

# THE CENTRE POST



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

May 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 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

[info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)



*SilverHarbourSeniorsActivityCentre*  
*SilverHarbourC*

## Our Vision

A community that honours and celebrates aging

## Our Mission

To collaborate in offering adults 55+ social, creative, physical, and learning opportunities in a welcoming and inclusive environment

## Our Values

**Respect** -- we honour the dignity, worth and independence of everyone

**Excellence** – we strive to do our best and to be a model for others

**Diversity** – we celebrate diversity, strive to overcome exclusion, and encourage participation

**Collaboration** – we encourage teamwork and partnerships

**Responsiveness** – we welcome new ideas and possibilities

**Integrity** – we are reliable, accountable, caring, and trustworthy

## Board of Directors

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## Notes from the Executive Director...

This month we are saying good bye and many thanks to two staff members here at Silver Harbour.

Our first goodbye is to John who has been our bus driver for more than 15 years. John was instrumental in the launch of our Seniors Go Bus service, which was a first in the province of BC. He developed the routes, promoted the service, and provided friendly professional transportation to many, many seniors on the North Shore over the years. John has also driven for numerous bus trips and has faithfully delivered meals to local seniors over the last two years.

Our second goodbye is to Logan, who has been our Arts Program Coordinator for the past year. Logan has ably shepherded our many visual arts programs, supported our crafting groups, organized successful arts events and craft markets, and launched several new workshops including our Decolonizing Workshop series.

We are sad to say goodbye to John and Logan but wish them all the best in their new adventures!

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# Silver Harbour Bulletin Board

## CUPE 389

### Sponsored Meal Vouchers

CUPE 389 has made a generous donation to provide a limited number of meal vouchers to North Shore seniors. You may pick up your voucher (maximum 1 per person) in-person only, starting on May 2<sup>nd</sup>. The voucher must be used on a single day and includes an entrée, salad, soup and dessert – you can eat at Silver Harbour or have the meal packed to go. Vouchers must be used by June 30, 2022.

## Free iPad Workbook

Gluu Technology has provided us with a limited number of free copies of their "Gluu Essentials to Apple iPad Course Workbook". You may pick up a copy at the front desk, one per person and can choose to participate in Gluu's technology study.

## Flower Bulb Volunteers

If you would like to volunteer to help prepare our donated flower bulbs for sale, please leave your name at the front desk.

It is highly recommended that you wear masks while inside Silver 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.

## Credit & Debit Cards

As of May 1<sup>st</sup>, we will only accept debit and credit cards for purchases of \$5 or more. You will need to use cash for any purchases less than \$5.

*Introducing a NEW Zoom Program with*

**Dr. Anne Marie Evers**

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Learn new ways to *COPE* with  
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**Tuesday, 3 May 2022**

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**Register** for your Invitation & Link

Email Chris - [ceinarson@telus.net](mailto:ceinarson@telus.net)

*Looking forward to  
seeing and hearing you online!*

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

## **Bingo's Back!**

We're starting Thursday afternoon Bingo again – our first session back will Thursday, May 5<sup>th</sup> at 1:00 pm. See you there.

## **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 <https://silverharbourcentre.com/our-centre/#volunteer>)

## **Holiday Closing**

Silver Harbour will be closed on Monday, May 23<sup>rd</sup> for the Victoria Day long weekend, re-opening at 9 am on Tuesday, May 24<sup>th</sup>.

## **Parking at Silver Harbour**

With 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.

## **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 Now Open at 10 am!**

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  
10 am to 1 pm**

## **Volunteer Appreciation Gifts**

April 24<sup>th</sup> to 30<sup>th</sup> was Volunteer Appreciation Week in Canada, and we celebrated by handing out gift bags (sponsored by PARC Retirement Living) to our volunteers. If you volunteered in the past year, and have not yet received a gift bag, please stop by the front desk to get one!

# In The Community...

## Refugees: Information and Resources

The United Nations High Commission for Refugees (UNHCR) has estimated that at the end of 2020, 82.4 million people have been forcibly displaced worldwide and over 26.4 million refugees have left their countries due to war, climate change, violence, and instability. (Source: UNHCR - Figures at a Glance) Refugees and displaced persons experience tremendous uncertainty and suffering in their journey to find safety from war, violence, climate change and unstable conditions. The UNHCR reports on 14 current refugee emergencies including: Afghanistan, Burundi, Central African Republic, Displacement in Central America, DR Congo, Ethiopia Tigray, Nigeria, Rohingya, Sahel, South Sudan, Syria, Ukraine, Venezuela and Yemen. Learn more at <https://UNHCR.org> and learn about Canada's conflict response and how you can help at:

[https://www.international.gc.ca/world-monde/issues\\_development-enjeux\\_developpement/response\\_conflict-reponse\\_conflits/crisis-crisis/ukraine.aspx?lang=eng](https://www.international.gc.ca/world-monde/issues_development-enjeux_developpement/response_conflict-reponse_conflits/crisis-crisis/ukraine.aspx?lang=eng)

More information:

- If you want to find out how to apply for refugee status in Canada: Refugees and asylum - <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees.html>
- If you want to find out about sponsoring a refugee to Canada: Sponsor a refugee - <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-outside-canada/private-sponsorship-program.html>
- If you want to learn more about refugees in Canada: Canadian Council for Refugees – <https://ccrweb.ca/>

Prepared by Impact North Shore, providing comprehensive services to immigrants, migrants, and refugees on the North Shore.





