

THE CENTRE POST

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

March 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



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 Csapkay	Head Cook

In this Issue...

Silver Harbour Bulletin Board.....	pp.2-3	Daily Menu.....	p.7
Community Programs & Workshops...	pp.4-6	Programs & Services.....	pp.13-14
Seminars & Special Events.....	p.6	Program Schedule.....	p.15

Silver Harbour Bulletin Board

Spring Forward!

Daylight savings begins at 2:00 on Sunday, March 14th. Make sure you put your clocks forward 1 hour.

Easter Dinner

There will be a special Easter dinner featuring ham and scalloped potatoes, available for pick-up and delivery, on Thursday, April 1st. Maximum order is 2 meals per person. You must order your meal by Thursday, March 25th. See page 7 for details on how to order.

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.

Spring Crafts

Our crafters have been working hard making St. Patrick's Day and Easter goodies to help celebrate these special days. Look for the tables in the front entrance and main hallway.

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.

SPRING IS AROUND THE CORNER
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FOR MORE INFO CALL US

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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.

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 March 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!

The Clothes Closet is Open!

The Clothes Closet is now open 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.

Have You Made a Plan yet?

If not, give our family a call

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Community Programs & Workshops

Zoom Golden Firefly

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

Time: Wednesdays 1 - 3pm (Spring session starts on March 31st)

Come once or twice or as many as you like!

Place: From your home

Cost: Free

Inquiries: Email Manami at manami@telus.net

Seniors & Caregivers Connect

Family Services of the North Shore offers free services to seniors and caregivers who look after older family members and friends at home. Services include weekly support phone calls, online support groups, resources and referrals, and counselling with a Registered Clinical Counsellor. For more information contact Robin Rivers, Program Manager at rivers@familyservices.bc.ca or call 604-988-5281, ext. 354 for more information.



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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 more over 35 tours of Canada



Discover Your Own Backyard

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Prices include home pick-up and all taxes

Minds in Motion® is now online!

Minds in Motion® is a weekly fitness and social activity program of the Alzheimer Society of BVC, offered online for people living with any form of early-stage dementia to attend with a care partner. Each session consists of a 30-minute fitness video, followed by 45 minutes of social activity, and is an opportunity to connect with others living with dementia. Care partners must attend. Sessions are free to attend and hosted in Microsoft Teams. For more information and to register, call the First Link® Dementia Helpline at 1-800-936-6033.

North Vancouver City Library Seniors Gathering (Virtual)

On Tuesday, March 9th, from 10 to 11:30 am, North Vancouver City Mayor Linda Buchanan will do a 1 hour Zoom presentation about making the City "COVID Friendly", future plans and more. This presentation will be followed by a 15-minute Tech Talk. For more information, contact Margarete Wiedmann at 604-998-4560. To register:

<https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D150457723>

OASIS Arthritis Programs

Vancouver Coastal Health's OsteoArthritis Service Integration System is a program that helps people with osteoarthritis self-manage their condition. At this time in-person OASIS classes are currently on hold, but they are offering webinars (via Zoom) to help support your learning needs – class descriptions and registration information is available online at <http://oasis.vch.ca/our-classes/>. For questions about classes or about managing your osteoarthritis, please contact them at oasis@vch.ca.



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Advance Care Planning – Online Information Session

Prepare for your future health-care decisions. Advance Care Planning helps you and the people you trust prepare for future health-care decisions. This session will help you think about your wishes and who would make decisions for you if you cannot. You will learn why Advance Care Planning is important for everyone, and how to do it. Wednesday, March 17th at 10 am on Zoom. To register email everydaycounts@vch.ca, or call 604-363-0961.

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.

North Vancouver Driver Licensing Office is Moving

Effective Monday, March 1st, 2021, the North Vancouver Driver Licensing Office will be located at 1331 Marine Drive. The new office is centrally located for North and West Vancouver residents and is conveniently accessible by transit. There is dedicated parking for road test appointments, as well as customer parking.

Seminars & Special Events

Put A Little Spring In Your Step!

Spring is in the air! With increased daylight and warmer temperatures, now is the perfect time to get outside and walk. Join Physio2U for a fun and interactive wellness talk about how to put a little spring in your step! We will review the benefits of walking, explore what proper walking posture looks like, give tips for a healthy spine and core, and demonstrate exercises that will help us strengthen important muscles used for walking -- to help us move better, feel better and enjoy walking!

