

THE CENTRE POST



Silver Harbour Seniors' Activity Centre
2325 St Georges Ave, North Vancouver, BC V7L 0K2
www.silverharbourcentre.com tel: 604-980-2474

October 2026



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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!



2325 St Georges Ave
North Vancouver, BC
V7L 0K2

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre



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,
Skwxwú7mesh Úxwumixw (Squamish),
səlilwətał (Tsleil-Waututh) and
xʷməθkʷəy̓əm (Musqueam) Nations.**

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Our Vision

A Diverse Community that Celebrates Aging

Our Mission

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

Our Values

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

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

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

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

Responsiveness: We welcome new ideas, possibilities and
approaches.

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

Staff

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

Board of Directors

Arthur Davies, Director	Brenda Harrison, Director
Doug Blakeney, Treasurer	Leanne Roy, President
Misha Adib, Director	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, Director
Ritch Seeley, Director	Ron Needham, Vice-President
Shideh Shadfar, Director	Virginia Baldwin, Director

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Welcome to the New Silver Harbour!

A big thank you to all who were able to attend our September 8th New Building Opening Event. You'll find below the speeches made by Silver Harbour President Richard Gauntlett and Executive Director Annwen Loverin.

"Good afternoon and welcome to Silver Harbour in our magnificent new home. For years this was a set of plans and a dream. Today it's a testament to what hard work, vision and belief can achieve. This building is more than walls, windows and a roof. It is a place built on commitment, respect, and community. To all who helped shape it, this space belongs to you. You helped pave the way to bring us to this moment. The design allows for so much light and we see the symbolism in this as we look ahead to an exciting future. I would like to offer some acknowledgements. First, the place we are on is the ancestral land of the Squamish, Tsleil-Waututh and Musqueam people. Then there are our partners, the City of North Vancouver who built the centre and who, together with the District, help to provide funding to keep our programs affordable. The North Vancouver Recreation and Cultural Commission is working with us to provide the best possible range of opportunities. And, of course, thank you to the many donors whose generosity has enabled us to furnish and equip our new Centre. And, as always, our amazing staff and volunteers.

Today marks the end of a long journey of more than 50 years in our old centre and the beginning of a new journey into the future. We know that the needs of seniors will increase. In an increasingly divided world, we will help to bring people together and to embrace new opportunities to serve our community. We are a gathering place for older adults and for those they love. With our 70+ programs we offer a warm, nutritious meal, a friendly conversation, a new craft to try, a new learning opportunity, new friendships and connections and a place to truly belong. There is so much more. You simply have to try it out. We recognise and celebrate the diversity in our community and are fully committed to reach out to everyone and to serve with as wide a range of programs and services as our resources and our imagination will allow.

In conclusion, again thank you to everyone whose hard work and vision brought this dream to life. Now let's open our doors and begin this wonderful new adventure together."

- *Richard Gauntlett*



"I would like to thank everyone who has contributed to this major milestone in the history of Silver Harbour Seniors' Activity Centre. As you can imagine, constructing, furnishing and moving to a new building requires the wisdom, hard work, and dedication of hundreds of people. I'd like to take this opportunity to thank the individuals, companies and organizations who:

