

# THE CENTRE POST

Silver Harbour Seniors' Activity Centre  
144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com) tel: 604-980-2474

September 2021



## Silver Harbour Art Crawl & Pop Up Shop

Saturday September 25<sup>th</sup> 10 am – 2 pm (details on page 7)

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retirement  
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## We hear it all the time... "I'm not ready yet."

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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. During COVID, we have been running about half our programs and services and are restarting many more. If you have questions about programs or would just like to connect, we'd love to hear from you by phone or email!



144 East 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

[info@silverharbourcentre.com](mailto: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

Caroline Bell	Director
Doug Blakeney	Treasurer
Irma Bodo	Director
Jatinder Doad	Director
Elizabeth Jones	Vice-President
Margaret Coates	Secretary
Richard Gauntlett	President
Ritch Seeley	Director
Ron Needham	Director
Virginia Baldwin	Director

## Staff

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

## In this Issue...

Noted from the Executive Director.....	p.2
Silver Harbour Bulletin Board.....	p.3
Community Programs & Workshops.....	pp.4-5
Seminars & Special Events.....	pp.6-7

Trips & Tours.....	pp.8-9
Daily Menu.....	p.7
Programs & Services.....	pp.11-22
Program Schedule.....	p.23

## Notes from the Executive Director...

As you may know, there have been some recent COVID-19 announcements by the provincial government and these will change COVID-19 protocols at our centre. As of September 13<sup>th</sup>, everyone 12 and older must show proof of at least one COVID-19 vaccination in order to enter Silver Harbour. As of October 24<sup>th</sup>, everyone 12 and older must show proof of two COVID-19 vaccinations completed at least 7 days prior to enter Silver Harbour. You will not need proof of vaccination to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs. Details are still forthcoming about what will be accepted as proof of vaccination. If you want to get vaccinated or need a copy of your vaccination record, please call 1-833-838-2323. The phone line is open 7 am to 7 pm, 7 days a week, and translation is available. You will need your Personal Health Number for the phonecall (found on the back of your BC Driver's Licence, BC Services Card or CareCard). More information about proof of vaccination can also be found at the following website: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof>. As always during the pandemic, masks are required to be worn at all times inside Silver Harbour. If you have any questions about Silver Harbour's protocols or our many programs, either those currently running or those restarting, feel free to visit [www.silverharbourcentre.com](http://www.silverharbourcentre.com) or call us Mon to Fri, 9 am – 4 pm, at 604-980-2474.

### IMPORTANT NEW COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

- As of September 13<sup>th</sup>, show proof of at least one COVID-19 vaccination
- As of October 24<sup>th</sup>, show proof of two COVID-19 vaccinations completed at least 7 days prior
- 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 at all times inside the Centre
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.

The advertisement features a professional headshot of Caroline Baile, a woman with blonde hair, wearing a dark sleeveless top and a long necklace, with her arms crossed. The background is a light grey gradient. At the top left is the 'C|B' logo. To its right, the text 'CAROLINE BAILE' is in a large, bold, sans-serif font, with 'REAL ESTATE' in a smaller font below it. The main headline reads 'Looking to downsize? We're here to help you every step of the way!' in a bold, italicized font. Below this, it says '20 YEARS OF EXPERIENCE • EXCEPTIONAL SERVICE • SUPERIOR RESULTS'. The contact information 'CAROLINEBAILE.COM' and '604 984 4663' is displayed. A paragraph describes her role as an Accredited Senior Agent, emphasizing her understanding of seniors' needs and her commitment to providing a seamless process. To the right of this text is the 'ASA Accredited Senior Agent' logo. At the bottom, there are three circular seals: the first is a 'REALTOR' seal, the second is a 'CLHMS' seal, and the third is a 'Member of the Real Estate Council of British Columbia' seal.

**C|B** CAROLINE BAILE  
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**Looking to downsize? We're here to help you every step of the way!**

20 YEARS OF EXPERIENCE • EXCEPTIONAL SERVICE • SUPERIOR RESULTS

**CAROLINEBAILE.COM 604 984 4663**

As an Accredited Senior Agent, Caroline understands specific requirements seniors have when moving, buying or selling. Caroline ensures homes are sold professionally, in a timely manner and for top dollar. You can rest assured that your needs are her priority, and that she will work diligently to ensure a seamless process from start to finish.

