

THE CENTRE POST

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

November 2021



Christmas Market is back!

Fri Nov 26 1-3 pm & Sat Nov 27 10 am – 2 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. 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 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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The Christmas Market Returns!

Our Christmas Market is returning this year, and we are busy with all the preparation that goes into this great event! This year the market will be held over 2 days – Friday, November 26th, from 1 to 3 pm, and Saturday, November 27th, from 10 am to 2 pm. Here are some of the many ways to participate and help out with our sale...

Jewelry

Our jewelry table is a must-see at each sale. Good quality costume jewelry is in high demand. This is the perfect opportunity to sort through your jewelry boxes and put any of your unwanted or long forgotten items to good use. Please hand in all jewelry donations to the front desk.

Crafts

Our craft volunteers have been busy in Santa's workshop creating wonderful handmade goods for this year's sale. Although they work all year round, any extra donations that you may have are always a big help during this sale. You may drop off any craft donations you have at any point prior to the day of the sales, so that we have time to price and sort everything.

Used Clothing

Silver Harbour is always looking for good quality, gently used women's clothes for our Clothes Closet. Please bring in your donations at least one week before for sorting and pricing before the sale (no summer clothes, thank you).

Volunteers

We are always in search of volunteers to help in a variety of ways at the sale – including selling at the tables. Booth set-up and take down require volunteers that can do a little extra heavy lifting – if you can lend us your muscle for any of this, we would love to hear from you! Please leave your name and number at the front desk.

Posters

Several weeks before the Christmas Market, we will have posters available at the front desk promoting the event. If you know of a bulletin board at a business, apartment building or other visible location, please pick up a poster, put it up, and help us promote our wonderful Christmas Market.

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CHRISTMAS
MARKET**

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MASKS AND PROOF OF VACCINATION REQUIRED

FRI NOV 26 1:00-3:00
SAT NOV 27 10:00-2:00

144 East 22nd St, North Vancouver
www.silverharbourcentre.com

**SILVER
HARBOUR
CENTRE**

Silver Harbour Bulletin Board

Lest We Forget

While there will not be a Remembrance Day event at Silver Harbour this year, we take this opportunity to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve.

Proof of Vaccination Is Required

You must show your vaccine passport and legal identification in order to be admitted to Silver Harbour. Please bring it with you every time you come.



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Holiday Closing

Silver Harbour will be closed Thursday, November 11th for Remembrance Day, re-opening at 9 am on Friday, November 12th.

Program Cancellations – Friday, November 26th

The following programs will be cancelled on Friday, November 26 only, while we set up for the Christmas Market.

- Open Painting Studio
- Stained Glass

Christmas Market Volunteer Meeting

If you are interested in volunteering at the Christmas market please register to attend our Christmas volunteer meeting! At the meeting we will be discussing roles, handing out posters and going over our annual Christmas Market plan! If you cannot attend please make sure to register as a volunteer either by phone or at the front desk. Christmas is coming!

Monday, November 8th

10:00 am – 12:00 pm

Sewing Room

Please register at the front desk

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.

Christmas Meals

Sponsored by PARC Retirement Living

As we are unable to have a large in-person Christmas Luncheon again this year, we will be providing a delicious and festive alternative through our meal program. A multi-course turkey dinner (chilled, ready for you to reheat) will be available for pick up or delivery on Fri Dec 3rd, Fri Dec 10th, and Wed Dec 22nd at a cost of just \$10. There will also be extra treats and gifts in the meal bag and we thank PARC Retirement Living for helping to sponsor this initiative. You can call to order starting at 9 am on Mon Nov 22nd using a credit card.

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.

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.

Our Thrift Shops Are Open!

Both of our thrift shops are now open. The Boutique sells small household and decorative items, and the Clothes Closet has good quality, second hand women's clothing. Come for a bargain, leave with a treasure. Customers will have to sign in at the front entrance before shopping.

**Open Monday to Friday
11 am to 1 pm**

Community Programs & Workshops

Caregivers Connect

Presented by Family Services of the North Shore, this program offers free support, connection and resources for family and friends caring for older adults. Drop in for conversation, workshops, relaxation sessions, and counselling – at Silver Harbour, every Thursday from 1 to 3 pm. For more information contact Robin Rivers at caregiversconnect@familyservices.bc.ca or call 604-988-5281, ext. 354.


