THE CENTRE POST Harbour Seniors' Activity Centre April 2022

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



In honour of Volunteer Appreciation Week, thank you volunteers!

Thank you to

parc retirement living official sponsor of the Centre Post and our website. Thank you to the



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It's time to take back control and choose a new path-one that puts your safety and social well-being first. With our spacious suites, incredible amenities, extensive social and cultural programs, fitness centres and exquisite dining, you'll appreciate a renewed sense of purpose and independence. Factor in our first-rate health protocols too and you'll soon wonder why you hadn't made the move to this safe haven earlier.

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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

Board of Directors

Alan Dion Brenda Harrison Caroline Bell Doug Blakeney Jatinder Doad Elizabeth Jones Margaret Coates Richard Gauntlett Ritch Seeley Ron Needham Virginia Baldwin Director Director Director Treasurer Director Vice-President Secretary President Director Director Director

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

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

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Notes from the Executive Director...

April is a perfect month to recognize all the amazing volunteers who share their time and skills with Silver Harbour. During National Volunteer Week from April 24th to 30th, we will be thanking each of our current volunteers with a gift bag generously sponsored by PARC Retirement Living. We are so grateful that volunteers make all the programs, services, and operations of Silver Harbour not only possible but truly wonderful and beneficial. This year's National Volunteer Week theme is all about empathy in action: Volunteers Bring Heart to Canada's Communities. And Silver Harbour volunteers certainly bring heart to our Centre – thank you, volunteers!

April is also the month where we will be hosting our Spring Market, a great opportunity to shop for beautiful crafts, delicious baked goods, and unique thrift store treasures. This year we will also be featuring a concert by the North Shore Celtic Ensemble. The Spring Market will be Saturday April 30th from 10 am to 2 pm, with the concert from 12 noon to 12:45 pm. See you there!



Silver Harbour Bulletin Board

In-Person Dining Returns – Monday, April 4th

With the easing of Provincial Health Orders, we are returning 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. Meal deliveries will continue on Wednesdays and Fridays only, and must be pre-ordered. If you would like a copy of the Delivery Schedule, please request it by emailing <u>info@silverharbourcentre.com</u>. We hope you will be patient while we make this transition.

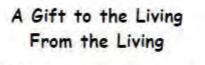
Proof of Vaccination Is Currently Required

At the time of publishing this newsletter, you must still show your vaccine passport and legal identification in order to be admitted to Silver Harbour. Please bring it with you every time you come. We will let you know when and if this requirement is lifted.

It is <u>highly recommended</u> that you wear masks while inside Silver Harbour, particularly if you are within 6 feet of another person. In some programs you may be <u>required</u> to wear masks. We have tried to highlight this in the course description.

Volunteers Needed

With the re-opening of in-house dining, we are in need of volunteers to help in the kitchen. Tasks may include dishwashing, peeling potatoes, serving coffee and more. If you would like to help out, please fill out a volunteer intake form (available at the front desk or on our website at <u>https://silverharbourcentre.com/ourcentre/#volunteer</u>)



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.



Holiday Closing

Silver Harbour will be closed Friday, April 15th and Monday, April 18th for the Easter long weekend, re-opening at 9 am on Tuesday, April 19th.

Parking at Silver Harbour

Now that construction has begun in the neighbourhood, it may be challenging to find parking nearby. Besides the designated parking spots on the west side of the building, you may also park across the parking lot (on the Harry Jerome side), or in the parking lot outside Memorial recCentre, east of Silver Harbour. Please give yourself extra time to find parking.

Call Out For Baking Donations

With the relaxing of health orders Silver Harbour can once again have baking at our Spring Sale! Our wonderful bake sale volunteers will be setting up, packaging and pricing on Friday, April 29th. Please drop your baking off at the auditorium door on Friday morning. Your baked goods should include an ingredients list for those with allergies. We also cannot accept anything that has to be refrigerated. Baking is always a highlight of the sale and we are thrilled to have it once again. We can't wait to taste your creations!

Volunteers Needed – Spring Market and Concert

Please let the front desk know if you would like to volunteer for our Spring Market and Concert on April 30th. We are looking for volunteers to help with set up/tear down, sales, floaters and a few people to welcome

> shoppers and music listeners to Silver Harbour. Please let us know if you have a volunteering preference. The Market is on Saturday, April 30th from 10 am to 2 pm. There are posters and flyers for the event at the front door if you would like to take some to your building or pass some out to friends and family.