**ASA**  
Accredited Senior Agent



# Silver Harbour Bulletin Board

## Holiday Closing

Silver Harbour will be closed Monday, September 6<sup>th</sup> for Labour Day, re-opening at 9 am on Tuesday, September 7<sup>th</sup>.

## Volunteer Bus Drivers

We're looking for volunteers with a Class 4 license to drive our 22-seat bus on occasional day trips throughout the lower mainland. If you think you might be interested please contact Holly ([holly@silverharbourcentre.com](mailto:holly@silverharbourcentre.com) or 604-980-2474).

## Program Restarts and Changes

We are following provincial health orders for all our programs and so programs will restart at different times over the coming months. Also, although we look forward to transitioning from our delivered and picked up meal bags to eating and drinking together inside Silver Harbour, we must wait for future health orders to do this. As always, we will try to provide as much notice as possible about any program restarts or changes. You can be sure to get the latest information by giving us your email address to receive newsletters and updates or by picking up the current monthly newsletter at Silver Harbour.

## Wood Wanted

The woodshop is looking for donations of unpainted/unstained hardwood and plywood, with no nails in it. To donate, please leave your name and number at the front desk.

## It's Time to Plant Your Tulip 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.

## Call for Crafters

We are looking for crafters to volunteer their skills with our Volunteer Craft Group. Join this charismatic and creative group of crafters to make items for our seasonal sales. We make everything from knitted goods to chocolate purses! If you have a room/closet/attic of craft supplies but are needing a community and some inspiration, then we might just be the place for you. The Volunteer Craft Group meets twice a week, Monday and Friday mornings, 9:30 am – 12 pm

**Clothes Closet Sale**  
**50% off**  
***all summer clothing***



# Community Programs & Workshops

## Mental Wellness for Seniors

The North Shore Keep Well Society has received funding from New Horizons for Seniors Program, a federal government funding agency, to offer Mental Wellness workshops for seniors and caregivers of seniors. Research shows that improving the mental wellness of seniors leads to improved quality of life and improved physical and cognitive functioning.

The Mental Wellness for Seniors program is to be offered in a series of 7 free weekly workshops on Wednesdays, starting on October 6, 2021 from 9:30 am to 11:30 am at Silver Harbour Seniors' Activity Centre. The workshop topics are: Principles of Healthy Living; Eating Well; Being Physically Active; Sleeping Well; Emotional Wellness; Social Life; Community Integration. Each 2 hour weekly session will consist of a workshop presentation, group coaching and exploration, and will include opportunities to explore relaxation and stress relief techniques. The instructor will be available for individual coaching, in-person or by telephone.

To register for this program, email [info@keepwellsociety.ca](mailto:info@keepwellsociety.ca) or call 604-988-7115, ext. 27.

## Grief Walking Group

Presented by the Every Day Counts Program, this informal group experience provides the chance to enjoy the outdoors and the company of others in a safe environment. This 8-week program, facilitated by volunteers, will meet Wednesdays to walk together. Registration is required. To register email [everydaycounts@vch.ca](mailto:everydaycounts@vch.ca) or call 603-363-0961. Begins September 8<sup>th</sup>.

## Virtual All Candidates Meeting

Hosted by North Vancouver City Library, you can virtually meet the candidates running in the North Vancouver-Lonsdale riding for the September 20<sup>th</sup>, 2021 Federal Election. Everyone is welcome. Candidates will have 2 minutes to tell you about themselves, their party, and what they will do for this riding when elected. They will then have 1 minute to reply to a select number of important questions and issues. This program is being delivered via zoom webinar. Only the host and the candidates will be visible or speaking. Registration is required. A link to the zoom meeting will be sent to the email used to register for the event. Please email Rakhshanda at [ransari@cnv.org](mailto:ransari@cnv.org) if you have any questions and you can register using the North Vancouver City Library website at: <https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D154954792>

## Webinars for Seniors

Canada Revenue Agency is pleased to host the following live webinars in September and October:

- Seniors Benefits and Credits - September 9<sup>th</sup> or October 7<sup>th</sup>, 2021, 1:30 – 2:30pm
- Benefits & Credits for Caregivers - September 14<sup>th</sup> or October 5<sup>th</sup>, 2021, 1:30 – 2:30pm
- Scam Awareness – Be Scam Smart - September 29<sup>th</sup> or October 26<sup>th</sup>, 2021 from 1:30 – 2:15pm

