

# 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

June 2026



## We're moving in July!

Come to our 'Closing the Door at 144' event, Mon June 22<sup>nd</sup>

Thank you to

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and our website.

Thank you to the

**city**  
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and

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for helping to fund the  
operations of Silver Harbour.



## *Now Is The Perfect Time for Seniors to Rent*

With the cost of homeownership continuing to rise in B.C., renting in an independent seniors' community may be the best choice for your stage of life. Here are six signs it might be the right time to make the move:

**1. Home maintenance feels overwhelming.**

Yard care, repairs, and upkeep are tougher than they used to be.

**2. You want more quality time with family and friends.**

Less time spent managing a home means more time spent doing the things you love.

**3. Getting around isn't as easy as before.**

Live in a centrally-located community that offers complimentary transportation.

**4. You're spending more time alone.**

A vibrant community brings connection, social events, and a sense of belonging.

**5. You're concerned about safety at home.**

Secure buildings and 24/7 staff can offer real peace of mind.

**6. You'd like more financial flexibility.**

Unlocking your home equity can give you the freedom to enjoy life.

*Learn more about renting at PARC, the Lower Mainland's best active living community for aging adults: [parcliving.ca](http://parcliving.ca)*

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# Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 75 seniors' programs and services. If you have questions about programs or would just like to connect, we'd love to hear from you by phone, in person or by email!



144 East 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](#)

 [SilverHarbourC](#)

## Centre Opening Hours

Silver Harbour is open Monday to Friday, 9 am to 4 pm, except for statutory holidays and scheduled closures.

## Our Code of Conduct

At Silver Harbour, everyone is expected to be...

- respectful and considerate
- welcoming and inclusive
- responsible and safe

and to help uphold our vision, mission and values. If you have questions or concerns, please talk to a staff member.

**Silver Harbour gratefully operates on the traditional and unceded territory of the, SłwɁxwú7mesh Úxwumixw (Squamish), səliłwətał (Tseil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.**

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## Our Vision

A Diverse Community that Celebrates Aging

## Our Mission

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

## Our Values

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

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

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

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

**Responsiveness:** We welcome new ideas, possibilities and approaches.

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

## Staff

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

## Board of Directors

Arthur Davies, Director	Brenda Harrison, Director
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Shideh Shadfar, Director	Virginia Baldwin, Director

# Silver Harbour Bulletin Board

## Welcome Alex and Eva

This year we are lucky to have 2 Canada Summer Jobs students, funded by Employment and Social Development Canada. Eva and Alex will help us with our move, and all the extra events, promotion, and tasks that come with it. If you see them around Silver Harbour, please say hello!

## Going Live At 2325!

We are a little bit closer to moving into our new building at 2325 St Georges Ave. Our last day of programs in our current building will be Friday June 26<sup>th</sup>. Then for about 3 weeks, staff and designated volunteers will be the only ones in our buildings, making the move happen with the help of professional movers. We look forward to welcoming you to the new building starting the week of July 20<sup>th</sup>, all being well with our move. Don't forget the Grand Opening celebrations for Harry Jerome and Silver Harbour on Saturday July 25<sup>th</sup> – everyone is welcome. Look for the latest updates in our July newsletter, on our Facebook and Instagram, or in emails we'll send to members and people on our e-newsletter list. This is a great time to make sure our front desk has your email address so we can keep you in the loop.

## Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: join us on June 1<sup>st</sup> and 15<sup>th</sup>, 11:45 am to 12:30 pm.

## Timeline of Silver Harbour's Move



## Pausing Thrift Donations

We have now paused all donations to our Clothes Closet and Boutique, so we can get ready for the move to our new building. Please don't bring us any thrift donations until we are in our new building.



**50% OFF**

**MOVING SALE!**

Everything in the Silver Harbour Boutique and Clothes Closet is 50% off in May & June

## Garden Rescue!

Silver Harbour has partnered with Lynn Valley Garden Club to rescue lots of our garden plants when we move. Please do not dig anything out of our garden. Instead, go to the next Lynn Valley Garden Club Plant Sale in May 2027 to buy Silver Harbour's rescued plants.

