

THE CENTRE POST

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

February 2022



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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. 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

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Zoltan Csapkay	Head Cook

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Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed on Monday, February 21st for the Family Day holiday.

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.

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.

New Books in the Library

We have new books! Silver Harbour is committed to continuing to learn about Canadian history and the ongoing effects of our past. We have curated books by Indigenous, Black and Queer authors for you to dive into. Check out our new books in our library! Happy reading. Let us know what you think or if we missed a book that you feel is important.

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



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Dignity
MEMORIAL

Digital Time Capsule Volunteer Committee

Objective: Create a digital time capsule that encompasses the spirit of silver harbour. We will be creating a "decade's book" to commemorate the people, programs, stories and events that have happened within these walls. This book is something will be able to take with us to the new building where we will continue to facilitate healthy living, connection, and joy for seniors of North Van.

We're looking for people for our volunteer yearbook committee:

- We will work together to create a meaningful commemoration of the people, programs, stories and events that have happened within these walls.
- Tasks will involve bi-weekly meetings, sharing stories, creative idea generating that captures the spirit of Silver Harbour.
- We'll create a time capsule that can be stored in a digital medium.

If you are interested, please email logan@silverharbourcentre.com or leave your name at the front desk.

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.

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.




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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**

Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$35,000 or less per person and \$45,000 or less per couple, and interest income of \$1000 or less). Specially trained volunteers can help you complete your income tax and benefit return if your income is low and your tax situation is simple. Volunteers do not complete income tax and benefit returns for past years, deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. If you would like us to assist in completing your income tax forms, we are here to help.

**Call 604-980-2474 for
information and an appointment.
We have a limited number of appointments,
so that we can maintain
adequate COVID safety protocols.**



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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 or call 604-988-5281, ext. 354.

26th Annual Writing Contest

The North Shore Writers' Association invites you to submit your entries to their 26th Annual Writing Contest. The categories are fiction, non-fiction and poetry. The contest deadline is February 28, 2022. For more information check their website at <http://www.nswriters.org/annual-contest/>.

CRA Tax Filing Deadlines

The tax filing deadline for most individuals is April 30, 2022. Since April 30, 2022 falls on a Saturday, your income tax and benefit return will be considered filed on time:

- If it is received on or before May 2, 2022
- It is postmarked on or before May 2, 2022

If you have a balance owing, your payment is due on April 30, 2022.



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Seminars & Workshops

Book Club

CURRENTLY
WAITLISTING

Book Club meets monthly to discuss a pre-selected book. The next title will be "The Bone Clocks" by David Mitchell.

Monday, February 14th

2:30 - 3:30 pm

Multi-Purpose Room

No charge

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Decolonizing Workshop Series

Are you ready to learn more about the history of Canada, Indigenous nations and how to be a better human to other humans? Created by Nahannee Creative, a Squamish-based Indigenous organization, this monthly workshop series will ask you to open your perspective and learn about the ongoing effects of colonialism and how we can learn new ways of understanding. This workshop series will be a place to ask questions, work through hard truths and will move us towards creating a community of compassionate individuals who are ready to learn and grow together.

Workshop topics for discussion will include:

- Introducing Decolonizing Practices
- Introduction to Territorial Acknowledgements
- Restorying Colonialism
- Etiquette for Allies
- Cultural Safety

2nd Monday of the month

(starting March 14th)

1:00 – 2:00 pm

Room to be determined

Free of charge, but you must pre-register

Heart Health Presented by **POSTPONED** Amica Edgemont Village

This presentation, originally scheduled for Tuesday, February 15th, has been cancelled, and will be rescheduled in the future.

Juicy Wordplay

**SPACES
AVAILABLE**

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, February
14th**

**10 am – 12 pm
Room to be determined
No charge**


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 Jasper Park Lodge Seniors Spring Fling April 10 - 15 14 incl. meals dbl: \$2,289. ⁰⁰	 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	

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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.