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 Yukon's Northern Lights <small>Whitehorse</small> February 7 - 11, 2022 <small>7 incl. meals dbl: \$2,469.⁰⁰</small>	 Costa Rica <small>Land of Wonders</small> February 14 - 27, 2022 <small>27 incl. meals dbl: \$7,639.⁰⁰</small>	 Wickaninnish Inn Experience December 6 - 10 <small>9 incl. meals from dbl: \$2,698.⁰⁰</small>
Eagles at Harrison Hot Springs <small>Cruise on Harrison River</small> November 14 - 16 - Sold Out	Jasper Park Lodge <small>Seniors Fall Fling</small> October 17 - 22 - Sold Out	2022 Brochure available in January 2022

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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 10:45 am to 12:45 pm 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. You may register for all the sessions, or just one.

To register for this program, email info@keepwellsociety.ca or call 604-988-7115, ext. 27.



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Debby.Stephenson@sci-us.com



**FIRST MEMORIAL
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Seminars & Special Events

Tech Connect: Collaboratory

City Library has a new exciting space for technology learning! Our new technology learning space: The Collaboratory has weekly classes, workshops, and small group learning sessions as well as a wide variety of technology to support learning from beginner to specialist. Join us for this exciting introduction to the Collaboratory.

Tuesday, November 9th

1:00 – 2:00 pm

Fitness Room

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

Juicy Wordplay **CURRENTLY WAITLISTING**

Facilitated by writer Crystal Hurdle, this session is 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, November 15th

10 am – 12 pm

Sewing Room

No charge

Book Club

**CURRENTLY
WAITLISTING**

Club meets monthly to discuss a pre-selected book. This month the book is "The Glass Castle" by Jeanette Walls.

Monday, November 15th

2:30 - 3:30 pm

Fitness Room

No charge

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Walker Clinic

How sure are you that you are walking properly with your walker? Do you have any concerns about your walker? Amir from Advanced Medical will be here to give you some tips about correct posture while using your walker, as well as give your walker a quick tune-up if needed.

Tuesday, November 16th

1:00 – 3:00 pm

Library/Lounge

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

Christmas Market

Make sure you mark your calendar for our famous Christmas Market, complete with beautiful crafts and gifts made here at Silver Harbour and quality secondhand items at the Boutique and Clothes Closet as well as tulip bulbs and nearly new puzzles.

Friday, November 26th

1:00 – 3:00 pm

and

Saturday, November 27th

10:00 am – 2:00 pm

Free admission

An Introduction to the Healing Art of Reflexology & Shiatsu for Osteoarthritis

Presented by Amica Edgemont Village

Join Marie Luckhart of Kindness Matters Reflexology and Sharon Bidder of Soothing Hands Shiatsu for an informative presentation on how Shiatsu can help to alleviate the painful symptoms of Osteoarthritis, followed by a complimentary hand session for all attendees if they wish.

Tuesday, November 23rd

1:30 – 2:30 pm

Auditorium

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

IMPORTANT COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

- 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.

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, November 29th

10:00 – 11:30 am

On Zoom

Please email chha_nsb@telus.net
to register

Paint Your Own Ceramic Plate!

Thinking of a creative Christmas present to gift this season? Have you always wanted to try painting on pottery? Paint your own ceramic plate for you or for someone in your life. All supplies including ceramic plate, glaze, and firing in the kiln will be provided. No experience necessary, just bring yourself and some Christmas spirit!

Wednesday December 1st

1:00 - 3:30

Arts & Crafts Room

\$23

Choir Concert

The choir was delighted to get back together again in September, and they're celebrating with three new songs: "Choir's Back" (written by choir member Audrey Kozak), "Winter" (with lyrics by choir member Julia Wilson, and music by choir director Irene Percival), and "Music Takes Me Home" (by Geordie Roberts, a North Shore vocal coach and conductor). They'd love to share these with you, as well as a few Christmas pieces and some songs from the Golden Screen (as a preview to their Movie Music performances in the Spring). Come enjoy this uplifting choral performance and take home a free little bag of treats!

Tuesday, December 14th

2:00 – 3:00 pm

Auditorium

Free of charge,

but you must pre-register

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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.

Tsawassen Mills

Tickets went on sale Monday, October 4th

Get a head start on your Christmas shopping! We will travel to Tsawassen Mills Mall, which has a variety of premium retailers and outlet offerings. We will spend 3 hours at the mall, with time for lunch (not included in price) at one of the restaurants or at the food court. Lots of walking.

Tuesday, November 9th

10:00 am – 3:00 pm

\$23 members; \$33 non-members

**Please buy your tickets before November 2nd
or the trip may be cancelled.**

Potters Christmas Store

Tickets went on sale Monday, October 4th

We will drive to Langley, to Potters Christmas Store, the largest Christmas store in Western Canada. Spend 1 ½ hours shopping for all kinds of fun and unusual holiday-themed décor and gifts. After shopping, the bus will bring us to Willowbrook Shopping Centre for lunch (not included in price) in the food court, before returning to North Van. Lots of walking.