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. 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.

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.

> Open Monday to Friday 11 am to 1 pm

Silver Harbour Income Tax Clinics Are Fully Booked

At the time of publishing, all appointments at our Income Tax Clinic were fully booked. Tax clinics are available at several other organizations in North Vancouver. For more information, please contact North Shore Community Resources at 604-985-7138, or North Shore Neighbourhood House at 604-987-8138.



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 <u>caregiversconnect@familyservices.bc.ca</u> or call 604-988-5281, ext. 354.

Men's Shed Information Session

Capilano Community Services is inviting you to learn about the first Men's Shed on the North Shore. Men's Sheds are modern, shared versions of the home workshops that many of us either had or wished we had! Men's Sheds are welcoming, supportive places for friendship and fun. They provide opportunities for members to socialize, take part in activities, and learn something new. The men

decide what they would like to do in their shed, whether it's woodworking, carving, metalwork, computer-related activities, photography, board games or gardening (as examples). Or it could simply to be a space to meet for coffee and to socialize. Come and listen to Mike Jennings of the Men's Shed Association of BC give an overview of what the first North Shore Men's Shed could look like – Thursday, April 7th, 1:30 – 3:30 pm. Refreshments will be provided. Please RSVP to <u>melanie@capservices.ca</u>, or call 604-988-7115, extension 2009.



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.

In our second meeting we will be working through mini-workshops created by Squamish based indigenous organization Nahanee Creative. Start decolonizing how you walk in this world. Restorying Colonialism dives into the social and personal frameworks that we all live within, to explore how we can see things differently and be in better relations. Restorying Colonialism explores our individual roles within systems, how we may be uplifting harmful narratives, asking how can we apply critical analysis and rewrite our identities through reclamation, accountability and meaning making.

Monday, April 11th and the 2nd Monday afternoon of each month, through June 1:00 – 3:00 pm Arts & Crafts Room Free of charge, but you must pre-register Bring a pen and paper Book Club



Book Club meets monthly to discuss a preselected book. The next title will be "Starlight" by Richard Wagamese.

> Monday, April 11th 2:30 - 3:30 pm Multi-Purpose Room No charge

Therapy Dogs

We're excited to have two volunteer therapy dog teams from St. John Ambulance coming to Silver Harbour. These specially trained dogs offer comfort and companionship. Interacting with a therapy dog has many health benefits – both mental and physical. If you like dogs, please drop by the library and say hello.

> Wednesday, April 13th 10:30 am – 12:00 pm Library



Serving the North Shore for 17 years

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

Newcomers Tea and Tour

All new members and those considering becoming members are invited to attend a tour of Silver Harbour and enjoy a free cup of tea (or coffee).

Wednesday, April 20th 10:15 am Meet in the library No 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, April 25th 10:00 – 11:30 am On Zoom Please email <u>chha_nsb@telus.net</u> to register

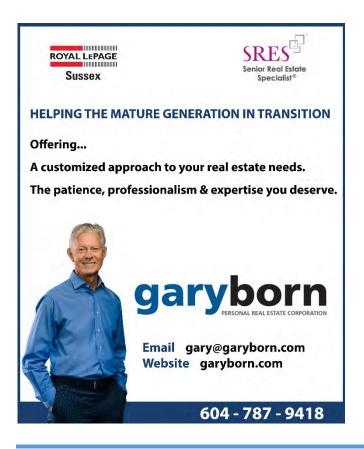




Tech Connect: Smart Technology

What is a Smart Home and Smart Technology and what makes it so smart? The options and abilities of technology are developing fast and there is more availability than ever before - but how do we know what to get for ourselves and how do we keep ourselves safe while we use it? Join Tech Connect staff from North Vancouver City Library for this presentation about Smart Home technology and Wearable technology. We'll discuss some of the options available now, the benefits and the risks, and how to keep yourself and your home safe while using them.

Tuesday, April 26th 1:00 – 2:00 pm Auditorium Free of charge, but you must pre-register



Spring Market and Concert

Celebrate the triumphant return of spring with a community event featuring local favourites the North Shore Celtic Ensemble, art, baked goods and shopping. We will be selling handmade items including charcuterie boards, pottery, quilts, crafts and more. Find unique thrift store treasures and enjoy tea, coffee and baked goods while listening to the musical stylings of the North Shore Celtic Ensemble.