## Become a Flower Bulb Volunteer

Every spring the City of North Vancouver donates their used flower bulbs to Silver Harbour, where a group of dedicated volunteers helps to sort, dry and package the bulbs. The "repurposed" bulbs are then sold, as a fundraiser for Silver Harbour. If you're interested in helping out, please leave your name and phone number on the clipboard at the front desk.

## Newcomer Seniors

### Creative Connections Program

We are excited to announce the next cohort of our Newcomers Art Program beginning in August! This free 8-week program offers seniors the opportunity to explore a variety of creative arts in a welcoming and supportive environment while connecting with others in the community.

Newcomers to Canada aged 55+ who have limited or no English language skills are welcome to apply. Participants should be interested in attending and committing to all 8 sessions. Space is limited. Please add your name and information to the list at the front desk.



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## Learning from Others: *Preparing for Our Move*

As part of a research project with Simon Fraser University, we have been learning from other seniors' centres that have experienced similar moves.

These insights are helping us explore how Silver Harbour can support belonging and connection during our move.

1



### Belonging Shapes the Experience of Change

#### What we heard and learned

- Continuity in routines, activities, and relationships helps people feel connected and at ease.
- New spaces can feel unfamiliar at first, and friendly faces and familiar routines can help people adjust.



#### What we're doing



**Staff, volunteers, and Welcome Hosts** will help members feel supported and oriented in the new space.



**Programs will restart gradually** after the move, with some beginning right away and all programs expected to return by early September.



**Celebration activities** will help honour Silver Harbour's history and memories.

2



### Staying Informed and Involved

#### What we heard and learned

- Clear communication and opportunities to ask questions help people feel more confident and connected during change.
- Receiving information in different ways helps people feel informed, prepared, and supported.



#### What we're doing



**We have hosted information sessions** where members could learn more about the move, ask questions, and share feedback.



**There are lots of opportunities to get involved** in move preparations, including becoming a Welcome Host, helping plan celebrations, or supporting move-related events. Ask staff to find out more!

3



### Relocation Affects Who Participates and How

#### What we heard and learned

- Keeping the centre welcoming and accessible remains important during the move.
- A new location may help more people discover the centre and participate in programs and activities.



#### What we're doing



Our **Community Relations Committee** continues supporting inclusion and accessibility as we prepare for the move.



We will take part in Harry Jerome Recreation Centre celebrations in **July** and host our own welcome event in **September** to connect with more people in the community.

# EXTREME HEAT

Some people are more affected by the heat than other people. Those who may need extra care include people over age 60, people who live alone, people with certain health conditions or disabilities, people who use substances, people on certain medicines, people who are pregnant, and young children.



## Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

## Signs of Heat Stroke

- High Body Temperature
- Drowsy or Fainting
- Confused
- Less Coordinated
- Very Hot and Red Skin

### Anyone with these signs:

- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

### Anyone with these signs: **Call 9-1-1**

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.



The best way to prevent a heat-related illness is to spend time in a **cool space**.



## Cool Off

- Go somewhere with air conditioning such as a library, community centre, café, or someone else's home.
- Cool off with water. Take a cool shower. Sit in or put your feet and legs in a cool bath. Wear a wet shirt. Put damp towels on your skin.
- Never rely on fans as the only way of cooling your body during extreme heat. Fans cannot directly lower your body temperature or prevent heat illnesses.



## Keep the space cool

- Keep shades and blinds closed during the day.
- If you have air conditioning, keep windows closed to trap cooler air inside.
- If you don't have air conditioning, open windows at night to let cooler air in. Use fans in front of open windows to pull cooler air from outside into your home.



## Check-In

- Notice how you feel and watch for signs of heat illness in those around you.
- Monitor the indoor temperature.
- At least 2 times a day, check in on those at risk for heat illness.



## Dress for the heat

- Wear clothing that is loose-fitting, light-colored, and breathable.



## Hydrate

- Drink plenty of water.
- Offer water often to those in your care.



## Plan ahead and stay informed

- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.

Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: [vch.ca/heat](http://vch.ca/heat)

MAY 2023

During the summer months both heat and wildfire smoke can be a health concern. Find out more about air quality: [vch.ca/wildfiresmoke](http://vch.ca/wildfiresmoke)



The views expressed herein do not necessarily represent the views of Health Canada.

