

# 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

December 2021



**It's Coffee Time!**  
(Mon to 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. 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

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## Happy Holidays from Silver Harbour

First, a heartfelt big thank you to all the volunteers, staff, and shoppers who made our Christmas Market such a success. It was lovely to see all the holiday cheer while people browsed and purchased. Don't forget that some of our beautiful crafts will be for sale in the main hallway for the next few weeks and that you can shop at the Clothes Closet and Boutique Monday to Friday, 11 am to 1 pm.

Secondly, a big thank you to all of you who gave a charitable donation to Silver Harbour in response to our recent mailed request (and to those of you who give throughout the year too, of course). Every donation, in any amount, is extremely valuable and appreciated; together your donations create tremendous impact for local seniors. You can donate in person, by mail, over the phone (604-980-2474), or using our website ([www.silverharbourcentre.com](http://www.silverharbourcentre.com)).

We thank you for all your support of Silver Harbour over the years and wish you and all of yours peace, joy, and a happy holiday season.



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# Silver Harbour Bulletin Board

## 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.

## Bring Your Own Water Bottle

When you come to a program at Silver Harbour please bring your own (full!) water bottle from home. For everyone's safety, the kitchen is not currently able to provide glasses and water jugs.

## Holiday Closing

Silver Harbour will be closed from December 23<sup>rd</sup>, 2021 to January 3<sup>rd</sup>, 2022, re-opening at 9 am on Tuesday January 4<sup>th</sup>.

## Coffee Time!

We have started serving coffee, tea and cookies again – in the Auditorium, every day between 11 am and 1 pm. Please keep your mask on until you are seated at the table and make sure you put it back on before leaving.

## Yoga

Henrik's Monday morning Yoga class has been extended by 1 week and will now finish on Monday, December 20<sup>th</sup> (to make up for the class missed on November 1<sup>st</sup>).

## 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 3<sup>rd</sup> (SOLD OUT), Fri Dec 10<sup>th</sup> (SOLD OUT) and Wed Dec 22<sup>nd</sup> 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. As announced in the November newsletter, ordering began at 9 am on Mon Nov 22<sup>nd</sup>.



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## 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.

## COVID-19 Vaccine Booster Shots

The BC Government has determined that everyone should receive a COVID-19 booster shot 6 months after their second dose. They will inform you by text or by email; if you do not have access to email, you can call 1-833-838-2323, provide them with your Personal Health Number, and they will let you know when you will be eligible.

## 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.



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to Friday  
11 am to 1 pm**

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# 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](mailto:caregiversconnect@familyservices.bc.ca) or call 604-988-5281, ext. 354.

You are invited to attend the Caregivers Connect Learning Series:

- Caregiver Challenges – December 2<sup>nd</sup>
- Caregiver Health and Wellness – December 9<sup>th</sup>
- Caregiver Well-being – December 16<sup>th</sup>

To reserve your spot, please call Robin Rivers at 604-988-5281, ext. 354 or email [caregiversconnect@familyservices.bc.ca](mailto:caregiversconnect@familyservices.bc.ca).

## “Peace on Earth” by the Marcus Moseley Chorale

The Marcus Mosely Chorale are thrilled to return to performing before a live audience on Saturday, December 11<sup>th</sup>, 2:30 pm at Central Presbyterian Church (1155 Thurlow) and Friday, December 17<sup>th</sup>, 7:30 pm at Highlands United Church (3255 Edgemont Boulevard in North Vancouver). The show features a combination of original music and old favourites with a gospel ring. All tickets are \$35 and can be purchased online at [www.mmc2011.ca](http://www.mmc2011.ca) or by calling the ticket hotline at 604-770-1088.

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**Tuesday, 7 December 2021**  
**EVERYONE WELCOME!**

**Register** for your Invite & Link  
Email Chris - [ceinarson@telus.net](mailto:ceinarson@telus.net)  
*Looking forward to  
seeing and hearing you online!*

For further details please call  
Anne Marie 604-988-9907

## Canada Revenue Agency Live Webinars

### Digital Services for Individuals Presentation - December 15, 2021 from 1:00–1:45pm PST

The CRA has a wide number and range of electronic and digital services available for individuals including My Account, Represent a Client and mobile apps. Join our webinar to learn about some of our most popular services such as changing your address or phone number, submitting documents electronically, and changing your return.

### Scam awareness – Be scam smart Presentation - December 9, 2021 from 1:30–2:15pm PST

Help protect yourself and others against fraud - Taxpayers should be vigilant when they receive, either by telephone, mail, text message or email, a fraudulent communication that claims to be from the Canada Revenue Agency (CRA) requesting personal information such as a social insurance number, credit card number, bank account number, or passport number. Learn to recognize common types of scams and to identify legitimate communications from the CRA.