Thursday, April 15th
1:00 – 2:00 pm
Auditorium
Free of charge,
but you must pre-register

Daily Menu for March

Monday	Tuesday	Wednesday	Thursday	Friday
1 Garlic Prawns	2 Beef Stew <u>PICK UP ONLY</u>	3 Turkey Schnitzel	4 Meat Balls <u>PICK UP ONLY</u>	5 Paella
8 Salmon	9 Bangers & Mash <u>PICK UP ONLY</u>	10 Chicken Leg	11 Pork Stew <u>PICK UP ONLY</u>	12 Lasagna
15 Shrimp a la Mode	16 Thai Chicken Breast <u>PICK UP ONLY</u>	17 Fish & Chips	18 Tortellini con Pancetta <u>PICK UP ONLY</u>	19 BBQ Ribs & Chicken
22 Cod Nuggets	23 Bami Goreng <u>PICK UP ONLY</u>	24 Cottage Pie	25 Butter Chicken <u>PICK UP ONLY</u>	26 Lamb Shank
29 Chicken Cordon Bleu	30 Cabbage Rolls <u>PICK UP ONLY</u>	31 Cod Loin with Shrimp Sauce	1 Easter Dinner – Ham & Scalloped Potatoes Order by Thurs March 25 th !	2 Good Friday – Silver Harbour CLOSED

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.

Programs & Services

Affirmations

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

Fri, March 5th

10:00-11:45 am

Auditorium

By donation and you must pre-register

Book Club – In Person

Club meets monthly to discuss a pre-selected book. This month the book is “A Complicated Kindness” by Miriam Toews.

Monday, March 15th

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

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

Circle of Friends **NEW!**

Come and join the Circle of Friends on Wednesday afternoon with Julie and Barb. The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends.

Wed 1:00 pm

Starts March 24

Please leave your name and number and the leader will contact you.

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

Computer Club

A group who shares newly gained skills so as not to forget what they've learned. Find free programs, solve problems, and look up interesting topics on the internet.

Mon 9:30-11:00 am Apr 12 – June 28

OR

Fri 9:30-11:00 am Apr 9 – June 25

Computer Room

\$17

Current Conversations

**CURRENTLY
WAITLISTING**

Join Julie and Barbara 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 phone number at the front desk. Silver Harbour membership not required.

Fri 1:00-2:30 pm

Auditorium

\$3 per session

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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



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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 8 for the daily menu and detailed information on how to order.

Meditation

Learn how to meditate to reduce your stress and give you more energy.

Tue 10:00 – 11:00 am

Computer Room

\$23

Starts Apr 6

Memory & Aging **NEW DAY!**

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.

Mon 1:00 – 3:00 pm

Auditorium

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

Apr 12 – May 10

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

A Gift to the Living From the Living

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

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

604-202-3509

Debby.Stephenson@sci-us.com



FIRST MEMORIAL
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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

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, March 29th

10:00 – 11:30 am

On Zoom

Please email chha_nsb@telus.net to register

Spanish Level 2 Plus

Increase your knowledge of Spanish while enhancing your conversational skills. Students must have prior knowledge of Spanish.

Wed 9:30 – 11:30 am

Fitness Room

Apr 7 – June 9

\$23/season

Snooker

Splendid tables for your use. Everyone from novice to expert is welcome. Please note: you must register for a specific day and time.

Mon 9:15 – 11:15 am Starts Apr 12

Tue 1:00 – 3:00 pm Starts Apr 6

Wed 9:15 – 11:15 am Starts Apr 7

Thu 1:00 – 3:00 pm Starts Apr 1

Fri 9:15 – 11:15 am Starts Apr 9

\$17/season

Tai Chi

A fun class of healing exercises that promote calmness, strength, flexibility and confidence. Everyone welcome, no experience necessary.

Tue 9:15 – 10:15 am

OR

Tue 10:30 – 11:30 am

Apr 20 – June 29

Auditorium

\$44/11 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

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Your feet will thank you



Serving the North Shore for 17 years

Arts Programs (Volunteers)

Craft Volunteers

Supported, non-instructional environment

All levels

Join this volunteer group of crafters to help make handmade items for our craft markets.

Explore, Crafting, Knitting, Crochet, Felting, Sewing, and Painting within a supportive, community environment.

Mon 9:30 am - 12:00 pm

OR

Fri 9:30 am–12:00 pm and 1:00–3:00 pm

No charge, but you must pre-register.