## In the Community

### Trolley Days: Heritage In Motion

North Van Arts invites you to “Trolley Days: Heritage in Motion”, a free family-friendly outdoor festival at Shipbuilders Square June 6<sup>th</sup> and 7<sup>th</sup>. This event celebrates the North Shore’s diverse history through theatre, music, dance, indigenous performances and hands-on activities. Visitors can enjoy performance throughout the day, and join guided heritage-style trolley tours for an additional fee. For more information - [Trolley Days: Heritage in Motion 2026 - North Van Arts](#).



### Join the SWAN Climate Study

The Simon Fraser University [SWAN-Climate](#) Study (Stakeholders’ Walkability/Wheelability and Access in Neighborhoods) is exploring how warm weather affects walking and mobility for older adults in North Vancouver neighbourhoods during the month of June. Researchers are looking for adults aged 55+, including those who experience mobility-related difficulties.


Participation involves three sessions:



- A pre-meeting (approximately 1 hour)
- A walk-along interview while wearing small temperature sensors (approximately 1– 1.5 hours)
- A follow-up discussion (approximately 1 hour)

Participants will receive \$100 upon full completion of the study.

If you are interested in learning more or participating, please contact:

Letitia Zhu at [letitia\\_zhu@sfu.ca](mailto:letitia_zhu@sfu.ca) or 604-782-0525 or Sasha Rodriguez at 778-862-5403.





### Climate and Mobility Study Recruitment

SFU and UBC researchers are exploring how **warm weather** affects **walking for older adults** in their neighbourhoods. Participants will receive **\$100 (cash)** for the full completion of the study.

Who Can Join?	What will you do?
<ul style="list-style-type: none"> <li>Adults 55 or older</li> <li>Have a mobility-related difficulties (e.g., difficulty walking, climbing stairs, balance issues, or pain)</li> </ul>	<p><b>1) Pre-Meeting (1 hour)</b></p> <ul style="list-style-type: none"> <li>Learn about the study</li> <li>Consent &amp; survey</li> <li>Choose walking route within study area</li> </ul>
<p style="text-align: center; background-color: #008080; color: white; margin: 0; padding: 5px;"><b>Contact Us!</b></p> <div style="border: 1px solid red; padding: 5px; margin: 5px 0;"> <p>Letitia Zhu (Project Coordinator)  <b>604-782-0525</b>  <a href="mailto:letitia_zhu@sfu.ca">letitia_zhu@sfu.ca</a></p> </div> <div style="border: 1px solid red; padding: 5px; margin: 5px 0;"> <p>Sasha Rodriguez (Research Assistant)  <b>778-862-5403</b></p> </div>	<p><b>2) Main Session (1-2 hours)</b></p> <ul style="list-style-type: none"> <li>Walk-along interview and short survey</li> <li>Wear small temperature sensors</li> </ul> <p><b>3) Follow-Up Session (1-2 hours)</b></p> <ul style="list-style-type: none"> <li>Discuss early findings</li> </ul>

Study #H21-01234  
 PI: Dr. Atiya Mahmood Email: [amatmood@sfu.ca](mailto:amatmood@sfu.ca)

## North Shore Seniors' Health Expo

Visit the 8<sup>th</sup> annual free North Shore Seniors' Health Expo featuring exhibitors, innovative speakers, and researchers focusing on cognitive, physical, social, financial, and nutritional well-being.

Friday, June 19, 2026 9 am–3:30 pm  
West Vancouver Seniors' Activity Centre (695 21st Street) and West Vancouver Community Centre Gymnasium (2121 Marine Drive)



## Cycling Without Age North Shore

Cycling Without Age is a global movement started in 2012 in Denmark with the aim of improving the lives of older adults and helping them to break free from social isolation. Cycling Without Age North Shore was established in 2019 as a program of Silver Harbour Seniors' Activity Centre, serving North and West Vancouver.

