

THE CENTRE POST

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

January 2022



Happy New Year from Silver Harbour!

Thank you to

parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the

city
of north
vancouver

and

DISTRICT OF
NORTH
VANCOUVER

for helping to fund the
operations of Silver Harbour.

It's about time you enjoyed new *friendships*.



You've waited long enough. But now's the time to enjoy independent living and days filled with all kinds of possibilities. You see, life at PARC is all about time—time to leave the work to others so you can spend time doing what you want. And, with the best locations in the Lower Mainland, you'll be in the perfect place to do it.

Act now, suites are going fast! parcliving.ca/itstime

parc
retirement
living

Westerleigh: 604.922.9888 | Cedar Springs: 604.986.3633
Summerhill: 604.980.6525 | Mulberry: 604.526.2248
Oceana: 778.294.1115

Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and social services for seniors in North Vancouver. Due to COVID, we are currently running about 45 programs and services and are restarting 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

Alan Dion	Director
Brenda Harrison	Director
Caroline Bell	Director
Doug Blakeney	Treasurer
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...

Silver Harbour Bulletin Board.....	pp.2-3	Daily Menu.....	p.10
Community Programs & Workshops.....	pp.4-5	Programs & Services.....	pp.11-20
Seminars & Special Events.....	pp.6-8	Program Schedule.....	p.21
Trips & Tours.....	p.9		

Silver Harbour Bulletin Board

Holiday Closing

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

Food Delivery: In Case of Snow

If there is snow on the roads, we may not be able to deliver your meal. If that is the case, we will inform you by phone and credit you for the missed meal(s).

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.

Thank You for Your Donations

Thank you to everyone who provided a monetary donation to Silver Harbour in 2021. Every donation in any amount is very much appreciated. You should receive your income tax receipt for your donation by January 31st, 2022 at the latest – should you not receive it, please contact us at 604-980-2474.



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.

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.

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, except at the designated Coffee Time in the auditorium
- 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.

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.

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

Introducing a NEW Zoom Program with

Dr. Anne Marie Evers

Family Counsellor, Affirmations & Life Tools Teacher

Learn new ways to *COPE* with
Covid and Your Life!



*Affirmations
& Life Tools*
REALLY WORK

Join in on Zoom

first Tuesday of every month

Tuesday, 4 January 2022

EVERYONE WELCOME!

Register for your Invitation & Link

Email Chris - ceinarson@telus.net

Looking forward to

seeing and hearing you online!

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

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

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.

Hey, Older Adults! Is it time to figure out the technology in your life?

Starting in January, Gluu Society, a Canadian nonprofit, offers free digital skills courses and events for Android and Apple users, thanks in part to funding from the Government of Canada and the United Way. You can get a FREE Lifetime Membership if you register by March 31, 2022. This gives you free access to all courses and content on their website forever.

Here is a sneak peek at what Gluu Lifetime Members have access to starting in January 2022:

- Easy-to-follow online courses showing how to use your Android or Apple device
- Digital Security courses with tips from the RCMP to help you stay one step ahead of cybercriminals
- How-To Guides on using Facebook & Zoom + other topics
- Live Online Events — you get VIP registration
- Printed materials with step by step instructions for Android and Apple devices

Register today for your FREE Lifetime Membership: <https://gluusociety.org/membership-form>.

Any questions? Gluu will be happy to answer your questions by [email: help@gluusociety.org](mailto:help@gluusociety.org).