> Saturday, April 30th 10:00 am – 2:00 pm Concert: 12:00-12:45 pm Free admission Masks encouraged

OASIS Arthritis: Pain Management

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Taught by a Registered Nurse, you will learn evidence-based strategies to manage pain.

Thursday, May 5th 1:00 – 3:00 pm Room to be determined No charge, but you must pre-register

Explore the North Shore

Presented by Robin Rivers of Caregivers Connect, in this workshop we will share favourite walks, views, neighbourhoods and other treasures in North and West Vancouver.

Thursday, May 12th 1:00 – 2:00 pm Multi-Purpose Room No charge, but you must pre-register

Extreme Heat: Preparing for Extreme Weather and Other North Shore Hazards

Join North Shore Emergency Management for an in depth look at how to prepare for extreme heat and other North Shore hazards. We'll review how to create an emergency plan, with a focus on extreme heat and Grab-And-Go bags. We'll also discuss Alertable, the North Shore's emergency notification system. There is a lot to talk about! We hope you'll join us. Helpful take home information will be provided to all participants.

Tuesday, May 17th 1:00 – 2:00 pm Auditorium No charge, but you must pre-register

Tech Connect: Accessible Technology

Do you struggle to find the mouse pointer on your screen? Do you have a hard time reading the text on screen? Tech Connect staff from North Vancouver City Library will teach you all about making technology accessible in this class. We will go over some common accessibility features on your Desktop and on your mobile.

Tuesday, May 24th 1:00 – 2:00 pm Auditorium No charge, but you must pre-register

OASIS Arthritis: Beverages – What Are You Drinking?

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Taught by a Registered Dietitian, you will learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for arthritis.

Monday, May 30th 1:00 – 2:30 pm Auditorium No charge, but you must pre-register

Trips and Tours

We strongly recommend that masks be worn on the bus. Thank you for your cooperation.

Steveston <u>Tickets on sale Friday, April 1st</u>

Spend 3 hours of free time in Steveston, a lovely fishing village on the Fraser River. You can walk along the waterfront, buy some seafood fresh off the boat, explore some of the village's quaint shops and enjoy lunch (not included in price) at one of the many restaurants.

Monday, May 16th 10:00 am – 3:00 pm \$25 members; \$35 non-members <u>Please buy your tickets before May 9th</u> <u>or the trip may be cancelled.</u>

Whistler <u>Tickets on sale Friday, April 1st</u>

Enjoy a scenic drive to Whistler, followed by 3 hours of free time in Whistler Village for lunch (not included in price), sightseeing and shopping.

Tuesday, May 31st 9:15 am – 3:45 pm \$35 members; \$45 non-members <u>Please buy your tickets before May 24th</u> <u>or the trip may be cancelled.</u>



Daily Menu for In-House Dining in April

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$8 membe Full Meal Combo:	1 Lamb Shank (Last day for pre- ordered pick up)			
4	5	6	7	8
Salmon with Shrimp Sauce (1 st day of in-house dining)	Turkey Schnitzel	Paella Valenciana	Beef Stew	BBQ Ribs & Chicken
11	12	13	14	15
Meatballs	Beef Patty	Jambalaya	Easter Dinner (Ham & Scalloped Potatoes)	Good Friday Silver Harbour CLOSED
18	19	20	21	22
E-+aster Monday Silver Harbour CLOSED	Cod Loin with Prawns	Chicken a la King	Lasagna	Chicken Cordon Bleu
25	26	27	28	29
Sausages	Chicken Breast Milanaise	Pork Stew	Cabbage Rolls	Shepherd's Pie

Management reserves the right to change the menu without notice.

Food Services Available Monday through Friday

Drinks & Refreshments10:00 am - 12:45 pm (except Tuesday, starts at 11:15 am)Hot Full Course Lunch11:30 am - 12:45 pm

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 began on 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. <u>Masks</u> <u>required.</u> Wed 1:00 – 2:00 pm <u>OR</u> Wed 2:15 – 3:15 pm Fitness Room Mar 2 – Apr 27 \$58.50/9 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 introducto arrange an tory placement with assessment 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

It is <u>highly recommended</u> that you wear masks while inside Silver Harbour, particularly if you are within 6 feet of another person. In some programs you may be <u>required</u> to wear masks. We have tried to highlight this in the course description.

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. <u>Masks required.</u> 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. Wed &/or 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

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

Expand Your Mind...