At Cycling Without Age North Shore, our mission is to promote well-being by sharing the beauty of nature and the joy of new friendships. We offer enriching free rides through scenic forest trails, bringing together people with mobility challenges, and those who seek community connection regardless of age or ability. Most of our free rides are organized through 21 seniors' residences and care organizations but in 2026, we plan once again to host public rides at Seymour Demonstration Forest (Lower Seymour Conservation Reserve), Bridgman Park (Lynn Creek). and Ambleside Park. Morning and afternoon sessions on the following dates:

### Seymour Demonstration Forest

- July 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup>
- August 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>

### Bridgman Park:

- June 19<sup>th</sup>, July 17<sup>th</sup>, August 14<sup>th</sup>,  
September 11<sup>th</sup>

### Ambleside:

- June 26<sup>th</sup>, July 24<sup>th</sup>, August 21<sup>st</sup>,  
September 18<sup>th</sup>

To book **free rides** email Eva at: [cwarides@silverharbourcentre.com](mailto:cwarides@silverharbourcentre.com) or phone 604 980 2474.

## Daily Menu for June

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Salmon with Tiger Prawns	<b>2</b> Perogies & Sausages	<b>3</b> Turkey Schnitzel	<b>4</b> Cottage Pie	<b>5</b> BBQ Ribs & Chicken
<b>8</b> Tiger Prawns	<b>9</b> Chicken a la King	<b>10</b> Meatballs Valenciana	<b>11</b> Pork Stew	<b>12</b> Lamb Shank
<b>15</b> Cod with Tiger Prawns	<b>16</b> Duck Breast	<b>17</b> Beef Patty with Mushrooms	<b>18</b> Lasagna	<b>19</b> Roast of Pork Loin
<b>22</b> Fish & Chips (NOTE: today lunch ends at 12:30!)	<b>23</b> Beef Stew	<b>24</b> Chicken Breast	<b>25</b> Shepherd's Pie	<b>26</b> Chicken Cordon Bleu
<b>29</b> Silver Harbour CLOSED	<b>30</b> Silver Harbour CLOSED	<b>Entrée: \$10</b> <b>Full Meal Combo: \$14</b> <b>Soup: \$3 Sandwich: \$5</b>		

*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

### New Building Info Session

Silver Harbour is moving into our new building this July. Come to this information session to hear about the various features of our new building, how we will furnish and equip it, the timeline for our move and programs, and much more. We will also have a presentation by PhD candidate, Becky White, about the mental and emotional process of this big change for Silver Harbour. This is a great opportunity to learn more and have your questions answered about our new building and move.

**Monday, June 8<sup>th</sup>**

**1:00 – 2:30 pm**

**Auditorium**

### 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, June 22<sup>nd</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free drop-in**

### Closing the Door at 144 Event!

After more than 50 years in our current building, Silver Harbour is moving to our new facility in July. Come celebrate with us as we are 'closing the door' at 144 East 22<sup>nd</sup>. We'll be celebrating Silver Harbour and sharing memories, with fun activities, historical displays, and treats. Everyone is welcome!

**Monday, June 22<sup>nd</sup>**

**1:30 – 3:30 pm (speeches at 3:00 pm)**

**Free of charge, but**

**please register with the front desk**

### Book Club

The Book Club meets monthly to discuss a pre-selected title. This month's book will be "The Thursday Murder Club" by Richard Osman. Members are responsible for finding their own copy of the book. This is the last Book Club meeting until September.

**Monday, June 22<sup>nd</sup>**

**2:30 – 3:30 pm**

**Multi-Purpose Room**

**No charge**

## Trips and Tours

We do not provide reminder calls for bus trips. If a trip is cancelled, we will inform you; otherwise you can assume that it is going ahead as planned. We also suggest that you arrive 15 minutes before the scheduled departure time. All bus trips leave from Silver Harbour – meet at the front entrance.

### Squamish Canyon With Enjoy Tours

**Registration began on Friday, May 1<sup>st</sup>**

Experience the new Squamish Canyon – an immersive forest walk with towering boardwalks, a forest lounge, roaring Mamquam Falls and interactive stories celebrating BC's wild beauty and culture. Activity level is moderate (may include up to 80 stairs). Trip includes Squamish Canyon ticket, lunch at the Watershed Grill, Squamish Old Town, and Sp'akw'us Feather Park.

**Friday, June 12<sup>th</sup>**

**9:30 am – 5:00 pm**

**\$144 members; \$154 non-members**

**Please buy your tickets before June 5<sup>th</sup>**  
**or the trip may be cancelled.**

### A Day in Spain With Ciro Vivancos With Enjoy Tours

**Registration begins on Monday, June 1<sup>st</sup>**

Spend a day with Spanish National Ciro Vivancos, a talented vocalist and trumpet player. Savour a Spanish lunch at Bodega on Main, then continue to Spanish Banks for Ciro's special afternoon trumpet and vocal performance, complete with seaside picnic table dessert and refreshments.