Thursday, November 25th

9:15 am – 3:00 pm

\$25 members; \$35 non-members

**Please buy your tickets before November 18th
or the trip may be cancelled.**

IMPORTANT COVID-19 PROTOCOLS

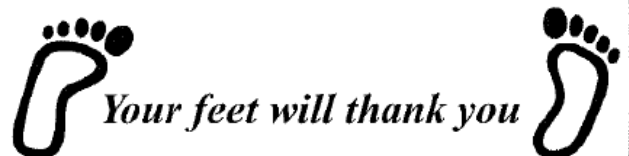
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 - Check in with the volunteer at the front door
 - Wear a mask at all times inside the Centre
 - Sanitize your hands frequently
 - Not eat inside the Centre
 - Report to a staff member if you feel unwell
- Proof of vaccination is not required to pick up meals outside Silver Harbour, have meals delivered, or participate in online programs.

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Christmas Lights Tour

Tickets on sale Monday, November 1st

View Vancouver's Christmas lights from the comfort and warmth of our bus. We will tour the best of local lights and then continue our tour through downtown and beyond. Please bring toonies as some places may request a donation. Please note: return time may vary depending on traffic and the route chosen for the tour. Make sure to have an early dinner before the trip; there will be no stop for a meal, and there is no eating or drinking on the bus.

Sunday, December 5th

5:45 – 8:00 pm

\$10 members; \$20 non-members

Please buy your tickets before November 26th
or the trip may be cancelled.



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Daily Menu for November

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ravioli con Pancetta <u>PICK UP ONLY</u>	2 Beef Stew <u>PICK UP ONLY</u>	3 Cod with Shrimp	4 Bami Goreng <u>PICK UP ONLY</u>	5 Meatballs
8 Thai Chicken Breast	9 Paella <u>PICK UP ONLY</u>	10 Chicken Cordon Bleu	11 Remembrance Day Silver Harbour CLOSED	12 Sausages
15 Salmon a la Mode	16 Chicken Cacciatore <u>PICK UP ONLY</u>	17 Beef Patty	18 Cod Nuggets <u>PICK UP ONLY</u>	19 BBQ Ribs & Chicken
22 Fish & Chips	23 Chicken a la King <u>PICK UP ONLY</u>	24 Turkey Schnitzel	25 Lasagna <u>PICK UP ONLY</u>	26 Lamb Shank
29 Garlic Prawns	30 Cabbage Rolls <u>PICK UP ONLY</u>			

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 & Workshops

For a full listing of currently running programs, please see the program schedule on page 15 or our website at: www.silverharbourcentre.com.

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

Nov 3 – Dec 15

\$45.50/7 classes

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 1:30 – 2:30 pm

Fitness Room

Nov 1 – Dec 20

\$74/8 classes

OR

Thu 1:30 – 2:30 pm

Fitness Room

Nov 4 – Dec 16 (no class Nov 11)

\$55.50/6 classes

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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 8:30 – 9:30 am

Fitness Room

Nov 1 – Dec 20 (no class Nov 11)

\$129.50/14 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 10:15 – 11:15 am

Fitness Room

Nov 1 – Dec 20 (no class Nov 11)

\$129.50/14 classes

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

11:45 am – 12:45 pm

Fitness Room

Nov 1 – Dec 20

(no class Nov 11)

\$129.50/14 classes



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Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmoves			Jointmoves	
9:00 am	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Snooker	Snooker	Snooker	Snooker	Snooker
	Computer Club	Tai Chi			Computer Club
9:30 am		Weaving	Keep Well	Weaving	
		Tapestry	Spanish Level 2 Plus		
10:00 am	Craft Volunteers	Tai Chi	Woodcarving	Printmaking	Craft Volunteers
	Chess	Meditation	Table Tennis		Chess
	Sonic Weaving		Art Space		Painting with Gabriele
10:15 am	Osteofit For Life			Osteofit For Life	
10:30 am					Choir
11:45 am	Osteofit 1			Osteofit 1	
1:00 pm	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
1:30 pm	Get Up & Go			Get Up & Go	
2:15 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 November 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7 Turn Your Clocks Back	8	9 Tsawassen Mills Bus Trip * Tech Connect: Collaboratory	10	11 Remembrance Day Silver Harbour CLOSED	12	13
14	15 Juicy Wordplay * Book Club	16 Walker Clinic	17	18	19	20
21	22	23 Shiatsu & Reflexology	24	25 Potters Christmas Store Bus Trip	26 Christmas Market 1 – 3 pm	27 Christmas Market 10 am – 2 pm
28	29 Sound Advice on Zoom	30	1 "Paint a Christmas Plate" Workshop	2	3	4