CURRENTLY

Book Club meets monthly WAITLISTING to discuss a pre-selected book. Masks required. 3rd Monday of the month 2:30 pm Multi-Purpose Room No charge, but you must pre-register

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

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 stimulating by 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, please register. Tues 1:00 – 3:00 pm Multi-Purpose Room Apr 5 – June 28 \$23

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

Program Registration Information:

- **Registration** for all programs beginning in April began on 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.

Current Conversations



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

Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoken and written English. <u>Masks required.</u>

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. <u>Masks required.</u> 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. <u>Masks required.</u> Wed 9:30 – 11:30 am Multi-purpose Room \$23/season Apr 13 – June 15



It is <u>highly recommended</u> that you wear masks while inside Silver Harbour, particularly if you are within 6 feet of another person. In some programs you may be <u>required</u> to wear masks. We have tried to highlight this in the course description.

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

Fri 1:00 – 3:00 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, <u>currently waitlisting</u>. Materials provided.

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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

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 <u>OR</u> 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.

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

Open Studio

available at the centre.

Supported, non-instructional environment. Work on your watercolour, printmaking, acrylic, or textile project in welcoming and relaxed atmosphere.

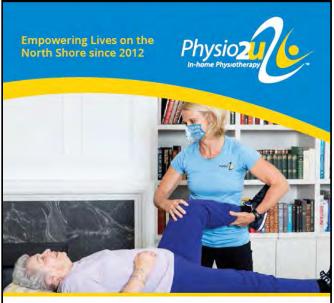
Fri 1:00 – 3:00 pm Starts Apr 1 No charge. Bring your own materials, or purchase printmaking supplies, watercolour paper and brushes from us.

Open Studio (on Zoom)

Hosted by Maurice, group guided All levels

An open, self-organized virtual art group, with skill sharing, learning, and open discussions. Thu 2:00-4:00 pm

To register please call Logan at 604-980-2474



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Arts Programs (Instructed) SORRY, FULL

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

SORRY, FULL

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

Dressmaking

Juicy Wordplay SORRY, FULL 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 SORRY, FULL

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 began on 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.

It is highly recommended that you wear while inside Silver masks Harbour, particularly if you are within 6 feet of another person. In some programs you may be required to wear masks. We have tried to highlight this in the course description.

Stained Glass SORRY, FULL

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

Have You Made a Plan yet?

If not, give our family a call





604-926-5121

200-100 Park Royal S West Vancouver, BC

mckenziefuneralservices.com

George & Mildred McKenzie

Our Family Serving Yours For Over 70 Years

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

Arts Programs (Workshops)

Flower Arranging Workshop

Each season has its flowers and foliage. April is the first month of a new year with so much fresh green and beautiful local flowers. You choose your style and enjoy at home. Bring your champagne cooler or wide vase and learn the technique of how to make a wide lush bouquet. No worries if you do not have a vase. Choose one from the Silver Harbor Boutique (small bouquet) or let the designer surprise you with one. You will learn about the flowers and foliage we are using, design, shape, colors, sustainability, and enjoy working with seasonal greens and flowers. Make something nice to uplift home. Learn the secrets of a floral designer and

enjoy the company. All materials, use of tools, greens, and a wide selection of flowers, are provided.

Monday, April 25th 1:00pm - 3:00pm Choose: A: Regular Bouquet – \$35 members; \$60 non-members B: Small Bouquet – \$20 members; \$45 non-members Option: Vase designer's choice \$ 7.50 or bring your own. Call 604-980-2474 to register

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, 5 April 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

Silver Harbour Pick Me Up Pages



Willow, in your April gown Delicate and gleaming, Do you mind in years gone by All my dreaming? Spring was like a call to me That I could not answer, I was chained to loneliness, I, the dancer. Willow, twinkling in the sun, Still your leaves and hear me, I can answer spring at last, Love is near me!



Sara Teasdale, called April Song.