**Tuesday, July 28<sup>th</sup>**

**9:15 am – 4:15 pm**

**\$154 members; \$164 non-members**

**Please buy your tickets before June 26<sup>th</sup>**  
**or the trip may be cancelled**

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## Galiano Island With Enjoy Tours

**Registration begins on Monday, June 1st**

Experience the magic of BC's wild west coast featuring stunning views and marine park trails where local artisans await you on Galiano Island. Trip includes Montague Harbour Marine Park, escorted walk of Gray Peninsula, lunch at the Hummingbird Pub, Galiano Glass Works and the Galiano Museum. Activity level: moderate. Additional \$36 ferry fare for those aged 64 and under.

**Wednesday, August 5<sup>th</sup>**

**8:30 am – 6:45 pm**

**\$164 members; \$169 non-members**

**Please buy your tickets before July 29<sup>th</sup>  
or the trip may be cancelled.**

## Summer Sightseeing Cruise With Enjoy Tours

**Registration begins on Monday, June 1st**

Set sail aboard Vancity Cruises 40 seat double-decker catamaran for a fun 90-minute narrated tour with a live guide, sharing Vancouver's stories and sights. Then savour lunch at The Teahouse in Stanley Park, and visit the Nature House at Lost Lagoon.

**Friday, August 14<sup>th</sup>**

**9:00 am – 4:30 pm**

**\$194 members; \$199 non-members**

**Please buy your tickets before August 7<sup>th</sup>  
or the trip may be cancelled.**



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# Programs

## Keep Fit...

### Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock! Silver Harbour membership not required.

Tue 1:00 – 2:30 pm

Auditorium

No charge

### Line Dance

#### ***Silver Harbour Membership Required***

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Sorry, no drop-ins. **Registration begins June 1<sup>st</sup>.**

#### **Line Dance – Level 1 (Wed)**

This class is for those with no previous line dance experience.

Wed 1:30 – 2:30 pm

Aug 5 - 26

Auditorium

\$22/4 classes

#### **Line Dance – Level 2 (Wed)**

Wed 2:30 – 3:30 pm

Aug 5 - 26

Auditorium

\$22/4 classes

#### **Line Dance – Level 2 (Fri)**

Fri 1:30 – 2:30 pm

Aug 7 - 28

Auditorium

\$22/4 classes

#### **Line Dance – Level 3 (Fri)**

Fri 2:30 – 3:30 pm

Aug 7 - 28

Auditorium

\$22/4 classes

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## Minds In Motion®

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Silver Harbour membership not required.

Fri 9:45 – 11:15 am

Aug 7 - 28

Gathering Room

\$40/4 classes

(Rate is for one person and their care partner)



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## Snooker

### **Silver Harbour Membership Required**

Splendid tables for your use. Everyone from novice to expert is welcome.

Mon through Fri, 9 am to 4 pm

Billiards Room

\$10/July-Aug

## Intermediate Table Tennis

### **Silver Harbour Membership Required**

Get a great workout with this popular sport. Equipment provided. Please note: There has been a change in the pricing structure of this program, and you may sign up for Tuesdays only, Thursdays only, or both days.

**Registration begins June 1<sup>st</sup>.**

Tues 10:00 am – 12:00 pm

Aug 4-25, Auditorium

\$10

AND/OR

Thur 9:00 – 11:00 am

Aug 6 – 27, Auditorium

\$10

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# Expand Your Mind...

## Bingo

Open to the public! Silver Harbour membership not required.  
Thu 1:00 - 4:00 pm  
Auditorium

## Duplicate Bridge

**Silver Harbour Membership Required**  
Play for prizes. Partners required.  
Fri 12:30 - 4:00 pm  
Multi-Purpose Room  
\$4 drop-in



## Cribbage

**Silver Harbour Membership Required**  
Play for prizes. New players welcome. Please arrive a few minutes early, play begins promptly at 1 pm.  
Tues 1:00 – 3:00 pm  
Multi-Purpose Room  
\$5 drop-in

## Tile Rummy

This tile-based game combines elements of mah jong and the card game rummy. Newcomers welcome – instruction will be provided.  
Wed 11:00 am – 12:00 pm  
Auditorium  
\$1 drop-in

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# Social Connection Programs – Please Read Carefully

The programs listed below are made possible with funding from the BC Ministry of Health through the United Way of BC. Going forward, participants may only register in one of these programs. Currently all of these programs are full. **Please put your name on the waitlist and we will contact you when a space becomes available.**

## Circle of Friends

The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required. Please leave your name and number with the front desk and the leader will contact you.

