

# 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

June 2022



**Happy BC Seniors Week (June 5-11)  
and Welcome Back, Bingo!**

Thank you to

**parc**  
retirement  
living

official sponsor of the Centre Post  
and our website.

Thank you to the

**city**  
of north  
vancouver

and

**DISTRICT OF**  
**NORTH VANCOUVER**

for helping to fund the  
operations of Silver Harbour.



## Try a *Taste of the Good Life* with PARC Experience Stays

When we say PARC life is your best life, we don't expect you to take our word for it.  
Instead, we want you to try it for yourself!

Summerhill PARC is now offering Experience PARC packages. These trial stays allow seniors to sample all the comforts of our lifestyle and suites – with no cost or commitment. Come and gaze at our beautiful views, taste our flavour-packed, chef-made cuisine and experience the freedom of having your every need taken care of. You'll feel at home from the moment you walk through our doors.

Your trial stay comes packaged with all of our exclusive PARC Active Living™ programs, including a state-of-the-art seniors gym, classes, art and cultural programs, onsite Wellness Nurse, complimentary transportation and more. And unlike trial stays offered at other senior-living communities, the PARC Experience is immersive, lasting from two weeks up to a full month.

*Reserve your stay today with Jackie at 604.980.6525.*



**Jackie Reid**  
Senior Living Specialist  
[jreid@summerhillparc.ca](mailto:jreid@summerhillparc.ca)  
604.980.6525



135 15th Street West, North Vancouver, BC  
604.980.6525 | [parcliving.ca/summerhill](http://parcliving.ca/summerhill)



# Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and social services for seniors in North Vancouver. We are safely offering more than 50 programs and services and are restarting more every month. 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

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

## Staff

Andrea Picchi	Admin. & Program Assistant
Annwen Loverin	Executive Director
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
Zoltan Csapkay	Head Cook

## In this Issue...

Notes from the Executive Director.....	p.2	Trips and Tours.....	pp.12-13
Extreme Heat Information Page.....	p.3	Daily Menu.....	p.14
Silver Harbour Bulletin Board.....	pp.4-6	Programs & Services.....	pp.15-24
In The Community.....	pp.7-9	National Dental Care Plan.....	pp.25-26
Seminars & Special Events.....	pp. 10-11	Program Schedules.....	pp.27-28

# Thank You for a Fabulous Spring Market

What a fabulous Spring Market we had on Saturday April 30<sup>th</sup>! It was a beautiful day featuring many crafts for sale as well as second hand items, delicious baking, and a concert. We set up and sold at weaving, fibre arts, pottery, quilting, stained glass, woodworking, and knitting and crochet, and many other types of arts and crafts. We also had tables filled with delicious home baking. Our Clothes Closet and Boutique laid out racks and displays of gently used second-hand clothing, jewelry, and household items where shoppers were able to find great bargains. And we sold great quality, once-used jigsaw puzzles for an entertaining activity at home. Finally, we were also grateful to include a free concert by the much-loved and always impressive North Shore Celtic Ensemble, with refreshments for sale from our kitchen. We welcomed over 150 people to the Spring Market and brought in nearly \$4000. A big thanks to the volunteers and staff who helped with production, promotion, setup, sales and everything else required, making this Spring Market such a successful event!



## A Special Thanks to the Bakers from the Bake Sale Committee

The Bake Sale Committee would like to make a very special thank you to all those people who took the time out of their day and the funds out of their pensions to bake for the sale. We may not bake often and may have gotten out of the habit. But those of you who have baked for the sale *do it anyway* because you know how important it is to the Centre, because the Centre needs your help, and because you believe in the Centre. We are amazingly lucky to have this facility that is so affordable and we must all do our share to ensure it stays open and remains a community. The Bake Sale Committee strongly encourages everyone who can still wield a spoon to contribute to the bake sales, with our next one expected in November. Every cookie counts and contributes to keeping our Centre open and keeping the activities affordable. If you are unable to bake, then come in and buy yourself a wonderful homemade treat. Thanks a million to all you wonderful bakers out there. Your sense of community and responsibility is an example to us all.

