

THE CENTRE POST

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

April 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

Board of Directors

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Holly Gagnier	Program & Services Manager
John McCann	Go Bus Driver
Stephanie Blundell	Arts Program Coordinator
Zoltan Csapkay	Head Cook

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Notes from the Executive Director...

Spring is on its way and the rollout of COVID-19 vaccines has been heartening in recent weeks. I know that we are often looking for positivity in what have been very difficult times and my wish for everyone is to find some bright spots in dark days. At the moment, Silver Harbour is able to offer about half of our usual programming and you'll find all the details about them in the following pages. As the months progress, we hope of course to be able to offer more programs and services for local seniors so please be sure to watch our monthly newsletter for the latest news from Silver Harbour. If you are reading this newsletter in print, you're also welcome to send an email to info@silverharbourcentre.com requesting to be added to our monthly newsletter email.

April is a great month to remember that in all of Silver Harbour's programming and operations, we rely on an amazing group of volunteers who generously share their skills and time. National Volunteer Week takes place from April 18th to 24th and this year's campaign reflects on the awe-inspiring acts of kindness by millions of individuals and the magic that happens when we work together towards a common purpose.

Although we can't celebrate volunteers in person this month, we are sending enormous gratitude to all of you who volunteer for Silver Harbour.



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
FUNERAL SERVICES

Silver Harbour Bulletin Board

Renew Your Membership

A Silver Harbour membership is a wonderful thing! Your membership enables you to register in programs, vote at membership meetings, and also is a great way of supporting Silver Harbour. If your membership has expired, please consider renewing it – your membership is valid a full year from when you purchase it.

Donations

Your donations help us to achieve our mission to collaborate in offering adults 55+ social, creative, physical and learning opportunities in a welcoming and inclusive environment. All donations are eligible for a tax receipt. You can donate in-person, by mail, or online at <https://www.canadahelps.org/en/dn/12596>.

Holiday Closing

Silver Harbour will be closed Friday, April 2nd and Monday, April 5th for the Easter long weekend, re-opening at 9 am on Tuesday, April 6th.

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.

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.**

Total Toe Care

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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.

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 Pop-Up Shop

Stock up on gift items or find a treat for yourself while supporting our wonderful Centre. Choose from beautiful crafted items, Knitting, Silk Scarves, Woodworking, Felting, Weaving, Pottery, Stained Glass and more.

Monday to Friday


May 3rd to 31st

11:00 am – 1:00 pm

In the Silver Harbour Library

Save the Date: May Meals




As we can't gather for our Spring Tea, CUPE 389 is kindly sponsoring some meals in May – watch the May newsletter for details.


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Desolation Sound <i>Desolation Sound Cruise</i> Aug 29 - Sept 2 6 incl. meals • \$2,149. ⁰⁰	Fabulous Kootenays <i>Osageos, Nelson, Nakusp, Vernon</i> Sept 12 - 16 8 incl. meals • \$2,049. ⁰⁰	Women's Wellness <i>Stay in Play</i> <i>Kingfisher Resort & Spa</i> Sept 13 - 16 8 incl. meals • \$2,114. ⁰⁰

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Community Programs & Workshops

Booking Your COVID-19 Vaccine Appointment

Before calling the phone line, have a pen and paper, personal health number, full name, date of birth, postal code and phone number available.

- Appointment bookings: call the VCH toll-free appointment booking phone line at 1-877-587-5767 based on your age group (please do not call until the date your age group is eligible). The line will be open daily from 7 am to 7 pm.
- Clinical questions: speak with your family doctor or nurse practitioner or call 8-1-1.
- Questions about COVID-19: call 1-888-268-4319 or visit www.gov.bc.ca/covid19
- Vaccinations for homebound seniors: during the call to schedule your vaccine appointment, you will be asked if you are able to safely travel to a vaccination clinic on your own, or if you have a family member or friend who can assist and provide transportation. If you are unable to come to a clinic, you will be referred to the VCH Home Health team who will contact you to be assessed and potentially booked for a home visit.
- If you have difficulty booking an appointment: a caregiver or family member can book on your behalf. They will need your legal name, date of birth, postal code, personal health number and contact phone or email.
- For your vaccine appointment: bring photo identification that shows your date of birth and your personal health number.

