

THE CENTRE POST

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

March 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

Board of Directors

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Silver Harbour Bulletin Board

In-Person Dining Returns in April

With the easing of Provincial Health Orders, we plan to return to in-person dining at Silver Harbour on Monday April 4th. You will be able eat your meal here or have the hot food packed to go, if you prefer to eat at home. We will no longer be doing pre-ordered meal bag pickups, and we are working on a process to continue delivering meal bags. We hope you will be patient while we make this transition.

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.

Spring Forward!

Daylight Savings begins on Sunday, March 13th. Make sure you put your clocks forward 1 hour.

Spring Program Registration

This newsletter includes the listing for all programs beginning in April. Registration for these programs will begin at 9 am on Tuesday, March 1st. You may register by phone, but you must speak to a staff member and pay in order to be registered – please do not leave a phone message.

Bridge Update

This is just to let you know that we will not be bringing bridge back until the Card Room is once again available (hopefully in the next few months). If you would like to be informed about this when the time comes, please email info@silverharbourcentre.com, and we will add you to the list.

Coffee Time!

We now have coffee, tea and cookies for you to purchase and enjoy – in the Auditorium, every weekday 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.

Arts Volunteer Committee

The Arts Volunteer committee is for volunteers who are interested in arts-related volunteering. We plan events and projects that engage the Silver Harbour community. Our first project is to create a time capsule that encompasses the spirit of Silver Harbour! We will be collecting stories, photos and more which will be put into Silver Harbours very own decades book.

We meet the 2nd and 4th Thursday of the month from 1:00-3:00 pm, starting March 10th. New and old members of Silver Harbour are welcome!

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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Our Thrift Shops Are Open!

Both of our thrift shops are open for you to come browse and shop. 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.**

Have You Made a Plan yet?

If not, give our family a call



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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. For more information contact Robin Rivers at caregiversconnect@familyservices.bc.ca or call 604-988-5281, ext. 354.


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 <p>Jasper Park Lodge Seniors Spring Fling April 10 - 15 14 incl. meals dbl: \$2,289.⁰⁰</p>	 <p>Kelowna Wine Getaway May 30 - June 2 6 incl. meals dbl: \$1,739.⁰⁰</p>	 <p>St. Lawrence Seaway Cruise July 10 - 19 22 incl. meals from dbl: \$6,934.⁰⁰</p>
 <p>Haida Gwaii Tour July 2 - 8 & July 30 - August 5 17 incl. meals dbl: \$4,289.⁰⁰</p>	<p>Autumn in Quebec October 11 - 18 14 incl. meals dbl: \$4,626.⁰⁰</p>	

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

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Seminars & Special Events

Decolonizing Workshop

Are you ready to learn more about the history of Canada, indigenous nations and how to be a better human to other humans? This 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 aims to create a safe space to ask questions, work through hard truths and create a community of compassionate individuals who are ready to learn and grow together.

This month we will be looking at the Indian Act. We will dive into the history of the Indian Act and its ongoing implications. Looking forward to learning with you!

Monday, March 14th

**and the 2nd Monday afternoon
of each month, through June**

1:00 – 2:00 pm

Room to be determined

Free of charge, but you must pre-register

Bring a pen and paper

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, March 21st

10 am – 12 pm

Room to be determined

No charge

Book Club

**CURRENTLY
WAITLISTING**

Book Club meets monthly to discuss a pre-selected book. The next title will be “The Measure of a Man” by JJ Lee.

Monday, March 21st

2:30 - 3:30 pm

Multi-Purpose Room

No charge



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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, March 22nd

1:00 – 2:00 pm

Auditorium

Free of charge, but you must pre-register



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Decluttering Your Mind

Presented by Robin Rivers of Caregivers Connect, this workshop will explore how to calm your mind through meditation, mindfulness and other techniques. There will be handouts so you can try these practices at home.

Thursday, March 24th

1:00 – 2:00 pm

Multi-Purpose Room

No charge, but you must pre-register

Shibori Workshop – Make an Organic Cotton scarf

In this 2 hour hands-on workshop, instructed by Brazilian textile artist Mariana Frochtengarten, participants will produce colourful rice papers and their own organic cotton scarf using principles of Japanese Shibori technique. We will explore different ways of folding, pleating, wrapping, tying and clamping the fabric/paper before dyeing it, as ways to produce beautiful unique designs.

Wednesday, March 30th

10:00 am -12:00 pm

\$20

Registration begins March 1st

Fabric Printing Workshop – Make a Set of Cotton Placemats

Make your own set of placemats in this 2 hour fabric printing workshop, instructed by Brazilian textile artist Mariana Frochtengarten. Participants will explore creative processes for surface design, create patterns based on personal inspirations, make their own stamps and try different ways to print on fabric. Instructor will teach basic principles for good quality printing.