Fun Facts about April

- 1. April is named after the Greek goddess of love, <u>Aphrodite</u>. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open."
- 2. Two flowers signify the month of April: the daisy and the sweet pea. The daisy symbolizes innocence, loyal love, and purity; but it also means "I'll never tell!"
- 3. Sweet peas may be a pretty flower, but they are also one of the oldest food crops on our planet, domesticated by humans about 11,000 years ago.
- 4. The birthstone for people born in April is the diamond, one of the hardest substances on earth, and one that formed deep in the earth, even if we don't know how long ago it happened

Famous people born in April: Maya Angelou, Billie Holiday, Charlie Chaplin, Ella Fitzgerald, Duke Ellington, Napoleon III

April Gardening Chores

AT-A-GLANCE GROW GUIDES WHAT TO PLANT NOW From Northwest Edible Life							
APRI THE BULY N		April Tips! Harden plants off gradually as you prepare them for transplant. Water starts very well before transplant, and set them out in cool, overcast weather.					
START INSIDE	TRANSPLANT OUT	Sow OUTDOORS					
As Soon As Possible Broccoli Cabbage Cauliflower Eggplant Peppers Tomatoes Tomatillos At Mid Month Basil Cucumber Melon Pumpkin Squash, summer Squash, winter	 Artichoke Broccoli Cabbage (early types) Cauliflower (early types) Chard Cilantro Collards Fennel (bulbing) Kale Kohlrabi (spring type) Onion Starts Parsley Peas Salad Greens (Arugula, Lettuce, Spinach, etc.) Scallions Tomatoes (maybe!!!) 	 Asian greens Beets Broccoli Cabbage (early types) Carrots Cauliflower (early types) Chard Cilantro Collards Dill Fennel (bulbing) Kale Kohlrabi (spring types) Parsley Peas Potatoes Radishes Salad Greens (Arugula, Lettuce, Spinach, etc.) Scallions 					

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1st April

FreeDailyCrosswords.com

ACROSS

- 1) Mariner's "Halt!" 6) Swipe, slangily 10) Big blowout 14) Match starter 15) "King of the road" 16) Certain vocal range 17) Duvall's "The Godfather" role 18) Fermi's study 19) Nasty remark 20) Where Cockney is spoken 23) Rowlands of "Gloria" 24) All wired up 25) Ides of March word 28) House of Henry VIII 31) Like Lucifer 32) Trouble for Pauline 33) Tampa gridder, for short 36) House paint option
- 40) Kitchen amt. 41) Dreads sporter 42) Klensch of fashion 43) Boxcars, in dice 44) Seltzer, tonic, etc. 46) Making all stops 49) Let off steam 50) Kind of consonant sound 56) Lot unit 57) Merino's coat 58) Word before "wave" or "basin" 60) Paparazzo's wares, for short 61) Descartes quote word 62) Overdo it 63) Proofer's mark 64) Rating unit 65) Shimon of Israel

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56			1		57		1			58		-	1	59
60	-	1			61	+	+			62	+	+	1	+
63	+	+	+	-	64	+	+	+	-	65	+	+	+	+

DOWN

1) Flooring wood

- 2) Osso buco meat
- 3) Jason's craft
- 4) Hypnotist of fiction
- 5) Easy to slice
- 6) Accra's land
- 7) Zillions
- 8) Reed section member
- 9) NYC gallery
- 10) Thanksgiving kitchen gadget
- 11) Tim of "Home Improvement"
- 12) Uses a Taser on
- 13) Vast crowd
- 21) Like-minded
- 22) Vodka brand, for short
- 25) Oscar superlative
- 26) Times to revel
- 27) Spineless sort
- 28) Lab jobs
- 29) _ Minor (Little Bear)
- 30) "What's the __?" ("Who cares?")
- 32) Put forward
- 33) Liver secretion
- 34) Map initials until 1991
- 35) Cartoonist Addams, familiarly
- 37) Cookout need
- 38) Not strict at all
- 39) "Not today, sorry"
- 43) Most like Solomon
- 44) Tillis of country
- 45) Marching perfectly
- 46) Axel and lutz
- 47) Footnote abbr.
- 48) "The Odyssey" temptress
- 49) Reason for a decoration
- 51) Is short
- 52) Basis for a suit
- 53) Forum garb
- 54) Sign of decay
- 55) Hors d'oeuvres spread
- 59) Gibson ____ Paul guitar

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	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Spanish – Cont.Beginners	Weaving	Spanish Level 2 Plus		Keep Well
10:00 am	Chess	Meditation	Art Space	Stained Glass	Chess
			Table Tennis		Painting with Gabriele
			Woodcarving		
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	Craft & Knit Volunteers
		Quilting Volunteers	Circle of Friends		Current Conversations
		Tapestry	Dressmaking		Open Studio
			Pottery		Weaving
					Table Tennis
1:30 pm	Get Up & Go			Get Up & Go	
2:00 pm				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 <u>info@silverharbourcentre.com</u>.