

THE CENTRE POST

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

July 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 are running a smaller selection of our programs right now 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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Zoltan Csapkay	Head Cook

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A New Building for Silver Harbour...

As you might know, our staff and Board have been working with the City of North Vancouver on a new building for Silver Harbour. We are looking forward to sharing updated information about this with you as there have been changes over the years in the plans for a new building. We have already had three information sessions in June and are offering one more in July, as follows:

Silver Harbour New Building Info Session
Monday July 12th at 10:00 am in the Silver Harbour auditorium

To attend the information session, you must register in advance by calling our front desk at 604-980-2474; there are limited numbers allowed at this session, due to COVID-19 protocols. Information sessions are open to anyone who is interested in learning more about a new building for Silver Harbour. If you don't wish to attend the information session but have questions or comments, please feel free to call Annwen at 604-980-2474.

There will be a Special Meeting of the members of Silver Harbour to vote on a new building for Silver Harbour, as follows:

Silver Harbour Special Meeting
Monday July 19th at 1:00 pm
in the Silver Harbour auditorium
and by Zoom

Our bylaws require we provide notice of the Special Meeting on our website and by email to all members who have given us an email address. We are not required to mail information to members. **Only current members are entitled to receive notice of and vote at a members meeting.** We encourage you to renew your membership if it has expired and to provide us with an email address to which we can send the **Notice of Meeting and information package.** Members can also pick up a paper copy of the Notice of Meeting and information package starting Friday July 2nd, Mondays to Fridays from 9:00 am to 4:00 pm at the Silver Harbour front desk.

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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Silver Harbour Bulletin Board

Welcome Jerome

Please join us in welcoming Jerome to the position of Building and Grounds Worker. Jerome will be helping keep our grounds and building safe and beautiful this summer and will be with us until the end of August.

Flower Bulbs

The City of North Vancouver has, once again, made a generous donation of repurposed tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put into the City plantings. Only \$2 a dozen – pay at the front desk, Monday to Friday, 9 am to 4 pm.

Holiday Closing

Silver Harbour will be closed Thursday, July 1st for Canada Day, re-opening at 9 am on Friday, July 2nd.

Affirmations Update

We want to express our appreciation to Dr. Anne Marie Evers, who has lead the monthly Affirmations program here at Silver Harbour for more than 15 years! She has decided to cut the program back to twice a year. The next meeting is scheduled for October – look for details in the September newsletter.

Wood Wanted

The woodshop is looking for donations of new unpainted/unstained wood, preferably hardwood. Sorry, we cannot take used wood. If you have some wood you would like to donate, please leave your name and number at the front desk.

Thrift Shop Volunteers Wanted

We are looking for volunteers to substitute in both the Clothes Closet and Boutique. The Clothes Closet is currently open and we hope to re-open the Boutiques in September. Please leave your name and number at the front desk if you are interested in volunteering.



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Thank You Pop-Up Shop Volunteers

An enormous THANK YOU to all of our incredible volunteers who donated their time, talent, and energy for our Spring Pop-Up Shop. The arts and crafts sold at Silver Harbour are hand made by our volunteers. They make Silver Harbour an incredible place to come together to create, explore, and celebrate! We are always looking for crafters of all skill levels to join our efforts. Please contact Logan if you have any questions.

Teach at Silver Harbour Centre

Are you interested in being an art instructor/facilitator with Silver Harbour? Do you have a passion for creating, and wish to share with others in a welcoming and creatively free environment? We welcome class proposals from all art forms, including but not limited to:

- Visual Arts: including painting, drawing, printmaking, photography, textiles, mixed media, etc
- Music: group classes
- Drama: group classes
- Literary Arts: including all writing forms

Silver Harbour is a non-profit association; we rely on and are grateful to our amazing volunteers who offer their time and expertise. To enquire about instructing please contact us at 604-980-2474 or email Logan at logan@silverharbourcentre.com.

Photography Club – Are You Interested?

Are you a photographer? Are you interested in a program that explores photography? If this is something you would like to see offered at Silver Harbour, please contact Logan at 604-980-2474 or by email at logan@silverharbourcentre.com.



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Community Programs & Workshops

Did You Have Your COVID-19 Vaccine Before April 6th? Make Sure You Register For Your Second Dose!