Wednesday, March 30th

1:00- 3:00 pm

\$20

Registration begins March 1st

Reading to Inspire

Presented by Robin Rivers of Caregivers Connect, this workshop will discuss books, articles and other sources that lift you up during stressful times. There will a reading list so you can find items that interest you.

Thursday, April 14th

1:00 – 2:00 pm

Multi-Purpose Room

No charge, but you must pre-register

Spring Pop Up Event

Celebrate the triumphant return of spring with a community event featuring local musicians, art and shopping. This event will be as fresh as the spring air, and just as joyful. Come and purchase handmade items including charcuterie boards, pottery, quilts, crafts and more. This event will feature music, dancing and art making stations! Bring your friends, neighbours, grandkids, kids, well behaved dogs and celebrate spring with us!

Saturday, April 30th

11:00 am – 3:00 pm




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Daily Menu for March

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Paella <u>PICK UP ONLY</u>	2 Turkey Schnitzel	3 Shepherd's Pie <u>PICK UP ONLY</u>	4 BBQ Chicken & Ribs
7 Cod Loin	8 Beef Stew <u>PICK UP ONLY</u>	9 Chicken Breast Milanaise	10 Roast Pork <u>PICK UP ONLY</u>	11 Lamb Shank
14 Garlic Prawns	15 Jambalaya <u>PICK UP ONLY</u>	16 Beef Patty	17 Lasagna <u>PICK UP ONLY</u>	18 Fish & Chips
21 Meatballs	22 Cod Nuggets <u>PICK UP ONLY</u>	23 Cottage Pie	24 Pork Stew Alsacien <u>PICK UP ONLY</u>	25 Chicken Cordon Bleu
28 Sausages	29 Salmon with Shrimp Sauce <u>PICK UP ONLY</u>	30 Chicken a la King	31 Cabbage Rolls <u>PICK UP ONLY</u>	

Silver Harbour's meal program is available for pick up (Monday-Friday) or delivery (Monday, Wednesday and Friday only). Each meal (entrée, soup, salad, and dessert) costs \$10 and is chilled, ready for you to reheat. **To order, please phone 604-980-2474, Monday through Friday between 10 am and 3 pm, but no later than 11 am the day before – you may order multiple days in advance.** We accept Visa and Mastercard only for payment. There is a maximum of 2 meals per person and daily quantities are limited.

You may pick up your pre-ordered/pre-paid meals at the back of Silver Harbour from 11 am to 12 pm (masks and physical distancing procedures are required). Meals are delivered Mondays, Wednesdays and Fridays (except on holidays) between approximately 10 and 2 pm. We deliver to North Vancouver neighbourhoods between the Seymour River and the Capilano River. You will be called 5 or 10 minutes before delivery and asked to come out to the front of your house or apartment building. Please specify delivery or pickup when you order your meals.

Programs & 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 April begins March 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

With the easing of Provincial Health Orders, we plan to return to in-person dining at Silver Harbour on Monday April 4th. You will be able eat your meal here or have the hot food packed to go, if you prefer to eat at home. We will no longer be doing pre-ordered meal bag pickups, and we are working on a process to continue delivering meal bags. We hope you will be patient while we make this transition.

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

Mar 2 – Apr 27

\$58.50/9 classes

Introducing a NEW Zoom Program with
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first Tuesday of every month
Tuesday, 1 March 2022
EVERYONE WELCOME!

Register for your Invitation & Link
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seeing and hearing you online!*

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

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

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 Apr 11 (no class Apr 18)

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

Keep Well

Exercise to music. Silver Harbour membership not required. Due to current health orders, this program is currently full with a waitlist. Please check the April newsletter for updated information.

Wed & Fri 9:30 – 10:30 am

By donation

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

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

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Snooker

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

Mon through Fri, 9 am to 4 pm

\$17/season

Starts Apr 1

Table Tennis

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

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

\$23/season

Starts Apr 1

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

\$44/11 classes

Apr 19 – June 28

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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Expand Your Mind...

Book Club

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

3rd Monday of the month

2:30 pm

Multi-Purpose Room

No charge, but you must pre-register

CURRENTLY
WAITLISTING

Cribbage

Sorry, no drop-ins.

Tues 1:00 – 3:00 pm

Multi-Purpose Room

Apr 5 – June 28

\$23

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

CURRENTLY
WAITLISTING

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.

Program Registration Information:

- **Registration** for all programs beginning in April begins March 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.