Wed afternoon

\$3 per session

## Current Conversations

Join us for a lively Friday afternoon gathering for seniors. The afternoon will include stimulating conversation, new ideas and laughter – a time to share, connect, and make new friends. Please leave your name and number with the front desk and the leader will contact you. Silver Harbour membership not required.

Fri afternoon

\$3 per session

## Men's Club

Gentlemen, you are invited to join the new Silver Harbour Men's Club program. Join us every Monday morning for lively and stimulating conversation. You will have an opportunity to share your ideas, while meeting up with new and old friends. Interested participants can register by calling the front office at 604-980-2474. A LINKS team member will call you with more information. Silver Harbour membership not required.

Mon morning

\$3 drop-in

## Tea & Talk

Tea and Talk members gather weekly to enjoy lively and fun conversation while meeting and making new friends! There are a few spaces available in this already popular program. The Silver Harbour LINKS Team will provide support to members, such as linking you to transportation options to and from the centre, reminder phone calls and one-on-one volunteer support while in the program. Please register at the office. Joni will contact new participants prior to joining the program. Light refreshments will be served. Silver Harbour membership not required.

Thurs morning

\$3 per session

## Arts Programs (Volunteers)

### Craft & Knitting Volunteers

Supported, non-instructional environment  
All levels

Join this creative volunteer group of crafters in making handmade items for our craft markets. Explore Crafting, Knitting, Crochet, Felting, Sewing and Painting within a supportive, community environment. No previous experience needed, enthusiasm will be an asset. All new volunteers must book an orientation with the Arts Program Coordinator before registering.

Mon & Fri 9:30 am - 12:00 pm  
Large Arts Studio  
No charge. Materials provided.

### Quilting Volunteers

Supported, non-instructional environment  
Intermediate+

Passionate about quilting?  
Join us weekly to craft beautiful quilted items sold at our craft markets. Showcase your skills and connect with other enthusiasts.

Tue 1:00 - 3:00 pm  
Large Arts Studio  
No charge. Materials provided



### Woodworking Volunteers

Supported, non-instructional environment  
Intermediate+

Supervisors: Neil and Robert  
Join this volunteer group of woodworkers to help make handmade items for our Craft Markets. Full range of electric and manual equipment. All new volunteers must book in an orientation before registering. For experienced woodworkers only.

Mon – Fri mornings  
Woodshop  
No charge. Materials provided. Alternatively pay a donation of \$3.00 per visit and make for yourself.

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## Arts Programs (Studio)

### Open Studio

#### *Silver Harbour Membership Required*

Supported, non-instructional environment. Work on your watercolour, printmaking, acrylic, or textile project in welcoming and relaxed atmosphere. **Registration begins June 1<sup>st</sup>.**

Fri 1:00 – 3:00 pm

Aug 7 - 28

Small Arts Studio

\$10

Bring your own materials. Some printmaking supplies, watercolour paper and brushes are available for purchase.

### Wood Carving – Open Studio

#### *Silver Harbour Membership Required*

A haven for beginners and experienced carvers alike. Whether you're new to the craft or refining your skills, our space offers guidance for newcomers and a supportive environment for seasoned artisans. Unleash your creativity, sculpt intricate designs, and join us in the transformative art of wood carving.