## Virtual Programming for Seniors

South Granville Seniors Centre has compiled a list of virtual programming for seniors available throughout BC. You can access this list here: <https://www.southgranvilleseniors.ca/virtual-programs>.

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



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## Seminars & Special Events

### 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 5<sup>th</sup>**

**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 12<sup>th</sup>**

**1:00 – 2:00 pm**

**Multi-Purpose Room**

**No charge, but you must pre-register**

### Book Club

Book Club meets monthly to discuss a pre-selected book. The next title will be "The Woo Woo" by Lindsay Wong.

**Monday, May 16<sup>th</sup>**

**2:30 - 3:30 pm**

**Multi-Purpose Room**

**No charge**

**CURRENTLY  
WAITLISTING**

### 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, May 18<sup>th</sup>**

**10:15 am**

**Meet in the library**

**No charge, but you must pre-register**

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## **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 17<sup>th</sup>**

**1:00 – 2:00 pm**

**Auditorium**

**No charge, but you must pre-register**

## **Improv Workshop!**

In this class, New(to)Town Collective will share fun and engaging games that everyone can participate in. These games are a mixture of Clowning, improvisation, and somatic (body) awareness exercises that can stimulate the imagination, open the heart and be a heck of a lot of Fun! Come and explore your creative self, expand your expressive capabilities, and get to know others on a deeper level! We deeply look forward to playing with you on

**Thursday, May 19<sup>th</sup>**

**10:00 am - 12:00 pm**

**Card Room**

**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 24<sup>th</sup>**

**1:00 – 2:00 pm**

**Auditorium**

**No charge, but you must pre-register**

# Have You Made a Plan yet?

If not, give our family a call

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## **Our Family Serving Yours For Over 70 Years**

## **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 30<sup>th</sup>**  
**1:00 – 2:30 pm**  
**Card Room (new room)**  
**No charge, but you must pre-register**

## **Spring Choir Concert**

The Silver Harbour Choir will present "An Afternoon at the Movies", with a programme including a variety of songs from over 80 years of the Silver Screen. Please join the choir for their final concert of the season.

**Monday, June 6<sup>th</sup>**  
**2:00 – 3:00 pm**  
**Auditorium**

## **Flower Arranging Workshop**

Bring your wide vase and learn the technique of how to make a wide lush bouquet (or choose one from the Silver Harbor Boutique 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. All materials, use of tools, greens, and a wide selection of flowers, are provided.

**Monday, June 6<sup>th</sup>** **NEW DATE**  
**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**  
**Call 604-980-2474 to register**





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## Affirmations with Dr. Anne-Marie Evers

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking.

**Tuesday, June 7<sup>th</sup>**  
**10:00 am – 12:00 noon**  
**Card Room**  
**By Donation**

## Tech Connect: ArriveCan

Are you planning to travel outside of Canada? ArriveCan is the official Government of Canada platform for providing mandatory information for entering Canada – do you know how to use it for your next trip? Join us for this class about ArriveCan, where we will introduce you to the platform and what you need to know to use it for your next trip. Bring your mobile device with you to the class and we will cover how to download the app and get signed up for your account. Reminder: ArriveCan travel documents can only be submitted within 72 hours of arrival into Canada and travel support will be limited based on this restriction.

**Tuesday, June 7<sup>th</sup>**  
**1:00 – 2:00 pm**  
**Auditorium**  
**Free of charge, but you must pre-register**



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## Comfort Food

Presented by Robin Rivers of Caregivers Connect, in this workshop we will share recipes that you enjoy, from family favourites to new dishes you want to try.

**Thursday, June 9<sup>th</sup>**

**1:00 – 2:00 pm**

**Multi-purpose Room**

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

## Save The Date!

We are hoping to have a Dance Before Dark on Monday, June 13<sup>th</sup>, but details were not confirmed at the time the newsletter was published. Check the June newsletter for full information.