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 Apr 1

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 April begins March 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 Apr 21

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 Apr 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

Apr 11 – June 27 (no class Apr 18, May 23)

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

Apr 13 – June 15

Arts Programs (Volunteers)

Craft & Knitting Volunteers

Supported, non-instructional environment
All levels

Join this volunteer group of crafters to help make handmade items for our craft markets. Explore Crafting, Knitting, Crochet, Felting, Sewing, and Painting within a supportive, community environment.

Mon & Fri 9:30 am - 12:00 pm

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

Quilting Volunteers

Supported, non-instructional environment
Intermediate+

Join this volunteer group of quilters to help make handmade items for our Craft Markets. Come have fun solving enormous geometry problems!

Tue 1:00 - 3:00 pm

No charge, currently waitlisting. Materials provided.

Program Registration Information:

- **Registration** for all programs beginning in April begins March 1st.
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- 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. 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.

Wed 1:00 – 3:30 pm Starts Apr 6

OR

Thu 1:00 - 3:30 pm Starts Apr 7

\$23/season

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

New participants: Call to book an orientation
with the Arts Coordinator.

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

Woodcarving - Open Studio

Supported, non-instructional environment.

All levels

Work on your carving project with a fun and
welcoming group of carvers.

Wed 10:00 am – 12:00 pm

Starts Apr 6

\$23 Bring your own materials – wood
available at the centre.

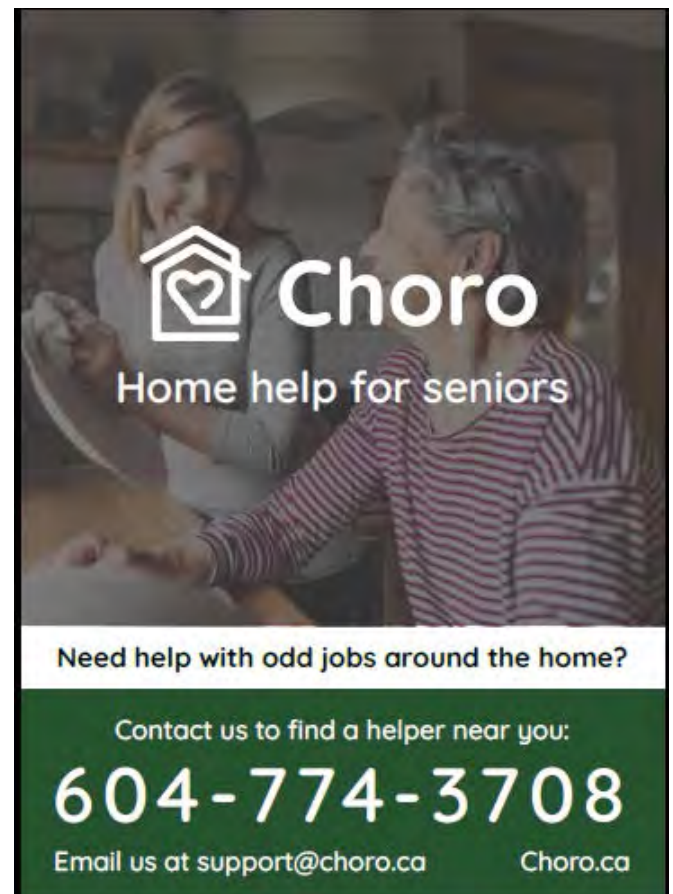
Open Studio

Supported, non-instructional environment.

Work on your watercolour, printmaking,
acrylic, or textile project in welcoming and
relaxed atmosphere.

Fri 1:00 – 3:00 pm Starts Apr 1

No charge. Bring your own materials, or
purchase printmaking supplies, watercolour
paper and brushes from us.

The advertisement features a photograph of a young girl and an elderly woman smiling together. Overlaid on the image is the Choro logo, which consists of a house icon with a heart inside, followed by the word "Choro" in a large, white, sans-serif font. Below the logo, the text "Home help for seniors" is written in a smaller, white, sans-serif font. At the bottom of the advertisement, there is a dark green rectangular box containing white text. The text in the box reads: "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", and "Choro.ca".

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

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 Apr 6

Dressmaking

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 Apr 6

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

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 Apr 1

Program Registration Information:

- **Registration** for all programs beginning in April begins March 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.

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.

Stained Glass

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

Apr 7 – June 16

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**

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



Hollyburn Funeral Home
604-922-1221 | hollyburnfunerals.com
North Vancouver 604-985-3454

Dignity
MEMORIAL

Arts Programs (Workshops)

Shibori Workshop – Make an Organic Cotton scarf

In this 2 hour hands-on workshop, instructed by Brazilian textile artist Mariana Frochtengarten, participants will produce colourful rice papers and their own organic cotton scarf using principles of Japanese Shibori technique. We will explore different ways of folding, pleating, wrapping, tying and clamping the fabric/paper before dyeing it, as ways to produce beautiful unique designs.