**Registration begins June 1<sup>st</sup>.**

Wed 10:00 am -12:00 pm

Aug 5 - 26

Small Arts Studio

\$10

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## Arts Programs (Instructed)

### Basket Weaving – Market Basket

#### *Silver Harbour Membership Required*

Learn the timeless art of basket weaving in this hands-on 4-session course! Guided step-by-step, you'll learn traditional weaving techniques, as you create your own sturdy and beautiful market basket from start to finish. From shaping the base to weaving the sides and adding finishing details, you'll gain practical skills while working with natural materials in a creative and supportive environment. By the end of the course you'll leave with a completed market basket and the skills to continue exploring the craft of basket weaving. Reed will be provided, but you will need your own tools (list available at the front desk). **Registration begins June 1<sup>st</sup>.**

Fri 10:00 am – 12:00 pm

Aug 7 – 28

Small Arts Studio

\$40

### Inkle Loom Weaving

#### *Silver Harbour Membership Required*

Discover the creative world of Inkle Loom weaving in this hands-on beginner course! Inkle weaving is a simple and portable form of weaving used to create strong, decorative bands that can be used for straps, belts, bookmarks, bag handles and more. You will learn how to set up an inkle loom, warp your threads and create beautiful woven patterns using colour and design. **Registration begins June 1<sup>st</sup>.**

Wed 1:00 – 3:00 pm

Aug 5 – 26

Small Arts Studio

\$30



## Learn to Crochet

### ***Silver Harbour Membership Required***

Discover the joy of crochet in this beginner friendly course! Starting with the basics, you'll learn essential stitches and techniques, and how to confidently work with yarn and hooks. As your skills grow, you'll create beautiful granny squares – the foundation for countless handmade projects, including blankets, bags, scarves, sweaters, pillows and more. By the end of the course you will have the skills and confidence to turn simple squares into endless creative possibilities. Please bring your own crochet hooks (size 5 or 5.5) and yarn (cotton dish cloth worsted weight) – supplies will NOT be provided. ***Registration begins June 1<sup>st</sup>.***

Wed 10:00 am – 12:00 pm

Aug 5 - 26

Large Arts Studio

\$20

## Melody in August

### ***Silver Harbour Membership Required***

Join us this August for a joyful music program designed especially for seniors! Sing along to beloved classics, enjoy fun musical games, share memories, laugh, connect and celebrate the music we all love. No musical experience needed – just bring your voice and your smile!

***Registration begins June 1<sup>st</sup>.***

Mon and Wed 10:45 am – 12:00 pm

Aug 5 - 31

Mountainview Room

\$25

## Newcomer Seniors

### **Creative Connections Program**

We are excited to announce the next cohort of our Newcomers Art Program beginning in August! This free 8-week program offers seniors the opportunity to explore a variety of creative arts in a welcoming and supportive environment while connecting with others in the community. Newcomers to Canada aged 55+ who have limited or no English language skills are welcome to apply. Participants should be interested in attending and committing to all 8 sessions. Space is limited. Please add your name and information to the list at the front desk.



## Rigid Heddle Weaving 1

### *Silver Harbour Membership Required*

Explore the art of weaving in this beginner-friendly Course! Over 10 sessions, you will learn the foundational skills needed to confidently set up and weave on a rigid heddle loom. From warping the loom to creating texture, pattern and finished woven fabric, this hands-on program will guide you through each step of the weaving process at a comfortable pace.

Rigid heddle weaving is an excellent introduction to the world of handweaving, and provides the essential foundation for those interested in advancing to floor loom weaving. This course is highly recommended for anyone planning to join the weaving workshop and learn to weave on a floor loom in the future. By the end of the program you will have completed your own woven projects and gained the confidence to continue exploring the craft of weaving. **Registration begins June 1<sup>st</sup>.**

Thurs 1:00 – 3:00 pm

Aug 6 – Oct 8

NOTE: August 6 and 13 will run from 10 am to 3 pm, with a break in the middle of the day

Small Arts Studio

\$30



## Tie Dye Silk Painting

### *Silver Harbour Membership Required*

Using simple folding, tying and dyeing techniques, you'll learn how to create beautiful patterns and unique designs on silk panels. Experiment with colour blending, texture and patternmaking, while discovering how silk absorbs dye to create stunning artistic effects. This beginner-friendly class is perfect for anyone looking to explore textile arts in an easy and enjoyable way. Pay as you go for silk and dyes. **Registration begins June 1<sup>st</sup>.**