Better At Home

Staying independent and socially connected are key ingredients to a healthy life. The North Shore Better at Home Program supports local seniors by providing you with non-medical home services to enhance your independence and stay connected in the community. These services include: minor home repairs, transportation, assisted grocery shopping, light housekeeping, and snow shovelling. For more information, and to apply to the North Shore Better at Home Program, please contact the North Shore Better At Home Program at 604-985-7138, or online at www.nscr.ca. Assistance in Farsi is also available.

Better at Home services are also available for deaf and hard-of-hearing seniors through the Wavefront Centre for Communication Accessibility. They can be contacted by VRS at 778-819-0488, by text at 778-991-1254 or by email at senioroutreach@wavefrontcentre.ca.



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North Shore Community Resources – Caregiver Coach and Peer Facilitator Program

North Shore Community Resources is now offering a Caregiver Coach and Peer Facilitator Program. The program is open to caregivers who are looking for support, for coaches who would like to offer one-to-one help, and peer facilitators to host support/education groups. We offer caregivers the benefits of one to one support to address emotional needs. For more information please contact elizabeth.bishop@nscr.ca.

Changes to the BC Homeowner Grant

Starting in 2021, residents in municipalities no longer apply for the home owner grant through their municipal office. Everyone now applies directly to the province using a new online system that's easy to use and will process applications faster. When you apply, they will need your social insurance number to verify your eligibility.

The best time to apply is after you receive your property tax notice in the mail and before your property tax due date.

- Wait to receive your property tax notice in the mail. This usually happens around May.
- Keep your property tax notice on hand. It has important numbers you'll need to apply.
- Apply online. Your information will be safe and secure when you apply online. It only takes a few minutes and is faster than calling.
- If you're unable to apply online, call the BC Government at 1-888-355-2700 for assistance.



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Job Futures 55+

Are you 55+ years old and looking for a meaningful career? Join YWCA Job Futures 55+, a FREE 10-week program that connects mature job seekers to sustainable employment through skills training and employment supports. To learn more and to register contact 604-220-7183 or 604-818-1082, jobfutures@ywcavan.org or ywcavan.org/job-futures.

North Shore Libraries Launch Lendable Laptops Program

North Shore libraries are rolling out brand new lendable laptops for residents across the region thanks to a grant from the Government of Canada's Emergency Community Support Fund (ECSF), the Province of British Columbia and the West Vancouver Community Foundation. For more details on this program, contact your community library.

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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.

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 March 31 - June 16

Come once or twice or as often as you like!

Place: From your home

Cost: Free!!

Instructors: Patti Allan and Eileen Barret

Inquiries: Manami - outreach@phtheatre.org

Please register using the link below before the class: <https://www.phtheatre.org/golden-firefly-project/>

CRA Free Webinar – Benefits and Credits for Caregivers

May is Caregiver Awareness month in British Columbia. If you are a caregiver for an individual with a physical or mental impairment, there may be benefits and tax credits available to you. The webinars are scheduled for Thursday, May 13th, 1:30-3:00 pm, or Tuesday, May 25th, 10:00-11:30 am. You can register by going to the link below, and clicking on the link corresponding to the date of your choice. <https://canada.webex.com/canada/onstage/g.php?PRID=4f1473dfdd206ba0967b78ce55fe4326>

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**

Tech Connect – Cloud Computing

Learn what Cloud Computing means in practical terms and how it can be really useful. We'll look at some of the Cloud services you may already be using and we'll take some of the fog out of understanding the Cloud. This class will focus on using the Cloud to store and share your documents and photographs.

