

Free drop-in

Creative Collage: Accordion Books **JUST ADDED** and ATC Cards

Join us for an inspiring hands-on workshop where we'll dive into the world of collage art! In this session we'll explore the creative process of crafting a small accordion book and an Artist Trading Card (ATC) using various collage techniques. All materials provided.

Monday, October 28th

10:00 am – 12:00 pm

Sewing Room

\$10

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

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Rwanda Gorilla Trek
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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](#)

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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**

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**

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

Have You Made a Plan yet?

If not, give our family a call



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Lunch & Learn:

Planning for the Future

Registration begins 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. 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. You'll also receive 2 packed take-away entrees (you're welcome to share one with a friend or neighbour who couldn't attend the session). 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 27th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

Free of charge,

but you must pre-register

before November 22nd

Trips and Tours

Queen of Peace Monastery **SORRY FULL**

With Enjoy Tours

Registration began on September 3rd

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Clare, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. We will have lunch (included in price) at the Watershed Grill, by the river in Squamish.

Wednesday, October 16th

8:45 am – 4:30 pm

\$129

Harrison Bald Eagle Tour

With Enjoy Tours

Registration begins 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

Please buy your tickets

before November 18th

or the trip may be cancelled.



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Programs & Workshops

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 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

Creative Collage: **JUST ADDED** Accordion Books and ATC Cards

Join us for an inspiring hands-on workshop where we'll dive into the world of collage art! In this session we'll explore the creative process of crafting a small accordion book and an Artist Trading Card (ATC) using various collage techniques. All materials provided.

Mon, Oct 28

10:00 am – 12:00 pm

Sewing Room

\$10

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.

**JUST
ADDED**

Ebru – Turkish Marbling Workshop

Discover the mesmerizing art of Ebru, also known as Turkish marbling. In this immersive 2-hour workshop, learn the centuries-old technique of floating vibrant paints on water, and creating unique, swirling patterns that are transferred onto paper. No prior experience is needed. All supplies are provided.

Thurs, Oct 10

10:00 am – 12:00 pm

OR

1:00 – 3:00 pm

Computer Room

\$10

In honour of turning 50 years old, Silver Harbour is collecting 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 Heather



“The centre is really good at keeping everyone up to date with what's happening in the community and what's available. It's a lifeline for seniors looking to participate in exercise, crafts, and social activities.”

In celebration of Silver Harbour's 50th Anniversary

ElderCollege

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

- Books Unlimited Book Club
- Changing Demographics of Canada
- History From A to Z in 3
- What's News

Detailed descriptions of these programs are available on page 23.

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

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

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)

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)

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

The Changing Demographics of Canada: 1945-2045

This course follows Canadian demographics from the 1941 census to 2041. It looks at the social, economic and political impacts of various demographic cohorts during that century, especially the Baby Boomers, and the emergence of multiculturalism through expanded immigration since the 1970s. Attention is paid to Indigenous demographics, especially in the 21st century. Demographic trends from the 2020s to the 2040s are based on Statistics Canada projections.

Fri 10:00 am – 12:00 pm

Oct 4 – 25

Card Room

\$25

History from A to Z in Three

Three well-known and knowledgeable past ElderCollege speakers will cover a wide a variety of topics in history – from turning points in history, such as the asteroid that killed the dinosaurs, to the development of the first vaccine; the history of liquor policy in BC from 1920 – 2020; and close notable U.S. elections over the past 200 years, and the consequences of these (a timely topic for November). Long-time contributors Allan Orr, Ed Kry and Bob Fuhr will enlighten us.

Fri 10:00 – 11:30 am

Nov 1 – 15

Card Room

\$25

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

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	Advanced Watercolour	Basket Weaving
	Osteofit For Life	Meet Local Authors	Table Tennis	Osteofit For Life	Choir
			Woodcarving	Stained Glass	Changing Demographics
				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
	Healthy People, Healthy Planet	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	Mythos	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