

THE CENTRE POST

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

May 2021



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May 3 – 31st Mon – Fri 11 am – 1 pm

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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 running a smaller selection of our 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

Board of Directors

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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

Staff

Andrea Picchi	Admin. & Program Assistant
Annwen Loverin	Executive Director
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
John McCann	Go Bus Driver
Stephanie Blundell	Arts Program Coordinator
Zoltan Csapkay	Head Cook

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Silver Harbour Bulletin Board

Info Sessions and Members' Meeting on a New Building

In the coming weeks, we hope to be hosting info sessions and a members' meeting on a potential new facility for Silver Harbour (health orders will determine if these are virtual). Info sessions will be open to all interested individuals but we remind you that in order to vote at a Silver Harbour members' meeting, you must have a current Silver Harbour membership. The expiry date of your membership is listed on your member card and you can purchase a new membership in person at the front desk Mon-Fri 9 am – 4 pm. Members should also provide a current email address to be notified of upcoming meetings.



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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

Thank You...

To PARC Retirement Living for sponsoring our Volunteer Recognition initiative in April. They provided gift bags for all of our volunteers with lots of lovely items inside. If you volunteered in the past year and did not yet receive a bag, please check at the front desk.

Congratulations to our Meal Program Volunteers

A big congratulations to our Meal Program volunteers who were recently collectively awarded a North Shore Community Volunteer Spirit Award for all their efforts in

Holiday Closing

Silver Harbour will be closed Monday, May 24th for the Victoria Day long weekend, re-opening at 9 am on Tuesday, May 25th.

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.



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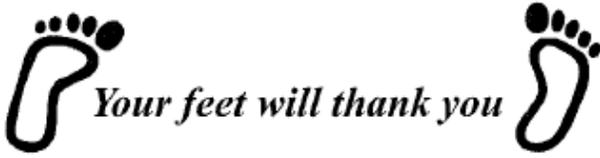
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Resuming Fitness Programs

At the time of printing, the Provincial Health Order suspending group indoor fitness classes had been extended to May 24th (Victoria Day). If the order is lifted on this date, we will resume fitness programs on Wednesday, May 26th (so Tai Chi would not start until the following week – June 1st).

The Clothes Closet is Open!

The Clothes Closet is 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.

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 May 7th
 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!

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.

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 local library.

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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.

North Vancouver Community Players MasterZoom Theatre

For your viewing pleasure, the North Vancouver Community Players present a staged reading of J.M. Barrie's "The Twelve-Pound Look". Written in 1914, this is a comic examination of a woman's right to self-determination, both within and without the bonds of marriage. You can view the video on Youtube at <https://youtu.be/NNz0hvn9tMU>

2021 Census

Every five years Canadians are invited to participate in the census to help paint a portrait of Canada's diverse population and the places where we live. The information you provide ensures that the 2021 Census accurately reflects Canada's changing society. Your responses are vital to your community for planning services that support employment, schools, public transportation and hospitals. Starting on May 3rd, 2021, you can complete your census questionnaire online.



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CRA Free Webinars – Seniors Benefits and Credits

Doing your taxes has its benefits! Benefits, credits and deductions you could be eligible for are the Disability Tax Credit, GST/HST credit, medical expenses, Canada caregiver credit and pension income splitting. Other

government

departments also use

your tax information to calculate your payments, such as the guaranteed income supplement. Webinars are scheduled for May 18th and June 1st, 1:30-3:00 pm. 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>



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North Shore Celtic Ensemble – Connection

The North Shore Celtic Ensemble invites you to watch “Connection”, their new video of music and dance. You might recognize some familiar faces and places! <https://fb.watch/4IexpFH0f3/> or https://www.youtube.com/watch?v=wt0eOV_wiOc

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

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 – 11:00 am
Auditorium
Free of charge,
but you must pre-register

CUPE 389 Sponsored Meals

As we can't gather for our Spring Tea, CUPE 389 is kindly sponsoring free meals on May 13th and 14th. The meal bag will include the entrée (Chicken Cordon Bleu), soup, salad, a small dessert plus an extra treat from CUPE 389. Meals must be pre-ordered – pick-up only on Thursday, May 13th and both pick-up and delivery on Friday, May 14th. There will be a limit of 2 meals per person (over both days). Ordering will begin on Monday, May 3rd at 9:15 am.

Tech Connect: Online Shopping

Online commerce is a cornerstone of digital life, and online shopping is becoming the default method for people to buy what they need. In this class we will explore the major online marketplaces, best practices for online purchasing, and what you need to know to protect yourself from scams and fraud.