*The Bake Sale Committee (Silver Harbour Weavers)*



NORTH SHORE EMERGENCY MANAGEMENT

City of North Vancouver District of North Vancouver District of West Vancouver

## Extreme Heat

### Who is at a higher risk of heat-related illness?

- Older adults may not physiologically compensate for heat stress efficiently, and are therefore less likely to sense and respond to high temperatures.
- People who have underlying health concerns such as heart disease, uncontrolled diabetes, emphysema, kidney failure, colitis, or mental health illness.
- Seniors who live alone and experience social isolation, have limited mobility or access to resources.

### The most important thing is to keep cool and hydrated

- Spend time in cool places like shaded areas or air conditioned locations such as public libraries, community centres, or shopping malls
- Drink plenty of cool fluids, especially water
- Circulate air by strategically opening windows/doors and introducing electric fans or portable air-conditioning units
- Cover your home's windows with drapes or shades
- Take cool baths or showers regularly
- Check on vulnerable family members and neighbours



**Of concern, requiring immediate cooling. Call 8-1-1 or your health care provider for guidance if you experience any of the following:**

- Cold, pale, and clammy skin
- Increased heart rate
- Dizziness and/or faintness
- Heavy sweating and/or skin rash
- Headache and/or nausea
- Muscle cramps and/or swelling of hands and feet
- Fatigue and/or weakness

**Severe, requiring immediate medical intervention. Call 9-1-1 if you experience or witness any of the following:**

- Hot, red, dry, or damp skin
- High body temperature (40°C or higher)
- Confusion and/or decreased mental alertness
- Vomiting, hallucinations, and/or seizures
- Loss of consciousness

Visit [www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness](http://www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness) for more information.





# Silver Harbour Bulletin Board

## Decolonizing Workshop

The Decolonizing Workshop will not be continuing at this time, as we do not currently have a leader. We hope that it will resume again in the near future.

## Come Pick Up Your 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. 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.



## 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.

## Responding to First Aid Incidents

A reminder that we sometimes have incidents at Silver Harbour where a person feels ill or is hurt. If you see this, please ensure that you (or someone else) reports this immediately to the front desk. All staff are trained in basic first aid and CPR and we will respond right away, bringing a first aid kit and AED (automated external defibrillator, for cardiac arrest). We will also call 911 when the situation warrants. If you are not involved in the incident, you can help by encouraging everyone who isn't supporting the ill or hurt person to move to a different room. Thank you for helping keep Silver Harbour safe and welcoming.





**HELPING THE MATURE GENERATION IN TRANSITION**

**Offering...**

**A customized approach to your real estate needs.**

**The patience, professionalism & expertise you deserve.**



**garyborn**  
PERSONAL REAL ESTATE CORPORATION

Email [gary@garyborn.com](mailto:gary@garyborn.com)  
Website [garyborn.com](http://garyborn.com)

**604 - 787 - 9418**

## No Scents is Good Sense!

In consideration of others who are sensitive to fragrance, please do not use perfume or aftershave when you are visiting Silver Harbour. Thank you.

## Credit & Debit Cards

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

## 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 Friday, July 1<sup>st</sup> for Canada Day, re-opening at 9 am on Monday, July 4<sup>th</sup>.

## Parking at Silver Harbour

With construction 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.

**ADVANCED MEDICAL**  
Healthcare Equipment

SALES RENTALS REPAIRS INSTALLATIONS

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

1863 Marine Dr. West Vancouver  
[www.AdvancedMedicalBC.ca](http://www.AdvancedMedicalBC.ca) **604 912 0106**

## 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**

### 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

Empowering Lives on the  
North Shore since 2012



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

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

**Call or email us today**

T: 778.846.7695 • E: info@physio2u.ca • physio2u.ca



# In The Community...

## Happy BC Seniors Week!


In October 2002, a proclamation was declared in perpetuity that the first week of June every year shall be known as "Seniors' Week". This is a time to celebrate seniors and their many contributions! It provides an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia. This year, Seniors' Week runs June 5-11, 2022. Happy BC Seniors Week!

## Celebrate BC Seniors' Week with BEST

You're invited to a ROVING documentary screening and discussion on seniors' transportation in celebration of BC Seniors' Week – Friday, June 10<sup>th</sup>, 1:00 – 3:00 pm, at Silver Harbour.