- Nearly 20 years ago identified the need for Silver Harbour to replace our building in the coming years
- Assessed the growing seniors' demographic and future seniors' program and service needs
- Provided partnership and collaboration to build within the Harry Jerome lands
- Designed, room by room, a building that met the needs of programs for older adults, both now and in the future
- Identified specific building features that increase accessibility, inclusion and impact
- Prepared the legal documentation for this transition
- Attended one of the many new building information sessions to learn more about our new building and move
- Helped close down our programs and services in our old building and restart them in our new one
- Researched and helped us implement the best way to support our staff, volunteers, participants and community members during this tremendous transition
- Built a building for us that is not only beautiful but functional and durable
- Donated to our fundraising campaign to furnish and operate our new building, to date totalling over \$500,000
- Recommended and helped us purchase specific equipment, furniture and furnishings for our new Centre
- Sorted program supplies and packed items, including over 800 boxes of program supplies
- Moved us over to our new building
- Helped us feed volunteers and program participants while both buildings were closed
- Hosted our programs in other locations while our closure was extended due to construction delays
- Assembled and installed dozens of tables, shelves, cupboards, and many other pieces of furniture and learned how to use our new equipment
- Unpacked everything we moved over to our new building
- Set up all the different program rooms including our kitchen
- Taught us (and are still teaching us) how to operate the diverse systems in our new building
- Gave tours, answered questions, helped people navigate our new building, and planned and supported our various special events
- Were patient, kind, positive, hardworking, persistent, and resilient during our old building closure, move, and opening of our new building
- And, last but not least, have come here today to celebrate this tremendous opening of the new Silver Harbour with us"

- Annwen Loverin

AGM Recap

A big thank you to everyone who was able to attend the Silver Harbour Annual General Meeting (AGM) on September 14th. Members approved past meeting minutes, received audited financial statements, and appointed our auditor for the 2026-27 fiscal year. We also presented our directors' report that outlines Silver Harbour's past successes and challenges, and our plans for the future. Your 2026-27 Silver Harbour Board of Directors is as follows: Leanne Roy (President), Ron Needham (Vice-President), Doug Blakeney (Treasurer), Margaret Coates (Secretary) and Directors Arthur Davies, Brenda Harrison, Misha Adib, Naseem Amarshi, Richard Gauntlett, Ritch Seeley, Shideh Shadfar, and Virginia Baldwin.

A Brief Summary of the Directors' Report Presented to the AGM

Silver Harbour has provided programs, services, and connections for local seniors at our building at 144 East 22nd Street for more than 50 years. This year, we continued our strong tradition of celebrating aging and helping seniors thrive while simultaneously planning and implementing our move to our new facility at 2325 St Georges Ave. Our more than 75 supportive and inclusive programs and services provide a wide range of benefits to participants including improved social connectedness, well-being, resilience, sense of purpose and belonging. We have continued to offer many of our long-standing high quality and beneficial programs while also adding, piloting, or expanding new ones. This year, we won the North Shore News Readers Choice award for favourite seniors service and a City of North Vancouver Best Youth Friendly Biz Award

This year our staff team was joined by a kitchen assistant and two Canada Summer Job program assistants, as well as a building assistant during our move to our new facility. Our head chef, Zoltan, retired this year and our assistant chef, Don, has moved into the head chef role. Over 200 volunteers continue to lend their skills, expertise and support in every facet of our programming and operations and our Board of Directors continues to provide their guidance in the fulfillment of our mission.

To fund Silver Harbour's operations and programming, we seek out a wide variety of financial resources. We are extremely thankful to all our funders, sponsors, and donors including: the City of North Vancouver and the District of North Vancouver, the Government of Canada, BC Ministry of Health, and Vancouver Coastal Health, PARC Retirement Living, and the many individuals, foundations, organizations and businesses who support us. Our thanks also go to those who have donated to support equipping and operating our new centre. Donations of \$1,000 and over are listed on our donor wall in our lobby, while those \$15,000 and more are recognized with individual program rooms. You can also plan ahead to support Silver Harbour in future years by remembering us in your will, with a percentage of your estate, specific dollar amount, piece of property or securities.

This year we have been focusing a lot on our move to our new facility, including information sessions, holding a closing event, pausing and restarting our programs, downsizing, moving and setting up our equipment, furniture and program supplies, learning to operate our new facility, shutting down our old building and

handing it over to the City of North Vancouver, and celebrating the opening of our new building. While we projected a three week period between ending our programs at our old building and opening our new facility, due to construction delays this grew to an eight week period. We understand that this was a stressful and difficult time for many local seniors and it is certainly not how we planned our transition. We are grateful that we could restart some of our programs in multipurpose rooms in Harry Jerome before our building was and greatly appreciate all the help we have received from City of North Vancouver staff during the transition. In addition, we are thankful for all those who went above and beyond to help us with the many phases of our move, including our packing, assembly and unpacking teams, our celebrations working group who planned and implemented special events, and our welcoming working group who provide information, tours and navigation at our new building.