Wednesday, April 21st

10:00 – 11:00 am

Auditorium

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

Macrame Plant Hanger Workshop

with Jojo from Dreamaway Macrame

Come make your own macrame plant hanger, led by fiber artist Joanne. In this 1-hr class, you'll learn three basic knots and design your own unique piece. All materials are provided, including optional wooden beads and copper accents. Workshop also includes pot so that your plant hanger will be ready to hang!

Thursday, April 22nd

1:00-2:00 pm

Auditorium

\$15

TechConnect: Understanding Data

The City Library has been collecting biodiversity data for City Parks to help them plan and manage our community spaces - but what is data? and how do we use it to make decisions? Join us for an Introduction to Understanding Data, where we will learn what data and data analysis are as well as practice manipulating data to see what we can learn from it.

Wednesday, May 12th

10:00 – 11 Auditorium

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

Daily Menu for April

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Easter Dinner – Ham & Scalloped Potatoes	2 Good Friday – Silver Harbour CLOSED
5 Easter Monday – Silver Harbour CLOSED	6 Salmon w/ Prawn Hollandaise <u>PICK UP ONLY</u>	7 Turkey Schnitzel	8 Cottage Pie <u>PICK UP ONLY</u>	9 BBQ Ribs & Chicken
12 Cod with Shrimp Sauce	13 Beef Stew <u>PICK UP ONLY</u>	14 Butter Chicken	15 Fish & Chips <u>PICK UP ONLY</u>	16 Lasagna
19 Garlic Prawns	20 Chicken Paprikash <u>PICK UP ONLY</u>	21 Salisbury Steak	22 Bami Goreng <u>PICK UP ONLY</u>	23 Lamb Shank
26 Cod Nuggets	27 Cabbage Rolls <u>PICK UP ONLY</u>	28 Thai Chicken Breast	29 Meat Loaf <u>PICK UP ONLY</u>	30 Paella

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, April 9th

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 "There There" by Tommy Orange.

Monday, April 19th

2:30 pm

Fitness Room

No charge, but you must pre-register

Chair Yoga **CURRENTLY SUSPENDED**

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

May 5 – June 30

Fitness Room

\$58.50/9 classes

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 1:00-2:30 pm

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 **SORRY FULL**

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

Get Up & Go – Thursday **CURRENTLY SUSPENDED**

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

If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Thu 2:00 – 3:00 pm

May 6 – June 24

Fitness Room

\$74/8 classes

Jointmoves **CURRENTLY SUSPENDED**

Combining Jointmasters and Jointworks II you will learn appropriate, progressive and consistent joint friendly ways to develop strength, balance and coordination. Small class size ensures personalized attention.

If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 9:05 – 10:05 am

May 3 – June 28 (no class May 24)

Fitness Room

\$148/16 classes

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

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, 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

Memory & Aging

**SORRY FULL but
please add your
name to waitlist**

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

**CURRENTLY
SUSPENDED**

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. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 12:30 – 1:30 pm

May 3 – June 28 (no class May 24)

Fitness Room

\$148/16 classes

Osteofit For Life

**CURRENTLY
SUSPENDED**

For graduates of Osteofit 1, this class is an ongoing exercise maintenance program that continues to foster participants' quality of life and physical abilities. Small class sizes. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 11:00 am – 12:00 pm

May 3 – June 28 (no class May 24)

Fitness Room

\$148/16 classes



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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, April 26th

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

**CURRENTLY
SUSPENDED**

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

**CURRENTLY
SUSPENDED**

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

May 3 – June 21 (no class May 24)

Auditorium

\$42/7 classes

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 April 9th

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!

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

IMPORTANT COVID-19 PROTOCOLS

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- Have pre-registered in your program (even if it is free), except for membership renewal, Clothes Closet, 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

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.

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 **SORRY FULL**

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 **SORRY FULL**

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

Have You Made
a Plan yet?