You can register for any of the above webinars by going to the below link and clicking on the link associated with the date of your choice:

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

## Caregivers Celebration

Are you looking after an older family member or friend on the North Shore? Presented by Family Services of the North Shore Seniors & Caregivers Connect program, you are invited to this special event on Tuesday, September 14<sup>th</sup>, 1 to 3 pm in the White Tent, 600 West Queens Road (old Delbrook Rec Centre). Connect with other caregivers, enjoy activities and refreshments, find out about fall programs, and pick up resources and information. For more information, contact Robin Rivers at [rivers@familyservices.bc.ca](mailto:rivers@familyservices.bc.ca) or call 604-988-5281, ext. 354.


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 <b>Deluxe Victoria</b> Christmas Getaway December 24 - 27 6 incl. meals • dbl. \$1,946. <sup>00</sup>	 <b>Costa Rica</b> Land of Wonders February 14 - 27, 2021 27 incl. meals • dbl. \$7,639. <sup>00</sup>	 <b>Wickaninnish Inn Experience</b> December 6 - 10 9 incl. meals from dbl. \$2,698. <sup>00</sup>
<b>Other getaways:</b> <b>Eagles at Harrison Hot Springs</b> Cruise on Harrison River November 14 - 16 5 incl. meals • dbl. \$1,197. <sup>00</sup>	<b>Jasper Park Lodge</b> Seniors Fall Fling October 17 - 22 14 incl. meals • dbl. \$2,215. <sup>00</sup>	<b>Yukon's Northern Lights</b> Whitehorse November 8 - 12 & Feb. 7 - 11 7 incl. meals • dbl. \$2,469. <sup>00</sup>

**Call for a brochure. Ask about our 5% early payment discount. Single rates available.**

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Prices include all taxes

## 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, September 8<sup>th</sup>**

**11 am – 1 pm**

**In the garden**



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### Silver Harbour Annual General Meeting

Members are invited to our Annual General Meeting:

**Monday, September 20<sup>th</sup>**

**1:00 pm**

**in the Silver Harbour auditorium  
and by Zoom**

**Please call 604-980-2474**

**to register to attend in person**

**or email [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)**

**to register to attend by Zoom**

Our bylaws require we provide notice of the AGM on our website and by email to all members who have given us an email address (we are not required to mail notice 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.** An AGM information package will be available to pick up at the Silver Harbour front desk starting Friday September 10<sup>th</sup> during operating hours and will be emailed to all registered to attend by Zoom.

**Would you like to let your name stand for the Board of Directors?** Please be sure to complete the nomination form (available from the Silver Harbour front desk) prior to 4 pm on September 3<sup>rd</sup>. Per our bylaws, nominations are not accepted less than 14 days before the meeting nor at the meeting.



## Silver Harbour Art Crawl and Pop Up Shop

You are invited to a day of connection, creativity, music, and of course shopping. Come “try out” our arts programs through collective art making and find out what is happening at the centre. Our volunteer crafters will be selling handmade creations at a Silver Harbour Pop Up Shop. There will be live music to enjoy. Tulip bulbs, second hand clothes and household items, and puzzles will also be available for purchase. All proceeds go right back into the Centre. We are so excited to see you! Please contact Logan at 604-980-2474 or [logan@silverharbourcentre.com](mailto:logan@silverharbourcentre.com) to sign up for a volunteer position for this event.

**Saturday, September 25<sup>th</sup>**

**10 am – 2 pm**

**Free of charge**

## 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.

**Monday, September 27<sup>th</sup>**

**10:00 – 11:30 am**

**On Zoom**

**Please email [chha\\_nsb@telus.net](mailto:chha_nsb@telus.net) to register**

## Juicy Wordplay

So you want to express yourself in writing? Will you finally heed the Nike slogan and “just do it”? This two-hour workshop with writer/educator/Silver Harbour regular Crystal Hurdle will feature a variety of prompts to get those creative juices flowing and to lubricate your brain. Why not let your heart sing in a warm and supportive environment, getting feedback from others and playing with words to see whether you are the next J. K. Rowling, Margaret Atwood... or perhaps simply a more writerly version of yourself?