Wednesday, March 30th

10:00 am -12:00 pm

\$20

Registration begins March 1st

Fabric Printing Workshop – Make a Set of Cotton Placemats

Make your own set of placemats in this 2 hour fabric printing workshop, instructed by Brazilian textile artist Mariana Frochtengarten. Participants will explore creative processes for surface design, create patterns based on personal inspirations, make their own stamps and try different ways to print on fabric. Instructor will teach basic principles for good quality printing.

Wednesday, March 30th

1:00- 3:00 pm

\$20

Registration begins March 1st



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!

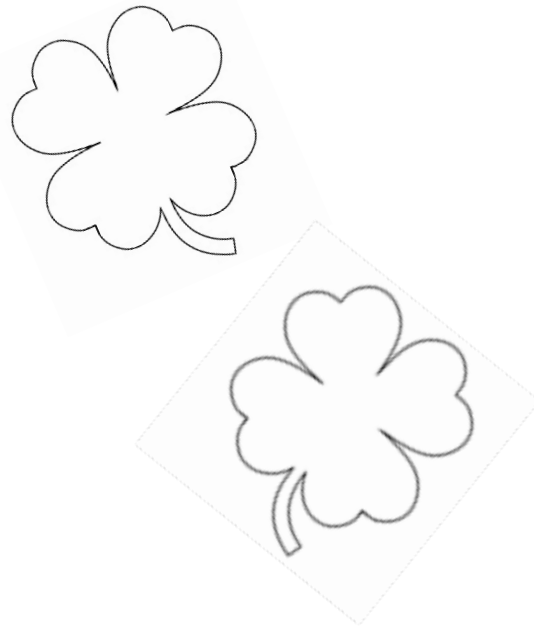
604-816-8950

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

Silver Harbour Pick-Me-Up Pages

St. Patrick's Day Word Scramble

REGEN: _____
CULK: _____
RACPIRKT: _____
LIRADELN: _____
RAPDEA: _____
HAMCR: _____
CERLOV: _____
DOLG: _____
WROBANI: _____
CHASKORM: _____



Health Tip of the Month

Spring clean your house (or a room...or a closet...or even one drawer). You know that dust contributes to allergies and asthma, but did you also know that clutter can affect your health too? Disorganization makes it difficult to find items you need. "Where did I put that medicine?" "Where are my sneakers for the gym?" The more time you spend looking for these, the more frustrated you may get and the more likely you may be to just decide not to proceed with it (like decide to skip your medicine or decide not to go to the gym).



Fun Facts about March



The Shamrock was considered a sacred plant. The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the “seamroy” by the Celts and was considered a sacred plant that symbolized the arrival of spring.

March 8 is International Women’s Day, which is a day that not only celebrates the achievements of women and the progress made toward women’s rights, but also brings attention to ongoing struggles for equality around the world.

March 13 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day. Don’t forget to “spring forward” and set the clocks one hour ahead, or you may find yourself an hour late to everything!



Laughter is good medicine.



Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside. “Yes,” says Sally, “a lock of my husband’s hair.” “But Larry’s still alive.” “I know, but his hair is gone.”

John is out with his friends and stops by his grandmother's house for a visit. There's a bowl of peanuts on the coffee table, and John and his friends start snacking on them. When they're ready to leave, his friends say, "Nice to meet you, ma'am, and thank you for the peanuts." Grandma says, "You're welcome. Ever since I lost my dentures, all I can do is suck the chocolate off of them."

MARCH

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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S A V I N G S M A R C H S
H C O M E P S N T I R C S
H S I F R B T H U S A R A
N L I I I K G I D S I A R
E A N R G I T U M L N M G
I G D O L R O N D E W W A
N S A Y K L E R I I N E N
D G A O C E A E N A S A I
O D U T I W L D N K S T M
S H A M R O C K C I K H A
E A L O T A M O B L P E L
Y L F M A D L W C M Y R S
C D N J P C M H S I R I L
  
```

By Evelyn Johnson - www.qets.com

Animals

Birds

Clock

Clouds

Daylight

Fish

Forward

Grass

Green

Irish

March

Patrick

Rain

Saint

Savings

Shamrock

Spring

Sun

Time

Weather

Wind



Answers for word scramble on p. 21: Green, Luck, Patrick, Ireland, Parade, Charm, Clover, Gold, Rainbow, Shamrock

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	Intermediate ESL	Keep Well
		Weaving	Spanish Level 2 Plus		
10:00 am	Chess	Meditation	Art Space	Stained Glass	Chess
	Craft Volunteers		Table Tennis		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	Pottery	
		Quilting Volunteers	Circle of Friends		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.