

THE CENTRE POST



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

February 2021



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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and social services for seniors in North Vancouver. We have restarted some of our programs and we'd love to hear from you by phone or email!



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

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre
SilverHarbourC

Our Vision

A community that honours and celebrates aging

Our Mission

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

Our Values

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

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

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

Collaboration – we encourage teamwork and partnerships

Responsiveness – we welcome new ideas and possibilities

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

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Zoltan Csapka	Head Cook

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Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed on Monday, February 15th for the Family Day holiday.

Food Delivery: In Case Of Snow

If there is snow on the roads, we may not be able to deliver your meal. If that is the case, we will inform you by phone and credit you for the missed meal(s).

Fabric Clearance

We are drowning in fabric, and need to clear some space! Check out the 2 racks of fabric in the 2nd floor hallway – fill a bag and pay by donation at the front desk.

Valentine's Day Crafts

During the early weeks of February we will have a selection of crafts for sale in the main foyer that are perfect for Valentine's giving. Don't forget to pick up a little something for any Valentine on your list.

Sunshine Cards

If you know of a Silver Harbour member who is unwell or has lost a loved one, please call us at 604-980-2474 so that we can send a card.

Do You Want to Zoom?

If you are interested in learning how to use Zoom, email info@silverharbourcentre.com or call us at 604-980-2474.

A Gift to the Living From the Living

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

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

604-202-3509

Debby.Stephenson@sci-us.com



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Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$35,000 or less per person and \$45,000 or less per couple, and interest income of \$1000 or less). Specially trained volunteers can help you complete your income tax and benefit return if your income is low and your tax situation is simple. Volunteers do not complete income tax and benefit returns for past years, deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. If you would like us to assist in completing your income tax forms, we are here to help.

Call 604-980-2474 for information and an appointment.

We have a limited number of appointments, so that we can maintain adequate COVID safety protocols.

Clothes Closet Re-Opening!

The Clothes Closet is re-opening in February with new hours – Monday to Friday, 11 am to 1 pm. Drop by to check out the new ladies wear, as well as our \$1.00 rack with new items weekly. Donations of ladies wear and accessories are always needed and welcome – this is the time of year when we reorganize our closets so please pass this along to your friends.



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Community Programs & Workshops

Keep Well Exercise is now on Zoom

Afsar Paidar, popular Keep Well Instructor at Delbrook, is holding Zoom exercise classes every Monday and Wednesday at 10:00am. Anyone interested should email info@keepwellsociety.ca for further details on how to participate.

BC Bereavement Helpline

The BC Bereavement Helpline is open Monday – Friday, 9 am to 5 pm. Trained volunteers and staff are available to provide compassionate listening, or to refer to telephone and virtual support options which are available in your community. Please call 604-738-9950, toll free at 1-877-779-2223, or email contact@bcbh.ca. Information on support groups can be found on the website at www.bcbh.ca/sgevents2.php?pid=125.

Jukebox Days – International Music Reminiscence Program

Michael White and Jim Kenton have a combined twenty-two years' experience delivering reminiscence programs in Scotland and Texas. Having seen, first-hand, the positive impact of reminiscence programs – they began using rock 'n roll memories from the 1950's and 1960's in a unique, international music program pairing participants from Canada, Scotland and the United States in the same online session. Participants are invited to share their memories of rock 'n roll, culture, television, movies and news events from the 1950's and 60's. You are invited to join this free program on Thursday, February 25th at 10 am. To learn more, or to get the Zoom link to attend, please email Dr. Debra Sheets, dsheets@uvic.ca.



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North Shore Writers' Association – 25th Annual Writing Contest

Writers are encouraged to make their submission categories in fiction, non-fiction and poetry. First prize in each category is \$100. **Deadline for entries is February 28, 2021.** Details are available at www.nswriters.org/annual-contest/.

BC Seniors Advocate Webinar

If you were not able to attend the Webinar with BC Seniors Advocate Isobel Mackenzie in October, you can now view it online using the following weblink:

https://www.youtube.com/watch?v=f6HlhDKBhw0&feature=youtu.be&ab_channel=ParkgateSociety/

Mobility for Good®

Mobility for Good® is a new initiative by Telus, which provides low income seniors with low-cost wireless service and a free refurbished device. To qualify you must be receiving the GIS benefit, and be able to provide confirmation of this. For more information, or to apply, see <http://telus.com/mobilityforgoodseniors>.

North Van City Mosaic

The North Van City Mosaic is a community public art project developed by the members of the Mayor's Healthiest Small City Social Resiliency Collective and facilitated by local visual artist Sandrine Pelissier and expressive art therapist Sophie Babeanu.