## 48<sup>th</sup> North Shore Folkfest

Come to Centennial Theatre on Saturday, June 4<sup>th</sup>, 7 to 9 pm for exciting Multicultural Performances, including the Silver Harbour Hula dancers. Free admission, and door prizes.





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

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

Specializing in quality tours of Canada & Beyond


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

More than 30 tours annually, upcoming departures include:

 <b>Drumheller &amp; Alberta Passion Play</b> July 13 - 19 12 incl. meals • dbl. \$2,734. <sup>00</sup>	 <b>Cruising the West Coast Waterways</b> July 15 - 20 12 incl. meals • dbl. \$2,409. <sup>00</sup>	 <b>Salt Spring Island</b> August 15 - 18 7 incl. meals • dbl. \$2,095. <sup>00</sup>
<b>Stewart &amp; Hyder Bears &amp; Glaciers</b> August 16 - 25 21 incl. meals • dbl. \$3,997. <sup>99</sup>	<b>BC's Wildlife Adventures Bears &amp; Whales</b> August 29 - September 1 10 incl. meals • dbl. \$2,337. <sup>99</sup>	<b>Watermark Beach Resort, Osoyoos</b> September 20 - 23 7 incl. meals • dbl. \$1,949. <sup>99</sup>

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

#260 - 1959 152<sup>nd</sup> Street,  
Surrey, BC V4A 9E3

**agelessadventures.com**

Prices include all taxes

## **Get Your Free Rapid Antigen Testing Kit**

Rapid antigen testing kits are free for everyone. A pharmacy should never ask you to pay for a kit. Visit your local pharmacy and ask for your testing kit. Anyone can ask for a kit. You don't have to show ID. If you can't go to a pharmacy, a friend or family member can pick up a test kit for you.

## **Booster Doses of COVID-19 Vaccine Are Now Available to Adults 70+**

A booster dose is an additional shot of vaccine that helps you maintain and lengthen your protection against severe outcomes of COVID-19. When you get a booster dose, you help protect yourself and the people around you from COVID-19. You will get an invitation to book your booster appointment 6 months after your last dose. Book as soon as you are eligible. Once you receive your invitation, use the confirmation number to book online or by phone. If you can't find your confirmation number, phone the call centre at 1-833-838-2323.

## **Property Tax Deferment Program**

Property tax deferment is a provincial low-interest loan program that helps qualified homeowners pay their annual property taxes on their principal residence. Taxes can be deferred for any year the homeowner lives in the home and continues to qualify for the program.

Property tax deferment is available to B.C. homeowners who are 55 years or older, a surviving spouse, or eligible persons with disabilities. Deferment is also available for homeowners who financially support a dependent child. Deferment helps seniors stay in their homes longer and allows families to focus on providing for their children. Eligible homeowners are then able to use some of the appreciation in the value of their home to pay their property taxes at a later date.

You must apply each year you wish to defer your property taxes. There are two options: the Regular Program, and the Families with Children Program. For new applications to the Regular Program there is a one-time fee of \$60, and a \$10 annual renewal fee. For the Families with Children Program, there is no fee for applying or renewing. Interest is charged on your tax deferment loan from the date your property tax is due or the date you apply to defer your taxes, whichever is later. For more information, call toll-free 1-888-355-2700.

## **How Accessible Are Streets In Your Neighbourhood?**

If you identify as a person living with mild to moderate dementia, a hearing disability and/or a mobility challenge, you are invited to survey streets in your neighbourhood with an observational tool called SWAN (Stakeholders' Walkability/Wheelability Audit in Neighbourhoods). You will be accompanied by researchers from Simon Fraser University to do the survey. For more information, please contact [mapsfu@sfu.ca](mailto:mapsfu@sfu.ca) or call 778-782-7635.

## **Estate Planning**

The Municipal Pension Retirees Association invite Silver Harbour members and the public to a seminar on Estate Planning, presented by two representatives from BlueShore Financial – Thursday, June 16<sup>th</sup>, from 10 to 11 am, in the Card Room at Silver Harbour.

## **WALK30 North Vancouver 2022 Challenge**

The North Vancouver Walk30 Challenge encourages people to walk more to improve overall health and wellness, strengthen community connections, and rethink how we get around our city! Walk on your own or join a team for a fun and friendly competition between your friends, family or co-workers. For more information or to register, visit <https://www.best.bc.ca/walk30>.