This session will lead to a once-a-month writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit—whatever you like!) to help one another grow and develop as writers.

**Monday, October 18<sup>th</sup>**

**10 am – 12 pm**

**Sewing Room**

**No charge**

## Total Toe Care

*Great in-home foot care*

*Call Diane @ 604-649-1624*



*Your feet will thank you*



*Serving the North Shore for 17 years*

## Trips and Tours

**All bus trip participants must show proof of vaccination in order to board the bus. Everyone must wear a mask on the bus. Thank you for your cooperation.**

### Steveston

**Tickets on sale Wednesday, September 8<sup>th</sup>**

Spend 3 hours of free time in Steveston, a lovely fishing village on the Fraser River. You can walk along the waterfront, buy some seafood fresh off the boat, explore some of the village's quaint shops, and enjoy lunch (not included in price) at one of the many restaurants.

**Thursday, October 7<sup>th</sup>**

**10:00 am – 3:00 pm**

**\$25 members; \$35 non-members**

**Please buy your tickets before Sept. 30<sup>th</sup>**  
**or the trip may be cancelled.**

### Grand Villa Casino

**Tickets on sale Wednesday, September 8<sup>th</sup>**

We're off to the Grand Villa Casino in Burnaby, where you can try your luck with table games, in the poker room, or at one of the 1300 slot machines. Enjoy lunch (not included in price) at one of the restaurants. Bring your Encore number when you register, and receive \$10 free play, and \$5 in food vouchers. Not an Encore member? You can sign up when you get to the casino.

**Tuesday, October 26<sup>th</sup>**

**10:30 am – 3:30 pm**

**\$25 members; \$35 non-members**

**Please buy your tickets before October 19<sup>th</sup>**  
**or the trip may be cancelled.**



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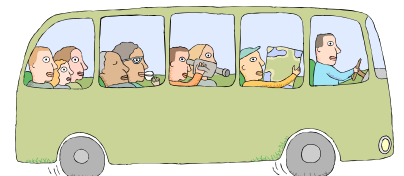
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## Important Information About Bus Trips

This information will be very helpful to anyone interested in joining our bus trips...

1. Please note that return times are approximate, as there is no way to predict traffic or other possible timing issues which may arise. We recommend that you do not schedule any appointments directly following the trip.
2. Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
3. Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
4. Some drivers will appreciate a tip and others prefer not to be tipped. If you would like to tip the driver, please bring a small amount of money for this purpose. If a driver accepts tips, it is still your choice whether you want to give one or not.
5. Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
6. We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Silver Harbour will be refunded in full.
7. If a trip is full, please put your name on the waitlist. We will attempt to accommodate substantial waitlists by creating second trips when possible and people on the waitlist will have the first opportunity to buy tickets for the second trip.
8. If you are driving to Silver Harbour for your bus trip, please park on the street or in the parking lot to the east of our building. Anyone may park in these areas for any length of time.
9. Please limit your use of scented products like hairsprays and perfumes when going on bus trips. Some people can be very sensitive to these scents, especially in enclosed spaces. We very much appreciate your consideration.
10. Enjoy your trip!





## Daily Menu for September

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Beef Patty	<b>2</b> Bami Goreng <b><u>PICK UP ONLY</u></b>	<b>3</b> Meatballs
<b>6</b> Labour Day Silver Harbour CLOSED	<b>7</b> Cod with Prawns <b><u>PICK UP ONLY</u></b>	<b>8</b> Turkey Schnitzel	<b>9</b> Pork Stew <b><u>PICK UP ONLY</u></b>	<b>10</b> Lasagna
<b>13</b> Cod Nuggets	<b>14</b> Chicken a la King <b><u>PICK UP ONLY</u></b>	<b>15</b> Salmon a la mode	<b>16</b> Paella <b><u>PICK UP ONLY</u></b>	<b>17</b> Lamb Shank
<b>20</b> Sausages	<b>21</b> Jambalaya <b><u>PICK UP ONLY</u></b>	<b>22</b> Fish & Chips	<b>23</b> Beef Stew <b><u>PICK UP ONLY</u></b>	<b>24</b> Chicken Cordon Bleu
<b>27</b> Garlic Prawns	<b>28</b> Cabbage Rolls <b><u>PICK UP ONLY</u></b>	<b>29</b> Chicken Cacciatore	<b>30</b> Roast Pork <b><u>PICK UP ONLY</u></b>	<b>1</b> Meatballs

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

### Boutique

The boutique sells household goods and other treasures, with bargains galore. Donations of small, saleable merchandise welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon – Fri

11:00 am – 1:00 pm

**Re-opens Sept 13<sup>th</sup>**

### 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. Silver Harbour membership not required to shop, donate or volunteer.