Anyone who lives, works, or plays in the City of North Vancouver is invited to contribute to an online digital mosaic.

Submit an image of a drawing, painting, print or photograph, along with an optional description, to represent your experience living in the time of COVID-19! For details on how to participate, visit <https://northvancitymosaic.ca/how-to-participate/> or pick up a submission form at Silver Harbour.

Submissions are open until March 2021.

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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Daily Menu for February

Monday	Tuesday	Wednesday	Thursday	Friday
1 Garlic Prawns	2 Turkey Schnitzel <u>PICK UP ONLY</u>	3 Beef Stew	4 Paella Valenciana <u>PICK UP ONLY</u>	5 Meat Balls
8 Bangers & Mash	9 Salmon with Shrimp Sauce <u>PICK UP ONLY</u>	10 Shepherd's Pie	11 Cod Nuggets <u>PICK UP ONLY</u>	12 Chicken Cordon Bleu
15 Family Day – Silver Harbour CLOSED	16 Fish & Chips <u>PICK UP ONLY</u>	17 Thai Chicken Breast	18 Pork Stew Milanaise <u>PICK UP ONLY</u>	19 BBQ Ribs & Chicken
22 Cod with Tiger Prawns	23 Cabbage Rolls <u>PICK UP ONLY</u>	24 Lasagna	25 Butter Chicken <u>PICK UP ONLY</u>	26 Lamb Shank

Silver Harbour's meal program is available for pick up (Monday-Friday) or delivery (Monday, Wednesday and Friday only). Each meal (entrée, soup, salad, and dessert) costs \$10 and is chilled, ready for you to reheat. **To order, please phone 604-980-2474, Monday through Friday between 10 am and 3 pm, but no later than 1 pm the day before – you may order multiple days in advance.** We accept Visa and Mastercard only for payment. There is a maximum of 2 meals per person and daily quantities are limited.

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

Seminars & Special Events

Managing Chronic Pain

Join Physio2U, In Home Physiotherapy for an interactive wellness talk on chronic pain management. In this talk we will help you make sense of pain. Learn about what chronic pain is, ways to manage it without medication, how movement can help chronic pain and how pain affects your overall health especially your sleep! After our talk we will lead you through some safe exercises you can do at home to manage pain and end with a Q & A segment with our registered Physiotherapist.

Thursday, February 18th

1:00 – 2:00 pm

Auditorium

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

IMPORTANT COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

- Have pre-registered in your program (even if it is free), except for membership renewal, and Clothes Closet
- Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19
- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask inside the Centre (please bring your own)
- Stay at least 2m (6 ft) away from others
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Introduction to Citizen Science

**Presented by
North Vancouver City Library**

Citizen Science is a growing phenomenon around the world, and a meaningful and rewarding activity that anyone can participate in whenever they like. This class will introduce you to what citizen science is and cover how to use the platform iNaturalist. Learn about local nature and wildlife, explore our community and parks, develop scientific knowledge and technological skills, all while we come together while staying apart. This is the first workshop in a four part series created by City Library – The City Library Biodiversity Observation Project.

Wednesday, February 24th

10:00 – 11:00 am

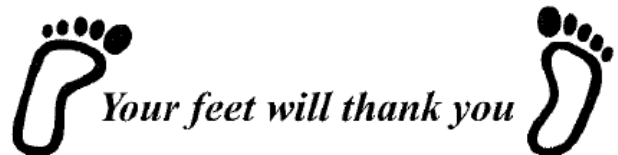
Auditorium

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

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Programs & Services

The programs below begin in February and March – for our full list of programs, including those that began in January, please see our Program Schedule on p.11 of this newsletter or visit our website at www.silverharbourcentre.com.

Affirmations

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking. Silver Harbour membership not required.

Fri, February 5th

10:00-11:45 am

Auditorium

By donation and you must pre-register

Book Club

Club meets monthly to discuss a pre-selected book. This month the book is "The Power" by Naomi Alderman.

Monday, February 22nd

2:30 pm

Fitness Room

No charge, but you must pre-register

Chair Yoga

Gain the benefits of yoga without getting on the floor. Now 2 sessions!

Wed 1:00 – 2:00 pm

OR

Wed 2:30 – 3:30 pm

Mar 3 – Apr 28

Fitness Room

\$58.50/9 classes


Clothes Closet

The Clothes Closet sells stylish and good quality new and used women's clothing at bargain prices. Drop by to check on the new ladies wear, as well as the \$1.00 rack. Donations of ladies wear and accessories are always welcome. Customers will have to sign in at the front entrance before shopping.