## **Photographic Print Night**

The North Shore Photographic Society (NSPS), which meets regularly at Silver Harbour Centre, invites interested Silver Harbour members to attend the next club Print Night meeting as complimentary guests, 7:30 – 9:15 pm on Monday June 13<sup>th</sup> in the Silver Harbour Auditorium. NSPS members' prints will be on display, and scored by a judge who will provide verbal comments and feedback about each image. All attendees must show proof of full vaccination, and wear a mask while attending the meeting.

## **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.



## Seminars & Special Events

### 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**

**Free of charge**

### Flower Arranging Workshop

**SORRY,  
CANCELLED**

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).

**Monday, June 6<sup>th</sup>**

### 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**

### 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. We are pleased to announce that this is now a monthly program.

**Wednesday, June 8<sup>th</sup>**

**10:30 am – 12:00 pm**

**Silver Harbour Library**

## 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**

## Dance Before Dark

We are so excited to kick off summer with a Dance Before Dark, with live music provided by the JB Jammers. Coffee, tea and snacks will be available for purchase. Tickets are only \$2, and must be purchased in person (no phone orders).

**Monday, June 13<sup>th</sup>**

**1:30 – 3:00 pm**

**\$2 per person**

**(tickets are limited,  
so please purchase in advance)**

## Book Club

**CURRENTLY  
WAITLISTING**

The Book Club meets monthly to discuss a pre-selected book. The next title will be "The High Mountains of Portugal" by Yann Martel. This will be the last Book Club meeting until September.

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

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

**Multi-Purpose Room**

**No charge**

## 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**

**Please email [chha\\_nsb@telus.net](mailto:chha_nsb@telus.net)  
to register**

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.

# Trips and Tours

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

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

- Fort Langley – June 9<sup>th</sup>

## Deep Cove

**Registration began 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.**

## Harrison

**Tickets went 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.**



## Horseshoe Bay

**Registration begins on Wednesday, June 1<sup>st</sup>**

This month's "Explore the North Shore" bus trip will take us to Horseshoe Bay, where you will have 1.5 hours to watch the ferries come and go, enjoy a coffee or an ice cream, or do a little window shopping. In order to be fair to everyone, you may register yourself and one friend only. Lots of walking.

**Tuesday, July 5<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.**

## Steveston

**Tickets on sale Wednesday, June 1<sup>st</sup>**

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. Lots of walking.

**Wednesday, July 13<sup>th</sup>**

**9:30 am – 3:30 pm**

**\$19 members; \$29 non-members**

**Please buy your tickets before July 6<sup>th</sup>  
or the trip may be cancelled.**

## White Rock

**Tickets on sale Wednesday, June 1<sup>st</sup>**

Take a mini beach vacation to White Rock, where you can spend 3 hours of free time walking on the famous pier, enjoying lunch (not included in price) with a view, or just relaxing on the beach. Lots of walking.

**Thursday, July 28<sup>th</sup>**

**9:30 am – 3:30 pm**

**\$21 members; \$31 non-members**

**Please buy your tickets before July 21<sup>st</sup>  
or the trip may be cancelled.**

## Daily Menu for June

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée: \$8 members</b> <b>(\$9 packed to go)</b> <b>Full Meal Combo: \$10 members</b> <b>(\$12 packed to go)</b>		<b>1</b>  Shepherd's Pie	<b>2</b>  Lasagna	<b>3</b>  Lamb Shank
<b>6</b>  Cod Nuggets	<b>7</b>  Turkey Schnitzel	<b>8</b>  Baked Ham	<b>9</b>  Cabbage Rolls	<b>10</b>  Garlic Prawns
<b>13</b>  Meatballs	<b>14</b>  Cod Loin with Prawns	<b>15</b>  Roast Pork	<b>16</b>  Beef Stew	<b>17</b>  Chicken Cordon Bleu
<b>20</b>  Beef Patty	<b>21</b>  Fish & Chips	<b>22</b>  Chicken Leg Milanaise	<b>23</b>  Cottage Pie	<b>24</b>  BBQ Chicken & Ribs
<b>27</b>  Salmon with Shrimp Sauce	<b>28</b>  Chicken a la King	<b>29</b>  Pork Stew	<b>30</b>  Paella	<b>1</b>  Canada Day Silver Harbour CLOSED

*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

## 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

10:00 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      10:00 am – 1:00 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. 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.