Now that we are settled in our new building, we are excited to continue implementing our strategic plan by expanding our beneficial and important programming in an even more welcoming and inclusive environment. We will be enhancing our profile and engaging yet more seniors in our programs. And we will be strengthening our partnerships, growing our funding base and increasing our volunteer engagement to make this happen. We thank everyone who has helped and supported us through this milestone transition to our new building and all who continue to engage with and support us.

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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 21st, 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 20th, so please drop off your baking that morning. An ingredients list is appreciated for anyone with food allergies.

Used Clothing and Small Household Goods

Silver Harbour is always looking for good quality, gently used women's clothes and small household goods. 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

Holiday Closing

Silver Harbour will be closed on Monday, October 12th for the Thanksgiving long weekend, re-opening at 9:00 am on Tuesday, October 13th.

Daytime Dance Cancelled – November 10th

Please note: Daytime Dance is cancelled on Tuesday, November 10th, so the Silver Harbour choir can present their special Remembrance Day concert.

Have You Made
a Plan yet?

If not, give our family a call



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Our Family Serving Yours
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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.

Used Cards

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



BETTER MEALS

Serving Our Communities Since 1993

Waitlist Information

Our programs are very popular and often fill up quickly. If a program is full, you may add your name to the waitlist. If a space becomes available due to a cancellation, we will contact participants on the waitlist. Please make sure your current email address and phone number are on file so that we can reach you if a spot becomes available.

Please note that waitlists do not carry over to the next registration period. If you are on a waitlist and do not receive a spot during the current session, you will not automatically be placed at the top of the waitlist for the next session.

Thank you for your understanding and for helping us keep the registration process fair and organized for everyone.

No Food or Drinks in the Art Studios

Please do not bring food or drinks to the Art Studio, Weaving Studio and Pottery Studio unless they are in a personal or take away container. Please dispose of all containers in the bins before leaving the room. Thank you for helping us keep our rooms clean!



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In the Community

City of North Vancouver – All Candidates Meeting

This all-candidates meeting for the City of North Vancouver municipal election will be on Monday October 5th, from 11 am to 2 pm, at the North Vancouver City Library. Participants will have the opportunity to send their questions in advance. The seating capacity is limited to 60 so please confirm your attendance early by emailing Rakhshanda Ansari, Seniors and Accessible Services Librarian, at ransari@nvcl.ca.

The Great BC ShakeOut 2026

Earthquakes are common in BC. Thousands are recorded each year, and while most are too small to be felt, damaging earthquakes can happen.

On Thursday, October 15 at 10:15 am, join thousands of people across the province for the Great BC ShakeOut and practise Drop, Cover and Hold On. Knowing what to do when you feel shaking--or receive an Earthquake Early Warning alert on your phone, TV or radio--can help you respond quickly and safely. Sign up for the drill at ShakeOutBC.ca.

Use October to take another step toward being prepared: make or update your emergency plan, gather emergency supplies and learn what to do before, during and after an earthquake. Visit nsem.ca for preparedness information.

Looking for an upcoming preparedness presentation? Visit [NSEM's workshops and events page](#) for sessions taking place across the North Shore.