Mon-Fri 11 am – 1 pm

Put the *spring* back in your step...

Join Dr. Anne Marie Evers
Learn ALL about



Affirmation Life Tools
*what they are
*how they work
and most importantly...
*how they can work for you

Join us

Friday February 5th
10:00 - 11:30 a.m.
Silver Harbour, North Vancouver
Call Holly 604-980-2474
You must pre-register for the
Affirmation Meeting.
See you there!

Get Up & Go – Thursday

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention.

Thu 2:00 – 3:00 pm

Mar 4 – Apr 29

Fitness Room

\$83.25/9 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.

Mon & Thu 9:15 – 10:15 am

Mar 1 – Apr 29 (no class Apr 5)

Fitness Room

\$157.25/17 classes

IMPORTANT COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

- Have pre-registered in your program (even if it is free), except for membership renewal, Clothes Closet, Pop Up Christmas Shop and other sales
- Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19
- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask inside the Centre (please bring your own)
- Stay at least 2m (6 ft) away from others
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Meal Program

At this time, there is no eating inside Silver Harbour. However, we are offering pre-ordered meals for pick up or delivery. Please see page 6 for the daily menu and detailed information on how to order.

**NEW SESSION
ADDED!**

Memory & Aging

Taught by an occupational therapist, this program is aimed at individuals who are interested in learning about the effect of aging on memory. With a focus on instructor-led discussions, in-class exercises and proven strategies, you'll gain a new understanding of how your memory works and learn some tools that help with memory function. This program was made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Wed 1:00 – 3:00 pm

Auditorium

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

Feb 17 – Mar 17

Osteofit 1

Designed for those with osteoporosis, the class goal is to improve abilities of daily living, reduce the risk of falls and improve confidence. Small class size ensures personalized attention. A stepping stone to Osteofit for Life.

Mon & Thu 12:30 – 1:30 pm

Mar 1 – Apr 29 (no class Apr 5)

Fitness Room

\$157.25/17 classes

Osteofit For Life

For graduates of Osteofit 1, this class is an ongoing exercise maintenance program that continues to foster participants' quality of life and physical abilities. Small class sizes.

Mon & Thu 11:00 am – 12:00 pm

Mar 1 – Apr 29 (no class Apr 5)

Fitness Room

\$157.25/17 classes

Yoga

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

Mon 9:15 – 10:15 am

OR

Mon 10:30 – 11:30 am

Mar 1 – Apr 26 (no class Apr 5)

Auditorium

\$48/8 classes

Sound Advice on Zoom

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.

Mon, Feb 22nd

10:00 – 11:30 am

On Zoom

Please email

chha_nsb@telus.net

to register



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Our 2021 Brochure will be available January 2021. Call for a copy of the Brochure.

Proposed Tours:

- Gulf Island Cruise
- Barkerville
- Bamfield & the Wild West Coast
- Wine Getaways
- Discovery Coast Passage
- Stormwatching at Long Beach
- Desolation Sound
- Haida Gwaii
- Grizzly Bear Getaway
- Van. Island Garden Tour
- BC Circle Tour
- Yukon & NWT
- St. Lawrence Seaway
- Newfoundland
- And much moreover 35 tours of Canada



Discover Your Own Backyard

agelessadventures.com

Prices include home pick-up and all taxes

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves	Tai Chi		Jointmoves	
	Snooker		Snooker		Snooker
9:30 am	Computer Club			Advanced Farsi Seniors	Computer Club
		Weaving	Spanish Level 2+	Weaving	
9:45 am		Tapestry			
10:00 am	Craft Volunteers	Meditation	Art Space		Knitting Volunteers
			Woodcarving		Watercolour
10:30 am	Yoga	Tai Chi			
11:00 am	Osteofit For Life			Osteofit For Life	
12:30 pm	Osteofit 1			Osteofit 1	
1:00 pm	Knitting Volunteers	Snooker	Open Painting Studio	Snooker	Current Conversations
	Silk Painting	Weaving	Pottery	Pottery	Craft Volunteers
		Quilting Volunteers	Chair Yoga		Watercolour Painting
1:15 pm		Tapestry			
2:00 pm				Get Up & Go	
2:30 pm			Chair Yoga		

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

Silver Harbour's February 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Clothes Closet re-opens	2	3	4	5 Affirmations	6
7	8	9	10	11	12	13
14	15 Family Day - Silver Harbour CLOSED	16	17	18 Managing Chronic Pain Presentation	19	20
21	22 Book Club * Sound Advice (on Zoom)	23	24 Introduction to Citizen Science Presentation	25	26	27
28	1	2	3	4	5	6