If you had your first dose of the COVID-19 vaccine before April 6th, you may not be registered for your second dose. Call 1-833-838-2323 or visit www.gov.bc.ca/getvaccinated to register.

Canada Revenue Agency Live Webinars

- Seniors Benefits and Credits Presentation: July 20 and August 3, 2021 1:30 pm – 2:30 pm PST
- Persons with Disabilities Presentation: July 6 and August 5, 2021 1:30 pm – 2:30 pm PST
- Benefits & Credits for Caregivers Presentation: July 8 and August 10, 2021 1:30 pm – 2:30 pm PST
- Scam Awareness – Be Scam Smart Presentation: July 19 and August 18, 2021 1:30 pm – 2:15 pm PST

You can register here:

<https://canada.webex.com/canada/onstage/g.php?PRID=4f1473dfdd206ba0967b78ce55fe4326>



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Seminars & Special Events

Book Bike

North Vancouver City Library's Book Bike is coming to Silver Harbour! Users can check out library books and materials, get a library card, and receive information about library programs and services. You don't need to register in advance but do bring your City Library card (or get one at the Book Bike).

Wednesday, July 7th



11 am – 1 pm

In the garden

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Daily Menu for July

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Canada Day Silver Harbour CLOSED	2 Cod with Prawns
5 Meatballs	6 Thai Chicken Breast <u>PICK UP ONLY</u>	7 Shepherd's Pie	8 Bami Goreng <u>PICK UP ONLY</u>	9 Pork Stew
12 Salmon with Shrimp Sauce	13 Cabbage Rolls <u>PICK UP ONLY</u>	14 Turkey Schnitzel	15 Beef Stew <u>PICK UP ONLY</u>	16 Lasagna
19 Tiger Prawns	20 Sausages <u>PICK UP ONLY</u>	21 Chicken Cacciatore	22 BBQ Ribs & Chicken <u>PICK UP ONLY</u>	23 Lamb Shank
26 Cod Nuggets	27 Jambalaya <u>PICK UP ONLY</u>	28 Fish & Chips	29 Meat Patty <u>PICK UP ONLY</u>	30 Chicken a la King

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

Book Club – In Person

Club meets monthly to discuss a pre-selected book. This month the book is *The Marriage Plot* by Jeffrey Eugenides.

Monday, July 19th

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

Fitness Room

June 30 – Aug 25 (no class Aug 11)

\$52/8 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. We are currently looking for volunteers to substitute in the Clothes Closet. If you are interested, please leave your name and number at the front desk.

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 July 5 – Aug 30

OR

Fri 9:30-11:00 am July 2 – Aug 27

Computer Room

OR

On Zoom

Mon & Fri 9:30-11 am July 2 – Aug 30

\$10/July-Aug

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

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. 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

Fitness Room

July 8 – Aug 26

\$74/8 classes

Hula for Health

Did you know that Hula has health benefits as an alternative form of mild exercise? Taught by an experienced instructor, the gentle moves to relaxing music can improve strength, flexibility, balance and coordination, even while seated.

Mon 1:00 – 2:00 pm

\$11.50/July-Aug

Starts July 12

Auditorium (this session only)



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 <p>Salmon Arm Getaway The Heart of B.C.'s Shuswap September 8 - 11 7 incl. meals • dbl. \$1,459.⁰⁰</p>	 <p>Discovery Coast Passage 8 the Cariboo Chilcotin ... August 21 - 25 10 incl. meals • dbl. \$1,978.⁰⁰</p>	 <p>The Fabulous Kootenays Castlegar, Nelson, New Denver, Nakusp September 12 - 16 8 incl. meals • dbl. \$2,049.⁰⁰</p>
 <p>Kelowna Wine Getaway Okanagan Valley: wineries, boat cruises October 3 - 6 6 incl. meals • \$1,722.⁰⁰</p>	 <p>Tyax Lodge - Wilderness Resort Bralome, Duffey Lake Road Sept 13 - 16 9 incl. meals • \$1,757.⁰⁰</p>	 <p>Women's Wellness Kingfisher Resort & Spa Sept 13 - 16 8 incl. meals • \$2,114.⁰⁰</p>

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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. 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

Fitness Room

June 24 – Aug 30 (no class July 1, August 2)

\$166.50/18 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 7 for the daily menu and detailed information on how to order.