Daily Menu for October

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$10 Full Meal Combo: \$14 Soup: \$3 Sandwich: \$5			1 Cod Nuggets	2 Lamb Shank
5 Chicken a la King	6 Spaghetti & Meatballs	7 Cottage Pie	8 Salmon	9 Roast Turkey
12 Thanksgiving Silver Harbour CLOSED	13 Perogies & Sausages	14 Turkey Schnitzel	15 Chicken Parmesan	16 Fish & Chips
19 Cajun Prawns	20 Cod Loin	21 Beef Stew	22 Lasagna	23 Chicken Cordon Bleu
26 Pork Loin	27 Bami Goreng	28 Breaded Chicken	29 Irish Lamb Stew	30 Barbecue Chicken & Ribs

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: 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 7th
1:00 – 2:30 pm
Multi-Purpose Room
Free of charge,
but you must pre-register

Sound Advice

This monthly program includes a series of informal workshops and discussions for people who are hard of hearing. Discussion topics include technology, speech reading, coping strategies, improving relationships, improving hearing environments and more.

Monday, October 19th
1:00 – 2:30 pm
Gathering Room
Free drop-in

Falls Prevention

Falls are the leading cause of injury among seniors, but the good news is that many can be prevented with simple changes and greater awareness. Presented by Rachelle Sunga of Right At Home Canada, this seminar will educate us about what leads to falls and small adjustments that have a big impact on safety and confidence at home. You'll leave with practical tips, easy home safety ideas, and a renewed sense of control over your independence.

Monday, October 26th
10:00 – 11:00 am
Multi-Purpose Room
Free of charge,
but you must pre-register

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Book Club

The Book Club meets monthly to discuss a pre-selected book. Books are available to sign out at the previous month's meeting – they must be returned at the meeting.

Monday, October 26th

1:00 – 2:00 pm

Gathering Room

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

“Oktoberfest Before Dark”

It's time to dust off your lederhosen and raise your stein to celebrate Oktoberfest at Silver Harbour. The Bavarian Boys 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 \$12 and must be purchased in person (no phone orders).

Monday, October 26th

1:30 – 3:30 pm

Auditorium

\$12 per ticket

Tickets went on sale Monday, Sept 28th!

OASIS Arthritis: Foot & Ankle Arthritis

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

Wednesday, November 4th

1:00 – 2:30 pm

Multi-Purpose 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.

Tuesday, November 10th

1:30 pm

Auditorium

Free of charge

Tax Planning for Assisted Living and Long Term Care

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities. Presented by David Perkins of Assante Financial Management.

Monday, November 16th

10:00 – 11:30 am

Multi-Purpose Room

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

Tech Connect: Transportation & Navigation With Technology

Do you want to learn about public transportation options across the Lower Mainland? Or about the navigation technology to use it, like Google Maps? Join us for this introductory course that will cover using TransLink - buses, Skytrain, SeaBus – using TransLink's preferred partner: the Transit App as well as Google Maps.

Tuesday, November 17th

10:00 – 11:30 am

Multi-Purpose 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! Are you looking for ways to help out with our Christmas Market? We are looking for donations of quality crafts, ladies clothing and accessories, small household items, and baking. We also need volunteers to help with set up and distributing posters. See page 6 for more details on how to help.

Saturday, November 21st

10:00 am – 2:00 pm

Free admission

Trips & 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 on St Georges Ave.

Manning Park Fall Colours

With Enjoy Tours

Registration began on

Tuesday, Sept 1st

**SORRY,
FULL**

Heading to Manning Park, we will drive through the scenic fall colours of the Cascade Mountains. Have lunch at the Manning Park Resort, before heading to Lightning Lake for a walk along its shores.

Wednesday, October 7th

8:30 am – 6:30 pm

\$109 members; \$119 non-members

Harrison Bald Eagle Tour

With Enjoy Tours

Registration begins on Thursday, Oct 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 Creek and at the Chehalis River Salmon Hatchery. Lunch (included in price) will be at River's Edge Restaurant.

Wednesday, November 25th

7:30 am – 4:15 pm

\$129 members; \$139 non-members

Please buy your tickets before Nov 18th
or the trip may be cancelled.



Programs & Workshops

Acrylic Painting

Silver Harbour Membership Required

Explore acrylic painting while creating a beautiful floral artwork on canvas. Over 4 sessions, you'll learn painting techniques, colour mixing and composition, while developing your own floral painting. Most supplies are provided. Please check with the front desk for a list of the few supplies you will need to bring.