Granville Island

Tickets went 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.**

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- Wear a mask at all times inside the Centre
- Sanitize your hands frequently
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- Report to a staff member if you feel unwell

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Daily Menu for February

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatballs <u>PICK UP ONLY</u>	2 Turkey Schnitzel	3 Lasagna <u>PICK UP ONLY</u>	4 BBQ Chicken & Ribs
7 Garlic Prawns	8 Cabbage Rolls <u>PICK UP ONLY</u>	9 Chicken Breast A la Mode	10 Jambalaya <u>PICK UP ONLY</u>	11 Fish & Chips
14 Salmon with Shrimp	15 Cottage Pie <u>PICK UP ONLY</u>	16 Beef Patty	17 Pork Stew <u>PICK UP ONLY</u>	18 Lamb Shank
21 Family Day Silver Harbour CLOSED	22 Cod Nuggets <u>PICK UP ONLY</u>	23 Chicken a la King	24 Cabbage Rolls <u>PICK UP ONLY</u>	25 Chicken Cordon Bleu
28 Sausages	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 (February-March sessions)

Our program sessions specifically scheduled for February-March are detailed here. For a full listing of our programs, please see the last page of this newsletter or visit us online 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

Mar 2 – Apr 27

\$58.50/9 classes

Cribbage

Enjoy this popular card game. Sorry, no drop-ins.

Tues 1:00 – 3:00 pm

Multi-Purpose Room

\$18

Feb 1 – Mar 29

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

Mar 7 – Apr 25 (no class Apr 18)

\$64.75/7 classes

OR

Thu 1:30 – 2:30 pm

Fitness Room

Mar 3 – Apr 28

\$83.25/9 classes

Introducing a NEW Zoom Program with
Dr. Anne Marie Evers
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Learn new ways to *COPE* with
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EVERYONE WELCOME!

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seeing and hearing you online!*

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

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

Mar 3 – Apr 28 (no class Apr 18)

\$148/16 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

Mar 3 – Apr 28 (no class Apr 18)

\$148/16 classes

Have You Made a Plan yet?

If not, give our family a call



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Osteofit For Life

For graduates of Osteofit 1, this class is an ongoing exercise maintenance program that continues to foster participants' quality of life and physical abilities. Small class sizes. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 10:15 – 11:15 am

Fitness Room

Mar 3 – Apr 28 (no class Apr 18)

\$148/16 classes

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

Mar 7 – Apr 25 (no class Apr 18)

\$42/7 classes



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Silver Harbour Pick-Me-Up Pages

Valentine's Day Word Scramble

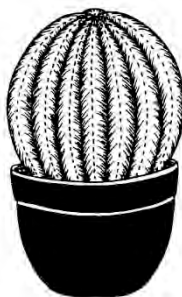
Y M E R M O: _____
R A O W R: _____
E F R I N D: _____
P C D U I: _____
T E D S R A E: _____
S F S E F T U I: _____
O S A L O B N L: _____
B R F Y R E U A: _____
R E S C T E: _____
D E I S U D B: _____



Health Tip of the Month

Fill your home with houseplants

Houseplants help to cleanse your indoor air, they're pretty
and research even shows they improve mood, creativity and problem solving!