You can register for one 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>  
(English presentations)

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 <b>Haida Gwaii Tour</b> July 2 - 8 & July 30 - August 5 17 incl. meals dbl: \$4,289. <sup>00</sup>	<b>Autumn in Quebec</b> October 11 - 18 14 incl. meals dbl: \$4,626. <sup>00</sup>	

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Surrey, BC V4A 9E3**agelessadventures.com**Prices include  
all taxes



## Seminars & Special Events

### 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 1<sup>st</sup>**

**1:00 - 3:30**

**Arts & Crafts Room**

**\$23**

#### 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.

### 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 14<sup>th</sup>**

**2:00 – 3:00 pm**

**Auditorium**

**Free of charge,**

**but you must pre-register**

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**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, December 20<sup>th</sup>****10 am – 12 pm****Sewing Room****No charge****Brain Food:****Eating For Energy and Focus****Presented by Amica Edgemont Village**

Start the New Year on the right foot and get ahead of your goals! Join Mary Cross, Registered Dietitian, for an informative presentation on Brain Food: Eating for Energy and Focus. Each participant will bring home a tip sheet from Mary, summarizing the workshop.

**Tuesday, January 11<sup>th</sup>****1:30 – 2:30 pm****Auditorium****Free of charge, but you must pre-register****Book Club****CURRENTLY  
WAITLISTING**

Club meets monthly to discuss a pre-selected book. The next title was not yet available at the time of printing.

**Monday, January 17<sup>th</sup>****2:30 - 3:30 pm****Multi-Purpose Room****No charge****Have You Made  
a Plan yet?**

If not, give our family a call



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## Travel Presentation: Ageless Adventure Tours

Ageless Adventure Tours is a BC family owned and operated Tour Company specializing in escorted tours of Canada, the US, and beyond for over 35 years. Please join a representative of Ageless Adventures for a look at what they're offering in 2022.

**Tuesday, January 25<sup>th</sup>**

**2:00 – 3:00 pm**

**Auditorium**

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

## 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, January 31<sup>st</sup>**

**10:00 – 11:30 am**

**On Zoom**

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

### Christmas Lights Tour –

**Tickets went on sale Monday, November 1<sup>st</sup>**

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 5<sup>th</sup>**

**5:45 – 8:00 pm**

**\$10 members; \$20 non-members**

**SORRY FULL,  
PLEASE ADD YOUR NAME  
TO THE WAITLIST**

### Casino Trip

We are planning a Casino trip for late in January, however details were not yet confirmed prior to publication of the newsletter. Please check the January newsletter for details.

**Tuesday, January 25<sup>th</sup>, 2022**

#### IMPORTANT COVID-19 PROTOCOLS

In order to come into Silver Harbour you must:

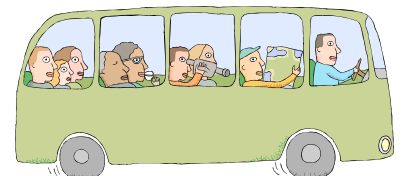
- Show proof of two COVID-19 vaccinations completed at least 7 days prior
- Have no symptoms of COVID-19 and agree to inform us if you test positive for COVID-19
- Accept the risk of possible illness due to your participation
- Check in with the volunteer at the front door
- Wear a mask at all times 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.

## 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 December

Monday	Tuesday	Wednesday	Thursday	Friday
If suppliers cannot provide certain food products, we may have to change menu items (and will let you know ASAP).		1  Cod with Shrimp Sauce	2  Meat Balls <b><u>PICK UP ONLY</u></b>	3  Christmas Turkey Dinner <b><u>SOLD OUT</u></b>
6  Paella	7  Sausages <b><u>PICK UP ONLY</u></b>	8  Cod Nuggets	9  Pork Loin a la Mode <b><u>PICK UP ONLY</u></b>	10  Christmas Turkey Dinner <b><u>SOLD OUT</u></b>
13  Lasagna	14  Salmon <b><u>PICK UP ONLY</u></b>	15  Garlic Prawns	16  Beef Stew <b><u>PICK UP ONLY</u></b>	17  Turkey Schnitzel
20  Chicken a la King	21  Ravioli Milanaise <b><u>PICK UP ONLY</u></b>	22  Christmas Turkey Dinner	23  Silver Harbour CLOSED	24  Silver Harbour CLOSED
27  Silver Harbour CLOSED	28  Silver Harbour CLOSED	29  Silver Harbour CLOSED	30  Silver Harbour CLOSED	31  Silver Harbour CLOSED

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

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

Mon-Fri 11 am – 1 pm

#### **Program Registration Information:**

- **Registration** for all programs beginning in January starts December 1<sup>st</sup>.
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

### 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.

### 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 are only serving coffee, tea and cookies at this time and will transition in the future. Please see page 12 for the daily menu and detailed information on how to order meal bags for pick up or delivery. Silver Harbour membership not required.

## 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

Jan 12 – Feb 23

\$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

Jan 10 – Feb 28 (no class Feb 21)

\$64.75/7 classes

**OR**

Thu 1:30 – 2:30 pm

Fitness Room

Jan 6 – Feb 24

\$74/8 classes

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Accredited Senior Agent

CLHMS

### 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

Multi-purpose Room

\$23/season

Starts Jan 17

## 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

Jan 6 – Feb 28 (no class Feb 21)

\$138.75/15 classes

### 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

## Keep Well

Exercise to music. Silver Harbour membership not required.