Fri 1:00 – 3:00 pm

Oct 23 – Nov 13

Large Arts Studio

\$55/4 classes

Chair Yoga

Silver Harbour Membership Required

In this class students will explore meditative breathing, functional postures and stretches, as well as guided relaxation. No experience is necessary and all movements can be performed from the safety and comfort of a chair, with options to stand while using the chair as support. Students can experience the same benefits of other yoga classes, such as improved balance, strength, and mobility while learning techniques to calm the mind and body. All levels and abilities are welcome. Participants should bring their own yoga mat.

Wed 1:00 – 2:00 pm

OR

Wed 2:15 – 3:15 pm

Nov 4 – Dec 9 (no class Nov 11)

Mountainview Room

\$40/5 classes

ElderCollege

Presented By PARC Retirement Living

Silver Harbour Membership Required

We are pleased to offer ElderCollege at Silver Harbour. Programs this fall include:

- Books Unlimited Book Club
- Champions Fall Series:
Human Geography & Environment
- Geological Rambles
- History in Five
- Meet Our Local Authors
- What's News

Detailed descriptions of these programs are available on pages 19-21.

Do you have a suggestion for an ElderCollege program? Please contact holly@silverharbourcentre.com for information about the ElderCollege Program Planning Committee.

Kumihomo Workshop

Silver Harbour Membership Required

Discover the beautiful Japanese art of Kumihomo, a traditional technique of braiding colourful threads to create intricate cords. In this hands-on one-day workshop, learn the basics and create your own beautiful braid to take home. No experience necessary. All supplies and instruction provided

Fri, Oct 16

1:00 – 3:00 pm

Large Arts Studio

\$15

Memory Café – Living Well With Memory Loss

Registration began on Tuesday, Sept 1st

Memory Arts 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. Silver Harbour membership not required.

Mon 1:30 – 3:30 pm

Oct 5 – Nov 30 (no class Oct 12)

Mountainview Room

\$99/pair



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 6 – Dec 18

Gathering Room

\$60/6 classes

(Rate is for one person and their care partner)

Registration begins Oct 23



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

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778-522-1544 (Ruben)

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Pottery – Open Studio

Silver Harbour Membership Required

Supported, non-instructional, co-operative studio environment

Intermediate+

Explore the world of clay within a co-operative studio environment. New participants: Call to book an orientation with the Arts Coordinator.

Tues & Thur 1:00 - 3:00 pm

Nov 3 – Dec 10

Pottery Studio

\$30/season

Registration begins Tuesday, October 20

Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre. All participants must review and sign off on the pottery guidelines, which will be provided at the first session.

Rigid Heddle Weaving Program – Part 2

Silver Harbour Membership Required

This follow-up course is designed for students who have completed Rigid Heddle Weaving Part 1 and are eager to deepen their skills. Over the session, you'll gain more hands-on practice, explore new techniques, and build confidence working with your rigid heddle loom.

Thurs 1:00 – 3:00 pm

Oct 8 – Nov 26

Small Arts Studio

\$30

Advanced Watercolour (Florals)

Silver Harbour Membership Required

Take your watercolour skills to the next level in this 3-session advanced course, focused on painting florals. Across the sessions, you'll explore and practice a range of watercolour techniques to create beautiful, expressive flowers, with guidance on colour, layering, brushwork, composition and detail. This course is designed for those who already have some experience with watercolour and would like to develop their technique and confidence while creating floral artwork. Please bring your own watercolour supplies. Need a little guidance? A supply list is available at the front desk.