Mon 1:00 – 3:00 pm

Aug 10 – 31

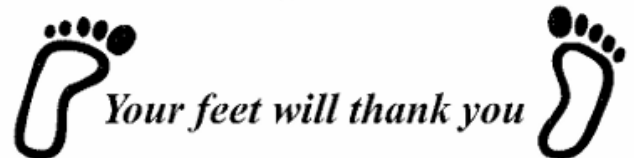
Small Arts Studio

\$20

## Total Toe Care

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## Ukulele Crash Course

### ***Silver Harbour Membership Required***

Have you always wanted to learn the ukulele? This fun and beginner-friendly crash course is the perfect place to start. Join us twice a week throughout August and learn the basics of chords, strumming, rhythm and simple songs in a relaxed and encouraging environment. Whether you're completely new to music or just looking for a fun new hobby, the ukulele is a joyful instrument anyone can learn. You must bring your own ukulele. **Registration begins June 1<sup>st</sup>.**

Mon and Wed 9:30 – 10:30 am

Aug 5 - 31

Mountainview Room

\$25

## Watercolour Painting

### ***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. **Registration begins June 1<sup>st</sup>.**

Tues 1:00 – 3:00 pm

Aug 11 – 25

Small Arts Studio

\$20



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## Silver Harbour June Program Schedule

<b>MONDAY</b>		<b>WEDNESDAY</b> <b>(CONTINUED)</b>	
Computer Club	9:00 am – 12:00 pm	Dressmaking	1:00 – 3:00 pm
Snooker	9:00 am – 4:00 pm	Line Dance – Level 1	1:30 – 2:30 pm
Craft Volunteers	9:30 am – 12:00 pm	Chair Yoga	2:15 – 3:15 pm
Intermediate Ukulele	9:30 – 10:30 am	Line Dance – Level 2	2:30 – 3:30 pm
Men's Club	10:00 am – 12:00 pm	<b>THURSDAY</b>	
Beginner Ukulele	10:30 – 11:20 am	Snooker	9:00 am – 4:00 pm
Musical Journey	11:30 am – 12:20 pm	Woodworking	9:00 am – 12:00 pm
Silk Painting	12:30 – 2:30 pm	Intermediate ESL	9:30 – 11:30 am
Memory Cafe	1:30 – 3:30 pm	Tea & Talk	10:00 – 11:30 am
<b>TUESDAY</b>		Chinese Brush Painting	10:00 am – 12:00 pm
Snooker	9:00 am – 4:00 pm	Stained Glass	10:00 am – 12:00 pm
Woodworking	9:00 am – 12:00 pm	Bingo	1:00 – 3:30 pm
Tapestry	9:30 am – 3:00 pm	Beginners Watercolour	1:00 – 3:00 pm
Weaving	9:30 am – 3:30 pm	Pottery	1:00 – 3:00 pm
Golden Fireflies	1:00 – 3:00 pm	<b>FRIDAY</b>	
Daytime Dance	1:00 – 2:30 pm	Computer Club	9:00 am – 12:00 pm
Cribbage	1:00 – 3:00 pm	Snooker	9:00 am – 4:00 pm
Quilting Volunteers	1:00 – 3:00 pm	Woodworking	9:00 am – 12:00 pm
Rigid Heddle Weaving 2	1:00 – 3:00 pm	Craft Volunteers	9:30 am – 12:00 pm
<b>WEDNESDAY</b>		Keep Well	9:30 – 10:30 am
Snooker	9:00 am – 4:00 pm	Minds In Motion	9:45 – 11:15 am
Woodworking	9:00 am – 12:00 pm	Basket Weaving	10:00 am – 12:00 pm
Keep Well	9:30 – 10:30 am	Duplicate Bridge	12:30 – 4:00 pm
Table Tennis	10:00 am – 12:00 pm	Current Conversations	1:00 – 2:30 pm
Woodcarving	10:00 am – 12:00 pm	Open Studio	1:00 – 3:00 pm
Knit & Crochet Circle	10:00 am – 12:00 pm	Table Tennis	1:00 – 3:00 pm
Meditation	10:00 – 11:00 am	Weaving	1:00 – 3:00 pm
Tile Rummy	11:00 am – 12:00 pm	Line Dance – Level 2	1:30 – 2:30 pm
Chair Yoga	1:00 – 2:00 pm	Line Dance – Level 3	2:30 – 3:30 pm
Circle of Friends	1:00 – 2:30 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](mailto:info@silverharbourcentre.com)***