## Keep Fit...

### Chair Yoga – Fully Seated

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 will be performed from the safety and comfort of a chair. Students can experience the same benefits of other yoga classes, such as improved balance, strength and mobility, while learning techniques to calm the mind and body. All levels and abilities welcome.

Masks required.

Wed 1:00 – 2:00 pm

Fitness Room

July 6 – Aug 31 (no class July 20)

\$52/8 classes

### Chair Yoga – Standing Options

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**. Students can experience the same benefits of other yoga classes, such as improved balance, strength, and mobility while learning techniques to calm the mind and body. All levels and abilities are welcome.

Masks required.

Wed 2:15 – 3:15 pm

Fitness Room

July 6 – Aug 31 (no class July 20)

\$52/8 classes

### Get Up & Go

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon 1:30 – 2:30 pm

Fitness Room

July 4 – Aug 29 (no class Aug 1)

(dates may be adjusted, with notice)

\$74/8 classes

OR

Thu 1:30 – 2:30 pm

Fitness Room

Jul 7 – Aug 25

(dates may be adjusted, with notice)

\$74/8 classes

#### ***Program Registration Information:***

- **Registration** for all programs beginning in July will begin on June 1<sup>st</sup>.
- **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 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.

## 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. Masks required.

Mon 1:00 – 2:00 pm

Multi-purpose Room

\$11.50/July & Aug

Starts July 4 (no class Aug 1)

## 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

July 4 – Aug 29 (no class Aug 1)

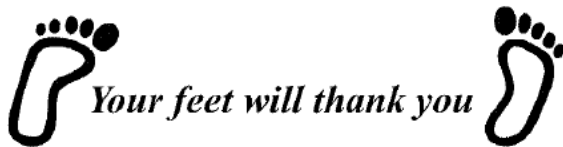
(dates may be adjusted, with notice)

\$148/16 classes

## Total Toe Care

*Great in-home foot care*

*Call Diane @ 604-649-1624*



*Serving the North Shore for 17 years*

## Keep Well

Exercise to music. Silver Harbour membership not required.

Wed &/or Fri 9:30 – 10:30 am

By donation

## Minds In Motion®

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Proof of full COVID-19 vaccination will be required to attend this program. To learn more about safety protocols, visit: [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety).

Fri 9:45 – 11:15 am

Fitness Room

July 8 – Aug 26

\$56/8 classes

(Rate is for one person and their care partner)

## 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

July 4 – Aug 29 (no class Aug 1)

(dates may be adjusted, with notice)

\$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

July 4 – Aug 29 (no class Aug 1)

(dates may be adjusted, with notice)

\$148/16 classes

## Snooker

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

Mon through Fri, 9 am to 4 pm

\$10/July & Aug

## 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

\$11.50/July & Aug



**CAROLINE BAILE**  
REAL ESTATE

**Looking to downsize? We're here to help you every step of the way!**

20 YEARS OF EXPERIENCE • EXCEPTIONAL SERVICE • SUPERIOR RESULTS

---

**CAROLINEBAILE.COM     604 984 4663**

As an Accredited Senior Agent, Caroline understands specific requirements seniors have when moving, buying or selling. Caroline ensures homes are sold professionally, in a timely manner and for top dollar. You can rest assured that your needs are her priority, and that she will work diligently to ensure a seamless process from start to finish.









## Have You Made a Plan yet?

If not, give our family a call



**McKenzie**  
FUNERAL SERVICES



604-926-5121

200-100 Park Royal S  
West Vancouver, BC

mckenziefuneralservices.com

George & Mildred McKenzie

## Our Family Serving Yours For Over 70 Years



## Expand Your Mind...

### Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

### Bridge

3 bridge groups to choose from...

#### ***Drop-In Bridge***

This session is self-directed, as we do not have a volunteer leader. It is recommended that you come with your table of 4. You can come Monday afternoon, Friday morning, or both!