Mon-Fri 11 am – 1 pm

### Legal Advice and Referral Clinic

Qualified lawyers volunteer to assist seniors with legal concerns and questions (North Shore residents 55 and over). The lawyer will offer you summary advice, information, interpretation of documents, and, if necessary, a referral for more extensive work. Sign up at the front desk for a ½ hour appointment on a Thursday morning. Silver Harbour membership not required. Begins September 23<sup>rd</sup>.

### Library

The Silver Harbour library has an excellent selection of books and jigsaw puzzles to borrow as well as current magazines and newspapers to read there. Silver Harbour membership not required.

### Meal Program

Although we look forward to transitioning from our delivered and picked up meal bags to eating and drinking together inside Silver Harbour, we must wait for future health orders to do this. Please see page 10 for the daily menu and detailed information on how to order meal bags for pick up or delivery.

#### **IMPORTANT NEW COVID-19 PROTOCOLS**

In order to come into Silver Harbour you must:

- As of September 13th, show proof of at least one COVID-19 vaccination
  - As of October 24th, show proof of two COVID-19 vaccinations completed at least 7 days prior
  - 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 at all times inside the Centre
  - Sanitize your hands frequently
  - Not eat inside the Centre
  - Report to a staff member if you feel unwell
- Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.

## Keep Fit...

### Chair Yoga

Gain the benefits of yoga without getting on the floor. 2 sessions to choose from.

Wed 1:00 – 2:00 pm

**OR**

Wed 2:15 – 3:15 pm

Fitness Room

Sept 1 – Oct 27

\$58.50/9 classes

### Daytime Dance

Due to Provincial Health Orders, we will not be able to resume Daytime Dance at this time.

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- Wear a mask at all times inside the Centre
- Sanitize your hands frequently
- Not eat inside the Centre
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Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.

#### **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**



## Get Up & Go

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.

Mon 2:00 – 3:00 pm

Fitness Room

Aug 23 – Oct 25 (no class Sept 6, Oct 11)

\$74/8 classes

OR

Thu 2:00 – 3:00 pm

Fitness Room

Sept 2 – Oct 28

\$83.25/9 classes

## Hula for Health **NEW START DATE**

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

Multi-purpose Room

Sept 27 – Nov 29 (no class Oct 11)

\$23/season



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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

Sept 2 – Oct 28 (no class Sept 6, Oct 11)

\$138.75/15 classes

## Keep Well

Exercise to music then it's time for blood pressure checks, massage, nutrition counselling and medication awareness. Silver Harbour membership not required.

Wed 9:30 - 11:15 am

By donation

Starts Sept 8

## 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

Sept 2 – Oct 28 (no class Sept 6, Oct 11)

\$138.75/15 classes

## Osteofit For Life

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

Sept 2 – Oct 28 (no class Sept 6, Oct 11)

\$138.75/15 classes

## Snooker

Splendid tables for your use. Everyone from novice to expert is welcome.

Mon through Fri, 9 am to 4 pm

\$17/season

Starts Sept 1

## Table Tennis

Get a great workout with this popular sport. Equipment provided.

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

\$23/season

Starts Sept 1

## Tai Chi **NEW TIMES**

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

Tue 9:00 – 10:00 am

OR

Tue 10:00 – 11:00 am

Auditorium

\$56/14 classes

Sept 14 – Dec 14

## Yoga

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

Mon 9:00 – 10:00 am

Oct 4 – Dec 13 (no class Oct 11)

Auditorium

\$60/10 classes



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## Expand Your Mind...

### Book Club

Club meets monthly to discuss a pre-selected book. This month the book is "The Little Old Lady Who Broke All the Rules", by Catharina Ingelman Sundberg.

Monday, September 20

2:30 pm

Multi-Purpose Room

No charge, but you must pre-register

**CURRENTLY  
WAITLISTING**

### Chess

A great board game and mental workout.