Febuary Crossword

ACROSS

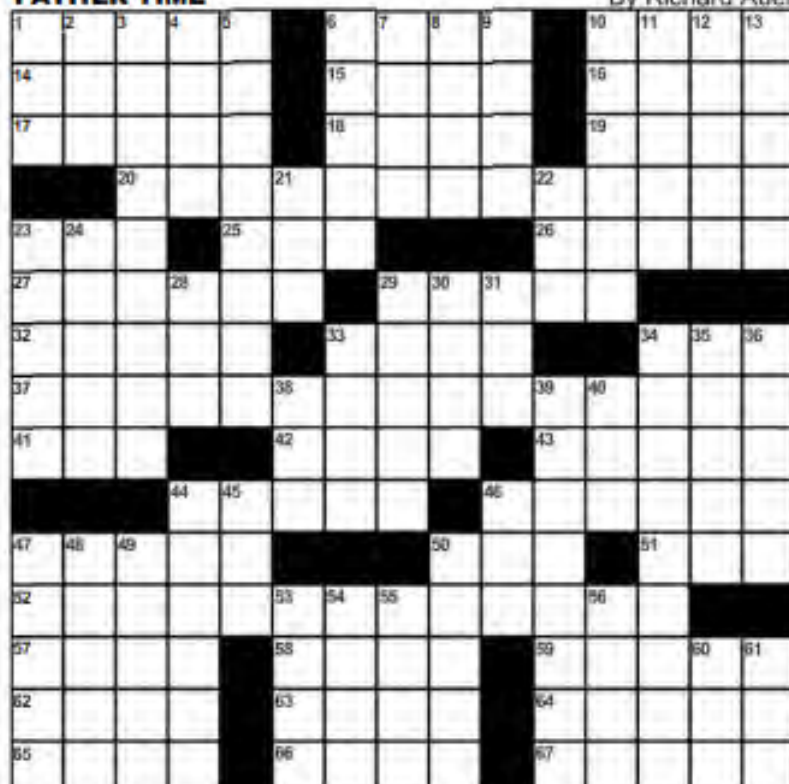
- | | |
|--|---------------------------------|
| 1) Ziti or cannelloni | 41) Born as, for women |
| 6) Laborer | 42) On the sheltered side |
| 10) Many Monopoly props. | 43) Character set for computers |
| 14) Have a home-cooked meal | 44) Largest ray |
| 15) Pro ____ (in proportion) | 46) Most fitting |
| 16) Landlocked African country | 47) Time's partner |
| 17) Sweater letter | 50) European mountain |
| 18) Cow-headed Egyptian goddess | 51) Degree in mathematics? |
| 19) Everyman | 52) Spiderlike bug |
| 20) Required course for fathers-to-be? | 57) Throughout the course of |
| 23) Lawyers' org. | 58) Yachting to Hawaii, e.g. |
| 25) That fella | 59) Water nymph of Greek myth |
| 26) Aquamarine or emerald | 62) Orange rind, e.g. |
| 27) Filmed a scene again | 63) Czech, Serb or Croat |
| 29) Waking up | 64) Run away and get married |
| 32) More apt to deceive | 65) Tried's partner |
| 33) "Wheel of Fortune" option | 66) Tender to the touch |
| 34) Words from the sponsors | 67) Supergiant in Cygnus |
| 37) Hemingway book, with "The" | |

DOWN

- 1) Animal kept for companionship
- 2) "That feels g-o-o-o-d!"
- 3) Get out of the way
- 4) Michael Jackson backer, once
- 5) Poet's repetition for effect
- 6) Light reflector
- 7) Far from hard
- 8) "Narc" ending
- 9) Old Rambler manufacturer
- 10) Comparatively plenty
- 11) Courage under fire
- 12) Nostalgic work
- 13) Greek and Roman female oracle
- 21) "The ____ and the Pendulum"
- 22) ____-Wan Kenobi
- 23) Fire-setting crime
- 24) The beauty of "Beauty and the Beast"
- 28) Clothes line?
- 29) Certain sleep problem
- 30) "Them" or "us"
- 31) Dynamite stuff
- 33) Shaker's contents
- 34) A movement upward
- 35) Certain worshipper
- 36) Doth speak
- 38) A Bobbsey twin
- 39) Came to pass
- 40) "To the max" suffix
- 44) Word with East or Ages
- 45) "____ ideas?"
- 46) Nothing's opposite
- 47) Learn to fit in
- 48) Dungeons & Dragons player
- 49) Bye, in France
- 50) Spiny-leaved plant
- 53) Dundee miss
- 54) Nobel Institute city
- 55) Word with miss or catastrophe
- 56) "The Wizard of Oz" family name
- 60) Hairy copier
- 61) Society-page newcomer

FATHER TIME

By Richard Auer



Fun Facts!

- The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!
- We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.
- The largest living organism in the world is a fungus. It is in Oregon, covering 2,200 acres and is still growing.

Word Scramble and Crossword Solution

1. Memory
2. Arrow
3. Friend
4. Cupid
5. Dearest
6. Stuffies
7. Balloons
8. February
9. Secret
10. Buddies



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		Table Tennis	Stained Glass	Craft Volunteers
			Woodcarving		Painting with Gabriele
10:15 am	Osteofit For Life	Tai Chi		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.