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- 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
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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. 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

Fitness Room

June 24 – Aug 30 (no class July 1, August 2)

\$166.50/18 classes

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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. 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

Fitness Room

June 24 – Aug 30 (no class July 1, August 2)

\$166.50/18 classes

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 July 5

Tue 1:00 – 3:00 pm

Starts July 6

Wed 9:15 – 11:15 am

Starts July 7

Thu 1:00 – 3:00 pm

Starts July 8

Fri 9:15 – 11:15 am

Starts July 2

\$10/July-Aug

Sound Advice on Zoom

Sound Advice is taking the summer off, and will resume in September.

Summer Spanish

A unique opportunity to strengthen your Spanish by refining your pronunciation and intonation. Some knowledge of Spanish is required.

Wed 9:30 – 11:30 am

Fitness Room

July 14 – Aug 25

\$11.50

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

Auditorium

If you were registered in Tai Chi before it was suspended, you are registered in this class until August 3rd.

Yoga

Monday Yoga with Henrik will not be resuming at this time. If you were registered in the session which was suspended on March 29th, you will be credited for the missed classes.



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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 Logan before registering

Craft Volunteers (on Zoom)

Hosted by Logan, 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 (1st and 3rd Tuesday of the month for July & August)

No charge, currently waitlisting. Materials provided.

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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 Starts July 7

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 to help with the upkeep of the studio. Plenty of skills and knowledge sharing.

Wed 1:00 – 3:30 pm Starts July 7

OR

Thu 1:00 - 3:30 pm Starts July 8

\$11.50/July-Aug. Cost 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 Logan 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 Starts July 7

\$11.50/July-Aug. 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 Starts July 2

\$11.50/July-Aug. 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 Logan at 604-980-2474

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Arts Programs (Instructed)

Art Space

With Barbara or Logan

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.

Our regular instructor Barbara will be taking some of the summer off. Our very own arts coordinator Logan, who also an artist specializing in print making, painting and illustration, will be running Art Space while Barbara is away.

Wed 10:00 am- 12:00 pm

No charge but you must pre-register

Materials Provided

July 7th- Aug 27th

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

July 2 – Aug 27

\$11.50/July-Aug. Bring your own materials

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Have You Made a Plan yet?

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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 July 6

OR

Tue 1:00 – 3:30 pm Starts July 6

OR

Thu 9:30 am - 12:00 pm Starts July 8
\$11.50/July-Aug. 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

July 6 – Aug 31

\$11.50/July-Aug.



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Arts Workshops

Wood Burning Workshop

Curious about wood burning? Come join us for a 4-week workshop on wood burning. Learn how to transfer your design, create texture and clean lines using a wood burning tool. Our Arts coordinator Logan will be guiding you through the process and answering any questions that might come up. Bring your own wood item to burn or purchase a wood item made right here at Silver Harbour.

Strongly encouraged to bring your own wood burning tool. Please let Andrea or Logan know if you have a wood burning tool when you register.

Thursdays 1:00-3:30

Aug 5 - 26

\$15 plus pay as you go for wood to burn or bring your own

Stained Glass Workshop

Stained glass has always been popular here at Silver Harbour. We are bringing it back with this project based workshop. You will be provided with a wood frame to inlay your custom cut glass. Brush up on your Stained Glass techniques in a relaxed and supportive environment. Our skilled instructor Neil is there to assist and guide you through the project. Experience with stained glass is strongly recommended.

(We expect that stained glass "regular" programming will start in September, following COVID guidelines.)

Fridays 1:00- 3:30

Aug 13 - 27

\$35.00, all materials are provided.

You are welcome to take your creation home or donate it to the centre.



Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:05 am		Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves			Jointmoves	
9:15 am		Tai Chi			
	Snooker		Snooker		Snooker
9:30 am	Computer Club				Computer Club
		Weaving	Summer Spanish	Weaving	
9:45 am		Tapestry			
10:00 am	Craft Volunteers		Art Space		Craft Volunteers
			Woodcarving		Painting with Gabriele
10:30 am		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
	Hula	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 July 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Sound Advice on Zoom	29	30	1 Canada Day - Silver Harbour CLOSED	2	3
4	5	6	7 NVCL Book Bike at Silver Harbour	8	9	10
11	12 New Building Info Session	13	14	15	16	17
18	19 Silver Harbour Special Meeting * Book Club	20	21	22	23	24
25	26	27	28	29	30	31