Materials provided. All new volunteers must book an orientation with Stephanie before registering

Craft Volunteers (on Zoom)

Hosted by Stephanie, group guided

All levels

Join this volunteer group on zoom. exploring crafting within a welcoming, supportive, friendly atmosphere.

Tue 10.30 - 11:30 am

No charge. To join type in bit.ly/3cr11hw to your web browser.

Quilting Volunteers

Supported, non-instructional environment

Intermediate+

Join this volunteer group of quilters to help make handmade items for our Craft Markets.

Come have fun solving enormous geometry problems!

Tue 1:00 - 3:00 pm

No charge, currently waitlisting. Materials provided.

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- 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

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.

Mon – Fri mornings

No charge, currently waitlisting. Materials provided. Alternatively pay a donation of \$3.00 per visit and make for yourself.

All new volunteers must book in an orientation with Neil before registering

Arts Programs (Studio)

Painting - Open Studio

Supported, non-instructional environment

All levels

Work on your paintings within a friendly, relaxed and encouraging atmosphere

Wed 1:00 – 3:00 pm

No charge, but you must pre-register. Bring your own materials

Pottery - Open Studio

Supported, non-instructional environment, co-operative studio environment

Intermediate+

Explore the world of clay within a co-operative studio environment. All potters are required help with the upkeep of the studio.

Plenty of skills and knowledge sharing.

Wed 1:00 – 3:30 pm

OR

Thu 1:00 - 3:30 pm

\$23 / season includes kiln and wheel use, slab rollers, glazes and tools, however all clay must be purchased at the centre \$3 per kg

All new participants must book an orientation with Stephanie before registering

Woodcarving - Open Studio

Supported, non-instructional environment.

All levels

Work on your carving project in a cooperative studio environment.

Wed 10:00 am – 12:00 pm

\$23/season. Bring your own materials

Watercolour - Open Studio

Supported, non-instructional environment.

All levels

Work on your watercolour projects in a welcoming and relax atmosphere.

Fri 1:00 – 3:00 pm

\$23/season. Bring your own materials.

Open Studio (on Zoom)

Hosted by Maurice, group guided

All levels

An open, self-organized virtual art group, with skill sharing, learning, and open discussions.

Thu 2:00-4:00 pm

To register please call Stephanie at 604-980-2474



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Arts Programs (Instructed)

Art Space

With Barbara

All levels

A creative program for anyone looking to enhance their brain health and make social connections. Designed to help increase quality of life and become a new way of expressing yourself. Fun and messy studio setting with skilled instructor.

Wed 10:00 am – 12:00 pm

No charge, but you must pre-register.
Materials provided

Silk Painting

With Annie

All levels

A fun way to learn about salt resists, and other techniques to apply to your scarves, cards and other projects. Intimate and peaceful studio setting with a skilled instructor.

Mon 1:00 – 3:30 pm

Apr 12 – May 31

\$23 Pay as you go for materials.

Painting

With Gabriele

All levels

Learn how to use watercolour and acrylic paint in a relaxed and supportive studio setting. Our skilled instructor is there to assist with colour theory and mixing.

Fri 10:00 am – 12:00 pm

Apr 2 – June 25

\$23 Bring your own materials

Weaving - Loom

With Toby

Learn all about cloth weaving using a variety of looms, including; floor, table and rigid heddle looms. This group is set within a supportive and dedicated environment with a skilled instructor.

Tue 9:30 am - 12:00 pm Starts Apr 6

OR

Tue 1:00 – 3:30 pm Starts Apr 6

OR

Thu 9:30 am - 12:00 pm Starts Apr 8

\$23 / season. Currently waitlisting. Pay as you go for materials.

Tapestry

With Virginia

All levels

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor.

Tue 9:45 am – 12:15 pm

OR

Tue 1:15 – 3:45 pm

Apr 6th – Jun 29th

\$23/season

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	Silk Painting	Snooker	Open Painting Studio	Snooker	Current Conversations
		Weaving	Pottery	Pottery	Craft Volunteers
		Quilting Volunteers	Chair Yoga		Watercolour Painting
			Circle of Friends		
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 March 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1	2	3	4	5 Affirmations	6
7	8	9	10	11	12	13
14 Daylight Savings Time begins	15 Book Club	16	17	18	19	20
21	22 Sound Advice (on Zoom)	23	24 Circle of Friends begins	25	26	27
28	29	30	31	1 Easter Dinner for pick-up or delivery (order by Mar 25)	2 Good Friday Silver Harbour CLOSED	3