Canada Revenue Agency Live Webinars

- Benefits and Credits for adults 65 years and older - Tue Jan 25, 2022 from 10:30-11:30am PST
- Persons with Disabilities Presentation - Wed Jan 26, 2022 from 1:30-2:30pm PST
- Benefits & Credits for Caregivers Presentation - Thur Jan 27, 2022 from 1:30-2:30pm PST,
- Scam Awareness – Be Scam Smart Presentation - Thur Jan 13, 2022 from 1:30-2:15pm PST
- Digital Services for Individuals Presentation - Tue Jan 18, 2022 from 6:30-7:15pm PST, or Mon Jan 24, 2022 from 1:30-2:15pm PST

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>

(English presentations)



HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES

(604) 998.8806

northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver

Seminars & Special Events

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 11th

1:30 – 2:30 pm

Auditorium

Free of charge, but you must pre-register

Juicy Wordplay

So you want to express yourself in writing? Will you finally heed the Nike slogan and “just do it”? This once-a-month writers’ group 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? Participants can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit—whatever you like!) to help one another grow and develop as writers.

Monday, January 17th

10 am – 12 pm

Sewing Room

No charge



ASK ABOUT MORTGAGES

Marci Deane
Mortgage Broker

Retire in the home you love, on your own terms

Did you know your home equity can be used to fund your retirement?

Ask Marci!

604-816-8950

CERTIFIED REVERSE MORTGAGE

Suite 102-223 Mountain Hwy, North Vancouver
marci@askmarci.ca | www.askaboutreversemortgages.ca

Book Club**CURRENTLY
WAITLISTING**

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

Monday, January 17th**2:30 - 3:30 pm****Multi-Purpose Room****No charge****Tech Connect:
Device Clinic**

Do you have a question about one of your devices? Need help with your phone, tablet, or laptop? Join us for this special Device Clinic visit from TechConnect staff at North Vancouver City Library. Participate in a small group question and answer circles where you can ask your questions, get answers, and learn from others!

Tuesday, January 18th**1:00 – 2:00 pm****Auditorium****Free of charge, but you must pre-register****A Gift to the Living
From the Living**

The decision to prearrange your cemetery or funeral needs today is very economically sound, although the strongest reasons to prearrange are love and peace of mind.

Please contact Debby Stephenson of First Memorial Funeral Services to discuss your prearrangements.

604-202-3509**Debby.Stephenson@sci-us.com****FIRST MEMORIAL
FUNERAL SERVICES****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 25th**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 31st

10:00 – 11:30 am

On Zoom

Please email chha_nsb@telus.net
to register

Heart Health

Presented by Amica Edgemont Village

Join us for an informative workshop in honour of Heart Health Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Tuesday, February 15th

1:30 – 2:30 pm

Auditorium

Free of charge, but you must pre-register

Empowering Lives on the North Shore since 2012

Physio2u
In-home Physiotherapy



**Recover from injury. Regain strength.
Build confidence. Maintain health.
Prevent degeneration.**

"I can't say enough wonderful things about Twyla Pitman! She worked wonders with my 85-year-old mother, who required a considerable effort to improve her mobility."

Call or email us today
T: 778.846.7695 • E: info@physio2u.ca • physio2u.ca

ROYAL LEPAGE
Sussex


SRES
Senior Real Estate Specialist®

HELPING THE MATURE GENERATION IN TRANSITION

Offering...

A customized approach to your real estate needs.

The patience, professionalism & expertise you deserve.



garyborn
PERSONAL REAL ESTATE CORPORATION

Email gary@garyborn.com
Website garyborn.com

604 - 787 - 9418

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.

Elements Casino

Tickets on sale Tuesday, January 4th

We're off to Elements Casino in Surrey. Try your luck at the slot machines, blackjack, roulette, baccarat and more, then have lunch (not included in price) at Foodies. Encore members will receive \$10 free slot play; please leave your Encore number when you register.

Tuesday, January 25th

9:30 am – 3:30 pm

\$26 members; \$36 non-members

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

Granville Island

Tickets on sale Tuesday, January 4th

We will travel to Granville Island, where you can stroll the indoor public market, as well as an array of other outlets. The market offers food and produce, as well as gifts and other items. Come and explore, and enjoy lunch (not included in price). Lots of walking.