If not, give our family a call

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Arts Programs (Instructed)

Art Space **SORRY FULL**

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

Macrame Plant Hanger Workshop

Come make your own macrame plant hanger, led by fiber artist Joanne. In this 1-hr class, you'll learn three basic knots and design your own unique piece. All materials are provided, including optional wooden beads and copper accents. Workshop also includes pot so that your plant hanger will be ready to hang!

Thursday, April 22nd

1:00-2:00 pm

Auditorium

\$15

Silk Painting **SORRY FULL**

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 **CURRENTLY WAITLISTING**

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



Thanks to the support of donors, volunteers and other community members, Cycling Without Age North Shore began offering free rides on the Spirit Trail to mobility challenged people this summer, as shown in the photo below, taken near Ambleside Pier. Our startup was delayed by COVID-19, but we intend to offer a full program of free rides on the Spirit Trail,

Green Necklace and Lower Seymour Conservation Reserve (LSCR) Trail, COVID-19 permitting, in 2021.

Cycling Without Age North Shore is a program operated by volunteers through Silver Harbour Seniors' Activity Centre and supported by the West Vancouver Seniors' Activity Centre. We have been provided bases at Park Royal and by the City of North Vancouver at Mahon Park. We plan to offer group rides from The Boat Shed in Ambleside Park, The Shipyards at Lonsdale Quay and the gazebo at the LSCR trailhead. Groups of people will ride by bus or car to these locations, from where we will arrange rides for up to 4 passengers at a time while the balance of the group socializes. We also offer rides from the doors of care homes, if they can be safely reached from one of our bases. Those we are not able to reach and people living in their own homes will be offered free rides from pick up points, which include our bases, The Boat Shed, The Shipyards and other conveniently located coffee shops.

To book rides, care homes are invited to contact us to discuss arrangements for booking group excursions and rides on behalf of their residents. People living in their own homes will be provided with a telephone number they can call to contact a booking agent. This number will be displayed on our website early in 2021.

We will be recruiting and training pilots commencing early in 2021. We are also seeking bus drivers and additional management team members. Anyone interested in joining our team is invited to contact us by email.

With care homes spread out across the North Shore and with the shortage of space where we could locate permanent bases, we intend to purchase a cargo trailer, at a cost of \$5,000, to serve as a mobile base. This will allow us to access the LSCR and service many more care homes by taking the trishaws to our passengers' door. We will be fundraising for this purchase.

Please visit our web site for more information.

<https://www.cyclingwithoutage.ca/northshore>

Email: northshore@cyclingwithoutage.ca Cell: (604) 813-5526



Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:05 am		Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves			Jointmoves	
9:15 am	Yoga	Tai Chi			
	Snooker		Snooker		Snooker
9:30 am	Computer Club				Computer Club
		Weaving	Spanish Level 2+	Weaving	
9:45 am		Tapestry			
10:00 am	Craft Volunteers	Meditation	Art Space		Craft Volunteers
			Woodcarving		Painting with Gabriele
10:30 am	Yoga	Tai Chi			
11:00 am	Osteofit For Life			Osteofit For Life	
	Clothes Closet	Clothes Closet	Clothes Closet	Clothes Closet	Clothes Closet
12:30 pm	Osteofit 1			Osteofit 1	
1:00 pm	Silk Painting	Snooker	Open Painting Studio	Snooker	Current Conversations
	Memory & Aging	Weaving	Pottery	Pottery	Craft Volunteers
		Quilting Volunteers	Chair Yoga		Watercolour (Open Studio)
			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 April 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Easter Dinner for pick-up or delivery (order by Mar 25)	2 Good Friday Silver Harbour CLOSED	3
4	5 Easter Monday Silver Harbour CLOSED	6	7	8	9 Affirmations	10
11	12	13	14	15 Put a Little Spring in Your Step!	16	17
18	19 Book Club	20	21 Tech Connect – Cloud Computing	22 Macrame Workshop	23	24
25	26 Sound Advice (on Zoom)	27	28	29	30	1