Mon 12:30 – 3:30 pm

\$2 drop-in

Starts Monday, June 13<sup>th</sup>

Fri 9:00 am – 12:00 pm

\$2 drop-in

Starts Friday, June 3<sup>rd</sup>

#### ***Duplicate Bridge***

More advanced and competitive players. Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

\$3 drop-in

### 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

**CURRENTLY  
WAITLISTING**

Come and join the Circle of Friends on Wednesday afternoon with Julie and Barb. The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required.

Wed 1:00-2:30 pm

\$3 per session

Please leave your name and number and the leader will contact you.

### Cribbage

Play for prizes

Tues 1:00 – 3:00 pm

Card Room

\$3 drop-in



**Davies**  
Prescription Pharmacy

*Serving the North Shore with quality medical supplies and pharmaceuticals for 30 years.*

**Tel: (604) 985-8771      [www.daviesrx.com](http://www.daviesrx.com)**  
**1401 St. Georges Avenue, North Vancouver**

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.

## 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

\$10/July-Aug

## 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

## Beginners ESL Conversation

Join Azzam and Hamideh to practice speaking English.

Tue 1:00-2:30 pm

Fitness Room

No charge

## Intermediate ESL for Seniors

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

Thur 9:30 – 11:30 am

Multi-purpose Room

No charge



**ASK ABOUT MORTGAGES**

**Marci Deane**  
Mortgage Broker

**Retire in the home you love, on your own terms**

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

Ask Marci!

**604-816-8950**

CERTIFIED REVERSE MORTGAGE

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

## 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 the Arts Program Coordinator 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.

### 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

#### **Program Registration Information:**

- **Registration** for all programs beginning in July will begin on June 1<sup>st</sup>.
- **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 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.

## 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 July 6

OR

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

\$11.50/July-Aug

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 July 6

\$11.50/July-Aug

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.



HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES

**(604) 998.8806**

northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver



## Arts Programs (Instructed)

### 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

\$10/July 8 – 29

Bring your own materials

### Weaving - Loom

**CURRENTLY  
WAITLISTING**

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

\$11.50/July-Aug

#### **Program Registration Information:**

- **Registration** for all programs beginning in July will begin on June 1<sup>st</sup>.
- **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 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.



## Arts Programs (Workshops)

### **Botanical Drawing Workshops With Mehran Modarres-Sadeghi**

In these introductory drawing workshops, you will develop skills in drawing plants and flowers from observation. Using various drawing materials such as graphite pencils, pens and coloured pencils, you will explore basic drawing techniques of contour drawing, shading, blending and textural drawing, while drawing from native plants of the West Coast. There will be step-by-step drawing demonstrations, as well as presentations and discussions. These workshops are open to any skill level and are meant to be a fun and creative way to keep connected.

Materials: You will need to a sketchbook and a set of graphite pencils for the first session. For the following sessions, you will also need technical pens, coloured pencils and watercolour paints (optional).

**Mondays, July 4<sup>th</sup> – August 29<sup>th</sup>**  
**10:00 am – 12:00 pm**  
**Sewing Room**  
**\$23/8 classes**

### **Botanical Drawing Workshops (in Farsi) With Mehran Modarres-Sadeghi**

Mehran will also be conducting an afternoon session of the Botanical Drawing Workshop (see description above) but this one will be in Farsi. If you would like a course description in Farsi, please ask at the front desk.

**Mondays, July 4<sup>th</sup> – August 29<sup>th</sup>**  
**1:00 – 3:00 pm**  
**Sewing Room**  
**\$23/8 classes**

## National Dental Care Plan Great News for Canadian Seniors!

Recently there was a welcome announcement from the federal government about plans for the creation of a national dental care program for low-income Canadians. While it appears the plan will take some time to roll out, this is good news for many seniors who require good oral care. Unfortunately, many are not able to achieve the goal of good oral health because of financial issues. Now many seniors will be able to access the new plan because they are on or below the financial threshold.

Good oral health is important at all stages of life, but especially for older adults and seniors who are living longer and are also keeping their teeth longer than ever before. Good oral health is important to our overall well-being.

Good oral hygiene can help prevent the development of lung infections such as pneumonia. It can prevent gum disease which can damage the gum and bone that hold your teeth in place and may lead to painful chewing problems. In cases of severe gum disease, some people may lose their teeth which can lower self-esteem and reduce social interactions. We know that social isolation is related to serious negative health effects and a reduced quality of life for seniors.