Instruction for beginners and intermediates.

Mon & Fri 10:00 am – 12:00 pm

Clinic

No charge

Starts Sept 3

#### **IMPORTANT NEW COVID-19 PROTOCOLS**

In order to come into Silver Harbour you must:

- As of September 13th, show proof of at least one COVID-19 vaccination
- As of October 24th, show proof of two COVID-19 vaccinations completed at least 7 days prior
- 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 at all times inside the Centre
- Sanitize your hands frequently
- Not eat inside the Centre
- Report to a staff member if you feel unwell

Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.

### Circle of Friends

**CURRENTLY  
WAITLISTING**

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

\$3 per session

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

### Computer Club

The Computer Club meets twice a week, either in person or by Zoom, to exchange information about technology, software and applications. Members can use the in-house computers provided, or bring their own devices. Note: If you are looking for computer instruction, please contact your local library – they have excellent tech training programs.

Mon & Fri 9:00 am – 12:00 pm

Computer Room

\$17/season

Starts Sept 3



## 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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## Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoken and written English.

Thur 9:30 – 11:30 am

Multi-purpose Room

No charge

Starts Oct. 7

## Meditation

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

Tue 10:00 – 11:00 am

Computer Room

\$23/season

Starts Sept 7

## Memory & Aging **JUST ADDED**

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.

Tue 10:00 am – 12:00 pm

Fitness Room

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

Sept 21 – Oct 19

## Spanish Level 2 Plus

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

Wed 9:30 – 11:30 am

Computer Room

\$23/season

Starts Sept 15

## Arts Programs (Volunteers)

### Craft & Knitting 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 & Fri 9:30 am - 12:00 pm

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

### 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

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## Arts Programs (Studio)

### 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 Sept 1

OR

Thu 1:00 - 3:30 pm Starts Sept 2

\$23/season

Cost includes kiln and wheel use, slab rollers, glazes and tools, however all clay must be purchased at the centre.

All new participants must book an orientation with Logan before registering.

### Woodcarving & Wood burning - 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 Sept 1

\$23 Bring your own materials

### Painting - Open Studio

Supported, non-instructional environment.  
All levels

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

Fri 1:00 – 3:00 pm Starts Sept 3

No charge. Bring your own materials.

### Photography Collective **JUST ADDED**

Silver Harbour is starting its very own photography group. Join a collective of friendly, enthusiastic photographers with a wide variety of photographic experience, knowledge and interests. Share your work, get helpful feedback, and take your skills to the next level by learning from each other and the occasional guest speaker. Whether you take photos with your phone, digital or film camera, you are welcome to join the Silver Harbour Photography Collective. If you are not comfortable uploading and emailing photos please contact Logan for a tutorial session.

1<sup>st</sup> and 3<sup>rd</sup> Monday of the month

1:00-3:00 pm

\$23/season

Sewing Room

Starts October 4

### 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



## Arts Programs (Instructed)

### Art Space

With Barbara

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

Starts Sept 8

### Choir **NEW START DATE**

Mixed choir entertains at the Centre and for outside groups.

Fri 10:30 am – 11:45 pm

\$30/season

Starts Sept 17

### Dressmaking

Dress making is back! Expert instruction in all aspects of sewing including tailoring, cutting, sewing, and fitting. Sewing machines and sergers available to use but bring your own materials.

Wed 1:00-3:30 pm

\$23

Starts Sept 15

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### 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

\$23/season. Bring your own materials

Starts Sept 3

## Printmaking

**CURRENTLY  
WAITLISTING**

Learn the art of print making with the guidance of professional printmaker Rick Herdman. Rick will be teaching the first 4 sessions of the program. You will learn the elements of printmaking by creating a relief print, with the option of printing a limited edition artwork! Printmaking is a versatile medium that will appeal to painters, textile artists and wood carvers. All initial materials provided, and students must supply their own thereafter. Beginners welcome!

Thurs 10:00-12:00

\$23

Starts Sept 9

## 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

Sept 13 – Nov 8

\$23 Pay as you go for materials.