Wednesday, June 16th
10:00 – 11:00 am
Auditorium
Free of charge,
but you must pre-register

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**

Daily Menu for May

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cod with Shrimp Sauce	4 Cottage Pie <u>PICK UP ONLY</u>	5 Turkey Schnitzel	6 Beef Stew <u>PICK UP ONLY</u>	7 BBQ Ribs & Chicken
10 Salmon with Shrimp Sauce	11 Thai Chicken Breast <u>PICK UP ONLY</u>	12 Fish & Chips	13 Free CUPE Meal* <u>PICK UP ONLY</u>	14 Free CUPE Meal*
17 Cod Nuggets	18 Sausages <u>PICK UP ONLY</u>	19 Cabbage Rolls	20 Bami Goreng <u>PICK UP ONLY</u>	21 Lamb Shank
24 Victoria Day - Silver Harbour CLOSED	25 Meat Balls <u>PICK UP ONLY</u>	26 Chicken Breast A La Mode	27 Beef Patty <u>PICK UP ONLY</u>	28 Paella
31 Garlic Prawns	<p><i>*A big thank you to CUPE 389 for sponsoring free meals for North Shore Seniors on May 13th and 14th. Menu will be Chicken Cordon Bleu, soup, salad, small dessert and an extra treat from CUPE. Registration for free meals will begin on Monday, May 3rd, limit of 2 meals per person, over both days.</i></p>			

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 11 am 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

See our Program Schedule on page 11 for a full list of current programs.
Further program details are on our website at www.silverharbourcentre.com.

Resuming Fitness Programs

At the time of printing, the Provincial Health Order suspending group indoor fitness classes had been extended to May 24th (Victoria Day). If the order is lifted on this date, we will resume fitness programs on Wednesday, May 26th (so Tai Chi would not start until the following week – June 1st).

Affirmations

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

Fri, May 7th

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 “My Name is Lucy Barton” by Elizabeth Strout.

Monday, May 17th

2:30 pm

Fitness Room

No charge, but you must pre-register

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

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.

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

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.

Mon 1:00 – 3:00 pm

Auditorium

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

May 31 – June 28

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, May 31st

10:00 – 11:30 am

On Zoom

Please email chha_nsb@telus.net to register



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 <p style="font-weight: bold; margin: 5px 0;">Haida Gwaii</p> <p style="font-size: x-small; margin: 0;">Masset, Agate Beach, Queen Charlotte City, Skidegate, Moresby Island ...</p> <p style="font-weight: bold; margin: 0;">July 4 - 10 & 16 - 22</p> <p style="font-size: x-small; margin: 0;">17 incl. meals • dbl. \$4,216.⁰⁰</p>	 <p style="font-weight: bold; margin: 5px 0;">Cruise the West Coast Waterways</p> <p style="font-size: x-small; margin: 0;">Knight Inlet and Nootka Sound</p> <p style="font-weight: bold; margin: 0;">August 7 - 10</p> <p style="font-size: x-small; margin: 0;">9 incl. meals • dbl. \$2,316.⁰⁰</p>	 <p style="font-weight: bold; margin: 5px 0;">Historic Barkerville</p> <p style="font-size: x-small; margin: 0;">Gold Rush Trail, Quesnel, Barkerville, Quaaout Lodge ...</p> <p style="font-weight: bold; margin: 0;">July 11 - 14</p> <p style="font-size: x-small; margin: 0;">7 incl. meals • dbl. \$1,365.⁰⁰</p>
<p style="font-weight: bold; margin: 0;">Desolation Sound</p> <p style="font-size: x-small; margin: 0;">Desolation Sound Cruise</p> <p style="font-weight: bold; margin: 0;">Aug 29 - Sept 2</p> <p style="font-size: x-small; margin: 0;">6 incl. meals • \$2,149.⁰⁰</p>	<p style="font-weight: bold; margin: 0;">Fabulous Kootenays</p> <p style="font-size: x-small; margin: 0;">Osoyoos, Nelson, Nakusp, Vernon</p> <p style="font-weight: bold; margin: 0;">Sept 12 - 16</p> <p style="font-size: x-small; margin: 0;">8 incl. meals • \$2,049.⁰⁰</p>	<p style="font-weight: bold; margin: 0;">Women's Wellness Stay n' Play</p> <p style="font-size: x-small; margin: 0;">Kingfisher Resort & Spa</p> <p style="font-weight: bold; margin: 0;">Sept 13 - 16</p> <p style="font-size: x-small; margin: 0;">8 incl. meals • \$2,114.⁰⁰</p>

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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 May 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Spring Pop-Up Shop Opens	4	5	6	7 Affirmations	8
9	10	11	12 Tech Connect: Understanding Data	13 Meals Sponsored by CUPE 389	14 Meals Sponsored by CUPE 389	15
16	17 Book Club	18	19	20	21	22
23	24 Victoria Day Silver Harbour CLOSED	25	26	27	28	29
30	31 Sound Advice on Zoom * Last Day of Spring Pop-Up Shop	1	2	3	4	5