Gum disease may increase the risk of heart attack and stroke. Poor oral health may increase the number of harmful bacteria found in the mouth, which may release toxins into the blood that can damage heart tissue.

Overall poor oral health is associated with a lower quality of life, according to information posted on the Canadian Dental Association website. "With a healthy mouth you can eat, speak, and smile in comfort, which helps you feel physically, socially, and mentally well," the CDA states. "A healthy mouth helps you enjoy life."

Keeping up our oral health is important as we age, so how do we do that? The Canadian Dental Association suggest five ways to achieve good oral health. They suggest keeping your mouth clean, which includes brushing and flossing at least twice daily. You could also use a mouthwash and water pick. They suggest checking your mouth consistently for gum disease or gum cancer.

They suggest sticking to a good diet by eating a wide variety of healthy food and keeping your sugar and carbohydrates down to a minimum. For good dental health, half your plate should be made up of fruits and vegetables. Fruits and vegetables contain water and fibre as well as vitamins A and C, which are all important for gum health and building enamel. Lean cuts of protein are rich in phosphorus, a mineral that protects and rebuilds tooth enamel. The CDA also suggests limiting the use of alcohol and avoiding smoking and vaping. Finally, they suggest seeing your dentist and/or dental hygienist regularly. As the CDA states, seeing a dentist regularly is part of a good oral health plan. But affording good dental care is a strain for many families.

In the federal plan announced last month, children under 12 would be eligible starting later this year, but by 2023 the coverage would include 18-year-olds, seniors, and people living with

disabilities. The program would be fully implemented by 2025, giving access to free dental care to the 6.5 million citizens currently going without. The financial threshold for accessing the plan is an annual income of \$90,000 per family. Dental fees would be fully covered by the government for any person or family with an income of less than \$70,000.

I think this will make an incredible difference in the lives of seniors who do not have coverage and cannot afford dental care. Research has shown that many seniors go without dental care – for some, making a choice between buying their medications and other necessary items or dentistry is a struggle, and paying for dentistry often loses. For some seniors without dental coverage, when they experience an emergency or major dental issue, they often turn to hospital emergency rooms. This has a huge impact on the health care system both in terms of resources and time.

The Canadian Dental Association says that “48 per cent of Canadians who haven't seen a dentist in the past year have gum disease. Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.”

The hope is that with this new initiative we can improve oral health for seniors and others. And that is some good news to chew on.

*This article was published as an Older & Wiser column in the North Shore News on April 6, 2022.*

© 2022 North Shore News

**JUST LIKE FAMILY**  
**HOME CARE**

 604.720.8845



**Everything we do is driven by our mission and values to enhance the lives of aging adults and to treat everybody like a member of our own family.**

**We offer the following home care services:**

- Companionship & Meal Preparation
- Live In & Out Care
- Personal Care
- Hospital Care Recovery
- Dementia Care
- Home Support
- Respite Care
- Overnight Care

**Call for FREE In-Home Care Assessment**

northvan@justlikefamily.ca • www.justlikefamily.ca  
Proudly Canadian  Locally Owned



## Silver Harbour Program Schedule – JUNE

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<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
		Woodworking			Woodworking
					Drop-in Bridge
<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>12:30 pm</b>					Duplicate Bridge
<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
		Beginners ESL Conversation	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).

## Silver Harbour Program Schedule –JULY/AUGUST

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:30 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
					Woodworking
<b>9:30 am</b>	Craft & Knit Volunteers		Keep Well	Intermediate ESL (July only)	Craft & Knit Volunteers
		Weaving			Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>	Chess		Woodcarving		Chess
	Botanical Drawing		Table Tennis		Painting with Gabriele (July only)
<b>10:15 am</b>	Osteofit For Life			Osteofit For Life	
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>12:30 pm</b>	Drop-in Bridge				Duplicate Bridge
<b>1:00 pm</b>	Hula	Cribbage	Chair Yoga – Fully Seated	Pottery	Craft & Knit Volunteers
	Botanical Drawing (in Farsi)	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
					Open Studio
		Beginners ESL Conversation	Pottery		Weaving
					Table Tennis
<b>1:30 pm</b>	Get Up & Go			Get Up & Go	
<b>2:15 pm</b>			Chair Yoga – Standing Options		

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).