Thursday, February 17th

10:00 am – 3:00pm

\$25 members; \$35 non-members

**Please buy your tickets before February 9th
or the trip may be cancelled.**

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, except at the designated Coffee Time in the auditorium
 - 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.

Have You Made a Plan yet?

If not, give our family a call



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S
West Vancouver, BC

mckenziefuneralservices.com

Our Family Serving Yours For Over 70 Years

Daily Menu for January

Monday	Tuesday	Wednesday	Thursday	Friday
3 Silver Harbour CLOSED	4 Meatballs <u>PICK UP ONLY</u>	5 Turkey Schnitzel	6 Beef Stew <u>PICK UP ONLY</u>	7 Lamb Shank
10 Garlic Prawns	11 Cod Nuggets <u>PICK UP ONLY</u>	12 Chicken Breast A la Mode	13 Cabbage Rolls <u>PICK UP ONLY</u>	14 Lasagna
17 Sausages	18 Bami Goreng <u>PICK UP ONLY</u>	19 Beef Patty	20 Pork Stew <u>PICK UP ONLY</u>	21 Chicken Cordon Bleu
24 Salmon with Shrimp Sauce	25 Jambalaya <u>PICK UP ONLY</u>	26 Chicken Cacciatore	27 Fish & Chips <u>PICK UP ONLY</u>	28 Paella
31 Cod with Prawns	If suppliers cannot provide certain food products, we may have to change menu items (and will let you know ASAP).			

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 began December 1st.
- **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

ADVANCED MEDICAL
Healthcare Equipment

SALES RENTALS REPAIRS INSTALLATIONS

WE OFFER
a wide variety of daily living aids and home healthcare equipment

1863 Marine Dr. West Vancouver
www.AdvancedMedicalBC.ca **604 912 0106**

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

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

C|B CAROLINE BAILE
REAL ESTATE

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

CLHMS

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





AGELESS ADVENTURES
A division of Mandate Tours & Transportation Inc.
100% BC owned and operated!

ESCORTED TOURS
604.542.5566 or 1.877.277.5577
Serving B.C. 55+ Seniors for 34 years



Specializing in quality tours of Canada & Beyond

COMFORTABLE ACCOMMODATIONS DIVERSE SIGHTSEEING
QUALITY MEALS SMALLER GROUP SIZES & MORE INCLUSIONS

More than 30 tours annually, upcoming departures include:

Travel Presentation January 25, 2022 At Silver Harbour Centre 2:00 p.m. <i>All are welcome. Please RSVP to 604-542-5566</i>	 Newfoundland & Labrador June 18 - July 3 32 incl. meals dbl: \$7,779.00	 St. Lawrence Seaway Cruise July 10 - 19 22 incl. meals from dbl: \$6,934.00
 Haida Gwaii Tour July 2 - 8 & July 30 - August 5 17 incl. meals dbl: \$4,289.00	Autumn in Quebec October 11 - 18 14 incl. meals dbl: \$4,626.00	

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

#260 - 1969 152nd Street, Surrey, BC V4A 9E3

agelessadventures.com

Prices include all taxes

Expand Your Mind...

Book Club

Book Club meets monthly to discuss a pre-selected book.

3rd Monday of the month (no meeting in December)

2:30 pm

Multi-Purpose Room

No charge, but you must pre-register

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

Program Registration Information:

- **Registration** for all programs beginning in January began December 1st.
- **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.

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.

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, except at the designated Coffee Time in the auditorium
 - 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

Program Registration Information:

- **Registration** for all programs beginning in January began December 1st.
- **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.

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

Spanish Level 2 Plus

NEW ROOM

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.

Program Registration Information:

- **Registration** for all programs beginning in January began December 1st.
- **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.

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

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.

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

Program Registration Information:

- **Registration** for all programs beginning in January began December 1st.
- **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.

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

SORRY, FULL

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

SORRY, FULL

Juicy Wordplay

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.