Tues 10:00 am – 12:00 pm

Nov 3 – 17

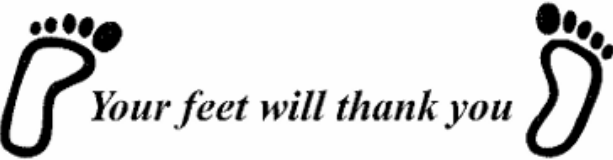
Large Arts Studio

\$20

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Watercolour Painting (Beginner)

Silver Harbour Membership Required

Discover the beauty and flow of watercolour painting in this inspiring 3-session beginner course! Learn the fundamental techniques of working with watercolour, including colour mixing, brush control, layering, washes, and creating texture and depth. Through guided exercises and creative exploration, you'll build confidence while developing your own artistic style. Perfect for beginners and those looking to refresh their skills, this course offers a relaxed and supportive environment to experiment with this versatile medium. Supplies not included – pick up a supply list at the front desk.

Mon 1:00 – 3:00 pm

Oct 19 – Nov 2

Large Arts Studio

\$20

Weaving Studio

Silver Harbour Membership Required

Our Weaving Studio is equipped with 4-shaft and 8-shaft floor and table looms.

Registration opens October 20 for the next Weaving Studio session, which runs

November 2 – December 23

\$30



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Books Unlimited Book Club (On Zoom)

Silver Harbour Membership Required

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. The book list for this fall includes:

- Sept 9 – “Moby Dick” by Herman Melville
- Oct 7 – “Book of Lives” by Margaret Atwood
- Oct 28 – “When We Were Orphans” by Kazuo Ishiguro
- Nov 18 – “The Covenant of Water” by Abraham Verghese
- Dec 9 – “Everything There Is” by M.G. Vassanji

Wed 1:30 – 3:00 pm
\$30

“Champions” Fall Series: Human Geography & Environment

Silver Harbour Membership Required

A lecture series focused on our human environment and history.

Mon 1:30 – 3:00 pm

Oct 5 – Nov 9

Multipurpose Room

\$30

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Geological Rambles

Silver Harbour Membership Required

This course consists of 4 field trips to locations within local parks or nature areas containing interesting and significant rock exposures. Led by Lindsay Bottomer, P.Geo., who has over 45 years experience working in mineral exploration worldwide, participants will learn about the history and geological evolution of the region.

Participants provide their own transportation. A moderate level of fitness and mobility is required, as the course takes place outside on natural terrain with some steep, uneven ground. The course will proceed regardless of weather conditions, so please dress accordingly. Walking poles and sturdy footwear are recommended.

Thurs 9:50 am – 12:00 pm (approx.)

Oct 8 – 29

\$30

Exact locations and directions will be emailed to registrants.

History In Five

Silver Harbour Membership Required

We are fortunate to have 4 of our past speakers returning this fall to our history course, with a new speaker who has been a regular attendee of this class. Topics will cover local history including Bowen Island by Jack Little, and a talk on Dave Barrett by Elizabeth Moran. Farther afield, Bob Fuhr will give a talk on the Mexican War of 1846-48. Ed Kry will entertain us with a history of medical achievements, and Allan Orr will cover a very timely topic on the history of Alberta Separatism. It promises to be an interesting series again this fall.

Fri 10:00 – 11:30 am

Nov 6 – Dec 4

Multipurpose Room

\$30



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Meet Our Local Authors

Silver Harbour Membership Required

This fall's authors will present their stories and tell of their experiences of the writing process. There will be stories on a wide variety of topics, ranging from fun to tragedy – from a well-known local cartoonist to an account from a survivor of Hiroshima. Other talks will include an archaeologist's beginners guide to archaeology in B.C., a gardening enthusiast speaking about gardens in Vancouver and roses of the Pacific Northwest; and a former creative writing teacher whose work, poetry and prose have been published nationally and internationally. We also hope to have as our last speaker a well-known impresario who will speak about the beginnings and development of the very popular Bard on the Beach theatre festival, for which he has played a key role.

Tues 10:00 – 11:30 am

Oct 6 – Nov 10

Multipurpose Room

\$30

What's News

Silver Harbour Membership Required

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 17 – Dec 10

Multipurpose Room

\$30



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Silver Harbour Fall Program Schedule

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