Wed & Fri 9:30 – 10:30 am

By donation

Starts Jan 5

## 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

Jan 6 – Feb 28 (no class Feb 21)

\$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 10:15 – 11:15 am

Fitness Room

Jan 6 – Feb 28 (no class Feb 21)

\$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 Jan 4

## 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 Jan 5

## Tai Chi

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

\$48/12 classes

Jan 11 – Mar 29

## Yoga

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

Mon 9:00 – 10:00 am

Auditorium

Jan 10 – Feb 28 (no class Feb 21)

\$42/7 classes



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604 - 787 - 9418

### ***Program Registration Information:***

- **Registration** for all programs beginning in January starts December 1<sup>st</sup>.
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

## Expand Your Mind...

### Book Club

Club meets monthly to discuss a pre-selected book.  
3<sup>rd</sup> Monday of the month (no meeting in December)  
2:30 pm  
Multi-Purpose Room  
No charge, but you must pre-register

**CURRENTLY  
WAITLISTING**

### Bridge

Sorry, no drop-ins. Please register with a partner.  
Thurs 9:30 – 11:30 am  
OR  
Thurs 1:00 – 3:00 pm  
Computer Room  
Jan 6 – 27  
\$12

### 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 Jan 7

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### Circle of Friends

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. Silver Harbour membership not required.  
Wed 1:00-2:30 pm  
\$3 per session  
Please leave your name and number and the leader will contact you.

**CURRENTLY  
WAITLISTING**

### Cribbage

Sorry, no drop-ins.  
Tues 1:00 – 3:00 pm  
Computer Room  
\$8  
Jan 4 - 25

#### **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.

## 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 Jan 7

## 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 Jan 6

## 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 Jan 5

## Spanish – Continuing Beginners

Learn to communicate in basic present-tense Spanish. Text to be discussed at the first class.

Mon 9:30 – 11:30 am

Multi-purpose Room

\$23/session

Starts Jan 10

NEW ROOM

## 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

Multi-purpose Room

\$23/season

Starts Jan 12



## 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.

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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

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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 Jan 5

OR

Thu 1:00 - 3:30 pm Starts Jan 6

\$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 - 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 Jan 5

\$23 Bring your own materials

### Open Studio

Supported, non-instructional environment.  
All levels

Work on your arts projects in a welcoming and relaxed atmosphere.

Fri 1:00 – 3:00 pm Starts Jan 7

No charge. Bring your own materials.

### Printmaking – Open Studio

Supported, non-instructional environment.  
Work on your printmaking project in a cooperative studio environment.

Thurs 10:00 am – 12:00 pm

\$23

Purchase materials as you go

### Silk Painting – Open Studio

A fun way to practice salt resists and other techniques to apply to your scarves, cards and other projects. Intimate and peaceful studio setting. Experience with silk painting is necessary.

Mon 1:00 – 3:00 pm

\$23 Pay as you go for 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

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 Jan 12

### Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:15 am – 12:00 pm

\$30/season

Starts Jan 7

### 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 Jan 12

### 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.

3<sup>rd</sup> Monday of the month

10 am – 12 pm

Sewing Room

No charge

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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 Jan 14

## Stained Glass

**NEW DAY  
& TIME**

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

Thur 10:00 am – 12:00 pm

\$23/season

Jan 13 – March 24

## 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

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

Fri 1:00 – 3:00 pm



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## Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Tai Chi	Woodworking	Woodworking	Snooker
	Yoga	Woodworking			Woodworking
<b>9:30 am</b>	Spanish Beginners	Tapestry	Keep Well	Bridge	Keep Well
		Weaving	Spanish Level 2 Plus	Intermediate ESL	
<b>10:00 am</b>	Chess	Meditation	Art Space	Printmaking	Chess
	Craft Volunteers	Tai Chi	Table Tennis	Stained Glass	Craft Volunteers
			Woodcarving		Painting with Gabriele
<b>10:15 am</b>	Osteofit For Life			Osteofit For Life	Choir
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>1:00 pm</b>	Hula	Cribbage	Chair Yoga	Bridge	
	Silk Painting	Quilting Volunteers	Circle of Friends	Pottery	Current Conversations
		Tapestry	Dressmaking		Open Studio
			Pottery		Stained Glass
					Table Tennis
					Weaving
<b>1:30 pm</b>	Get Up & Go			Get Up & Go	
				Open Studio (on Zoom)	
<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 December 2021 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b> "Paint a Christmas Plate" Workshop	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> Christmas Lights Bus Trip	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Choir Concert	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Yoga is on today! * Juicy Wordplay	<b>21</b>	<b>22</b>	<b>23</b> Silver Harbour CLOSED	<b>24</b> Silver Harbour CLOSED	<b>25</b> Christmas Day Silver Harbour CLOSED
<b>26</b> Boxing Day Silver Harbour CLOSED	<b>27</b> Silver Harbour CLOSED	<b>28</b> Silver Harbour CLOSED	<b>29</b> Silver Harbour CLOSED	<b>30</b> Silver Harbour CLOSED	<b>31</b> Silver Harbour CLOSED	<b>1</b> Silver Harbour CLOSED