3rd Monday of the month

10 am – 12 pm

Sewing Room

No charge

SORRY, FULL

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.

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

SORRY, FULL

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

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

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

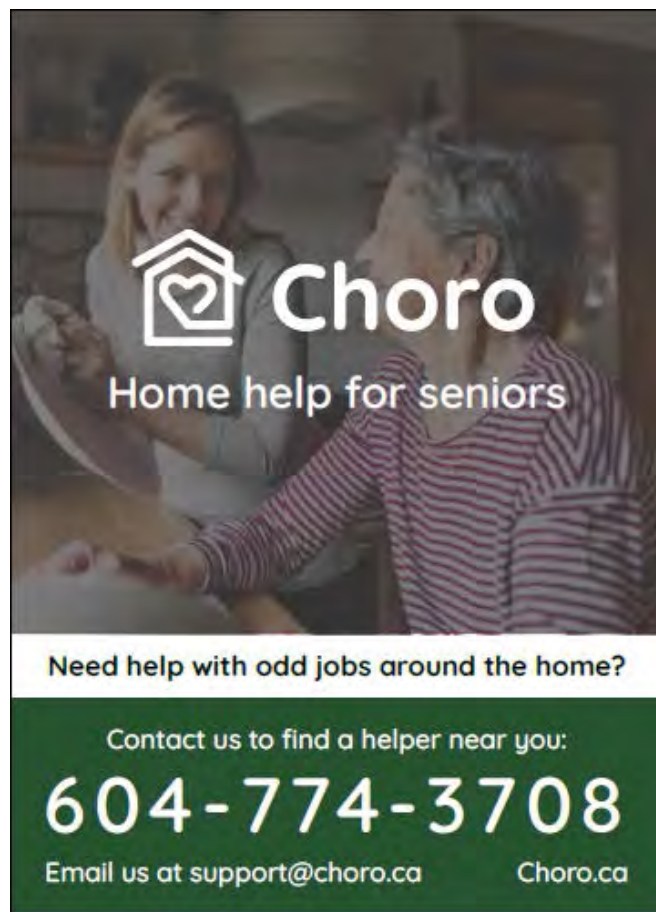
Tue 9:30 am - 3:00 pm

\$23/season

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

Fri 1:00 – 3:00 pm

**CURRENTLY
WAITLISTING**



Choro
Home help for seniors

Need help with odd jobs around the home?

Contact us to find a helper near you:
604-774-3708

Email us at support@choro.ca Choro.ca

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Tai Chi	Woodworking	Woodworking	Snooker
	Yoga	Woodworking			Woodworking
9:30 am	Spanish Beginners	Tapestry	Keep Well	Bridge	Keep Well
		Weaving	Spanish Level 2 Plus	Intermediate ESL	
10:00 am	Chess	Meditation	Art Space	Printmaking	Chess
	Craft Volunteers	Tai Chi	Table Tennis	Stained Glass	Craft Volunteers
			Woodcarving		Painting with Gabriele
10:15 am	Osteofit For Life			Osteofit For Life	Choir
11:45 am	Osteofit 1			Osteofit 1	
1:00 pm	Hula	Cribbage	Chair Yoga	Bridge	
	Silk Painting	Quilting Volunteers	Circle of Friends	Pottery	Current Conversations
		Tapestry	Dressmaking		Open Studio
			Pottery		Weaving
					Table Tennis
1:30 pm	Get Up & Go			Get Up & Go	
				Open Studio (on Zoom)	
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 January 2022 Calendar...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Silver Harbour CLOSED	4	5	6	7	8
9	10	11 Brain Food: Eating for Energy & Focus	12	13	14	15
16	17 Juicy Wordplay * Book Club	18 Tech Connect: Device Clinic	19	20	21	22
23	24	25 Ageless Adventures Travel Presentation * Casino Trip	26	27	28	29
30	31 Sound Advice (on Zoom)	1	2	3	4	5