## 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, June 27<sup>th</sup>**

**10:00 – 11:30 am**

**On Zoom**

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to register

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# Trips and Tours

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

The following trips for May are now sold out (tickets went on sale April 1<sup>st</sup>) but please feel free to add your name to the waitlist:

- Steveston – Monday, May 16
- Whistler – Tuesday, May 31

## Deep Cove

**Registration begins Monday, May 2<sup>nd</sup>**

Inspired by Caregivers Connect's "Explore the North Shore" presentation, this free bus trip will take us to Deep Cove, where you will have 1.5 hours of free time to walk along the shore, enjoy a coffee or a treat, do a little shopping or just enjoy the beautiful view. In order to be fair to everyone, you may register yourself and one friend only. Lots of walking

**Tuesday, June 7<sup>th</sup>**

**1:00 – 3:30 pm**

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

**If you register and are unable to attend,  
please let us know so we can give your seat  
to someone else.**

## Fort Langley Village

**Tickets on sale Monday, May 2<sup>nd</sup>**

Enjoy 3 hours of free time in this historic village. You can visit the Fort Langley National Historic site, have lunch (not included in price) at one of the restaurants, walk along the river, or explore the main street with its charming heritage buildings and shops. Lots of walking.

**Thursday, June 9<sup>th</sup>**

**9:45 am – 3:15 pm**

**\$23 members; \$33 non-members**

**Please buy your tickets before June 2<sup>nd</sup>  
or the trip may be cancelled.**

## Harrison

**Tickets on sale Monday, May 2<sup>nd</sup>**

We will take a scenic drive to Harrison, "the jewel of the Fraser Valley" and home of the famous hot springs. You will have 3 hours to walk along the lakeshore, have lunch (not included in price) and explore the town. Lots of walking.

**Monday, June 20<sup>th</sup>**

**9:00 am – 4:15 pm**

**\$28 members; \$38 non-members**

**Please buy your tickets before June 13<sup>th</sup>  
or the trip may be cancelled.**



## Daily Menu for In-House Dining in May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Bami Goreng	<b>3</b> Turkey Schnitzel	<b>4</b> Jambalaya	<b>5</b> Shepherd's Pie	<b>6</b> Roast Ham
<b>9</b> Transylvanian Chicken Legs (with sauerkraut & sausage)	<b>10</b> Cod Loin with Prawns	<b>11</b> BBQ Ribs & Chicken	<b>12</b> Cabbage Rolls	<b>13</b> Paella
<b>16</b> Meatballs	<b>17</b> Beef Patty	<b>18</b> Roast Pork	<b>19</b> Chicken a la King	<b>20</b> Pork Stew
<b>23</b> Victoria Day Silver Harbour CLOSED	<b>24</b> Salmon with Shrimp Sauce	<b>25</b> Chicken Cordon Bleu	<b>26</b> Lasagna	<b>27</b> Beef Stew
<b>30</b> Sausages	<b>31</b> Chicken Breast Milanaise	<b>Entrée: \$8 members (\$9 packed to go)</b> <b>Full Meal Combo: \$10 members (\$12 packed to go)</b>		

*Management reserves the right to change the menu without notice.*

### Food Services Available Monday through Friday

Drinks & Refreshments    10:00 am – 12:45 pm (except Tuesday, starts at 11:15 am)  
Hot Full Course Lunch    11:30 am – 12:45 pm

## 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

### 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 have recently returned to in-person dining. You may eat your meal here, or have the hot food packed to go, if you prefer to eat at home. We are no longer doing pre-ordered meal bag pickups, and have now discontinued meal delivery.



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## Programs

Our program sessions specifically scheduled for May onwards 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](http://www.silverharbourcentre.com).

### Beginners ESL for Seniors

Join Azzam and Hamideh to practice speaking English and socialize.

Tue 1:00-2:30 pm

Fitness Room

### Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

### Chair Yoga

Chair Yoga is an adapted form of yoga that is open to all levels and abilities. In this seated class students will explore meditative breathing, functional postures and stretches, as well as guided relaxation. No experience is necessary and all movements can be performed from the safety and comfort of a chair with options to stand while using the chair as support. Masks required.

Wed 1:00 – 2:00 pm

#### OR

Wed 2:15 – 3:15 pm

Fitness Room

May 4 – June 28

\$58.50/9 classes



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It is highly recommended that you wear masks while inside Silver 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.



## 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

May 2 – June 27 (no class May 23)

\$74/8 classes

OR

Thu 1:30 – 2:30 pm

Fitness Room

May 5 – June 30

\$83.25/9 classes

## Improv Workshop!

In this class New(to)Town Collective will share fun and engaging games that everyone can participate in. These games are a mixture of Clowning, improvisation, and somatic (body) awareness exercises that can stimulate the imagination, open the heart and be a heck of a lot of Fun! Come and explore your creative self, expand your expressive capabilities, and get to know others on a deeper level! We deeply look forward to playing with you on

Thursday, May 19th

10:00 am - 12:00 pm

Card Room

No charge, but you must pre-register

## 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

May 2 – June 30 (no class May 23)

\$157.25/17 classes

### A Gift to the Living From the Living

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

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

604-202-3509

Debby.Stephenson@sci-us.com



**Hollyburn Funeral Home**  
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**Dignity**  
MEMORIAL

## 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

May 2 – June 30 (no class May 23)

\$157.25/17 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

May 2 – June 30 (no class May 23)

\$157.25/17 classes

## Silver Harbour Program Schedule

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

If you have any questions about programs or would just like to connect please give us a call at 604-980-2474 or email us at [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com).