## Stained Glass

Stained Glass is back! We all see beautiful stained glass décor in a large scale in cathedrals and museums, but here at Silver Harbour you can learn how to make your own. Skilled instructors are on hand for assistance with your project. Experience encouraged. Pay as you go for materials

Fri 1:00 - 3:00 pm

\$23/season

Starts Sep 3<sup>rd</sup>

## Sonic Weaving

Lovers of storytelling, poetry, songwriting, music-making, narrative-writing, singing -- this is for you! Using elements of songwriting and sound design, participants will be able to explore their own memories in a collaborative, interactive setting. Over the course of 4 weeks musician/sound designer mentors will help participants collect and organize stories and soundbites into a personalized podcast/sonic time capsule of a certain point in time—as a personal keepsake, or to share with family and friends. Silver Harbour membership not required.

Mon 10:00-11:30

\$10

Starts Sept 13

## Have You Made a Plan yet?

If not, give our family a call

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## Tapestry

With Virginia

All levels

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. No experience necessary; pay as you go for materials

Tue 9:30 am – 12:00 pm

Or

Tue 1:00 – 3:30 pm

\$23/season

Space permitting: there is an option to stay for both sessions, but this must be approved by Logan or Virginia

## 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. Pay as you go for materials

Tue 9:30 am - 3:00 pm

\$23/season

Thursday Drop-in for experienced weavers only; non-instructed.

Thu 9:30 am - 12:00 pm

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## Arts Workshops

### Juicy Wordplay

So you want to express yourself in writing? Will you finally heed the Nike slogan and “just do it”? This two-hour workshop with writer/educator/Silver Harbour regular Crystal Hurdle will feature a variety of prompts to get those creative juices flowing and to lubricate your brain. Why not let your heart sing in a warm and supportive environment, getting feedback from others and playing with words to see whether you are the next J. K. Rowling, Margaret Atwood, ...or perhaps simply a more writerly version of yourself?

This session will lead to a once-a-month writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit—whatever you like!) to help one another grow and develop as writers.

Monday, October 18

10 am – 12 pm

Sewing Room

No charge

### Woodworking Workshop

Have you always wanted to try woodworking but unsure where to start? In this 4 week program our very own Robert will guide you through woodworking projects where you will learn about the woodshop, tools, stains and much more. Brush up on your woodworking skills in a supportive and fun workshop!

Tuesday and Thursday 1:00-3:00pm

\$23

Starts September 21<sup>th</sup>



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## Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 am</b>	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Snooker	Snooker	Snooker	Snooker	Snooker
	Computer Club	Tai Chi			Computer Club
<b>9:05 am</b>	Jointmoves			Jointmoves	
<b>9:30 am</b>		Weaving	Keep Well	Weaving	
		Tapestry	Spanish Level 2 Plus		
<b>10:00 am</b>	Craft Volunteers	Tai Chi	Woodcarving	Printmaking	Craft Volunteers
	Chess	Meditation	Table Tennis		Chess
	Sonic Weaving		Art Space		Painting with Gabriele
<b>10:30 am</b>					Choir
<b>11:00 am</b>	Osteofit For Life			Osteofit For Life	
<b>12:30 pm</b>	Osteofit 1			Osteofit 1	
<b>1:00 pm</b>	Snooker	Snooker	Snooker	Snooker	Snooker
	Silk Painting	Weaving	Dressmaking	Open Studio (on Zoom)	Current Conversations
	Hula	Tapestry	Pottery	Pottery	Open Painting Studio
			Chair Yoga		Stained Glass
		Quilting Volunteers	Circle of Friends		Table Tennis
<b>2:00 pm</b>	Get Up & Go			Get Up & Go	
<b>2:15 pm</b>			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](mailto:info@silverharbourcentre.com).

# Silver Harbour's September 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Labour Day Silver Harbour CLOSED	<b>7</b>	<b>8</b> Bus Trip tickets go on sale * Library Book Bike	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Today onwards... at least 1 COVID- 19 vaccination required to enter Silver Harbour * Boutique re-opens	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Annual General Meeting * Book Club	<b>21</b> Memory & Aging begins * Woodworking Workshop begins	<b>22</b>	<b>23</b> Legal Advice & Referral Clinic restarts	<b>24</b> Today onwards... 2 COVID-19 vaccinations at least 7 days prior required to enter Silver Harbour	<b>25</b> Art Crawl & Pop Up Shop
<b>26</b>	<b>27</b> Sound Advice on Zoom	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>