

THE CENTRE POST



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

July 2022



Happy Canada Day from Silver Harbour!

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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. 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 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre
SilverHarbourC

Our Vision

A community that honours and celebrates aging

Our Mission

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

Our Values

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

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

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

Collaboration – we encourage teamwork and partnerships

Responsiveness – we welcome new ideas and possibilities

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

Board of Directors

Alan Dion	Director
Brenda Harrison	Director
Caroline Bell	Director
Doug Blakeney	Treasurer
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Elizabeth Jones	Vice-President
Margaret Coates	Secretary
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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
Simran Likhari	Arts Program Coordinator
Zoltan Csapkay	Head Cook

Centre Hours

Monday-Friday, 9 am to 4 pm

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Notes from the Executive Director...

We're very pleased to announce that Simran has joined the Silver Harbour staff team as our Arts Program Coordinator. She comes to us with an extensive background in fashion management as well as experience in community arts projects and a variety of artistic media such as fibre arts, painting, printing, and more. Welcome, Simran!

If you are a member of Silver Harbour or interested in becoming one, we'd like to encourage you to consider letting your name stand for the Silver Harbour Board of Directors. The Board governs our organization, providing both the policies we operate under and ongoing guidance in the fulfilment of our mission. The Board of Directors is elected at our Annual General Meeting, expected to be held Monday September 12th; to let your name stand for the Board, please be sure to complete and submit a nomination form at least two weeks prior to the AGM. Nomination forms and an information sheet for prospective Board Members is available from the front desk.

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Silver Harbour Bulletin Board

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.

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.

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.

No Scents is Good Sense!

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

Credit & Debit Cards

As of May 1st, 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 Monday, August 1st for the BC Day holiday, re-opening at 9 am on Tuesday, August 2nd.

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.

Legal Advice and Referral Clinic

Qualified lawyers volunteer to assist seniors with legal concerns and questions (North Shore residents 55 and over). The lawyer will offer you summary advice, information, interpretation of documents, and, if necessary, a referral for more extensive work. Sign up at the front desk for a ½ hour appointment on a Thursday morning. Silver Harbour membership not required.

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In The Community...

Get Your Free Rapid Antigen COVID-19 Testing Kit

Rapid antigen COVID-19 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 one and you don't have to show ID. If you can't go to a pharmacy, a friend or family member can pick it up 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.

Caregivers Connect

Presented by Family Services of the North Shore, this program offers free support, connection and resources for family and friends caring for older adults. For more information contact Robin Rivers at caregiversconnect@familyservices.bc.ca or call 604-988-5281, ext. 354.



The advertisement for Comfort Keepers features three smiling staff members (two women and one man) in blue and teal uniforms. In the top left corner is the Comfort Keepers logo with the tagline "Elevating the Human Spirit". In the top right corner is a circular seal for "ACCREDITATION PRIMER AWARD" and "ACCREDITATION AGREEMENT CANADA". The central text reads "Keeping seniors safe. At home." Below this, a list of services is provided: "HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES". The phone number "(604) 998.8806" is prominently displayed in red. At the bottom, contact information includes the email "northandwestvan@comfortkeepers.ca" and the website "ComfortKeepers.ca/NorthandWestVancouver".

Comfort Keepers
Elevating the Human Spirit

ACCREDITATION PRIMER AWARD
ACCREDITATION AGREEMENT
CANADA

Keeping seniors safe. At home.

HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES

(604) 998.8806

northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver

Seminars & Special Events

Therapy Dogs

Once a month two volunteer therapy dog teams from St. John Ambulance come 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, July 13th

10:30 am – 12:00 pm

Silver Harbour Library

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.



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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 July are now sold out (tickets went on sale June 1st) but please feel free to add your name to the waitlist:

- Steveston – July 13th
- White Rock – July 28th

Horseshoe Bay

Registration began on Wednesday, June 1st

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 5th

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 on the waitlist.

Edgemont Village & Cleveland Dam

Registration begins on Monday, July 4th

This month's "Explore the North Shore" trip will take us first to Edgemont Village, where you can spend time enjoying the ambiance of this charming neighbourhood with its interesting stores, restaurants and coffee shops. We will then drive up the mountain for a short visit to scenic Cleveland Dam, before returning to Silver Harbour. In order to be fair to everyone, you may register yourself and one friend only. Lots of walking.

Tuesday, August 2nd

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 on the waitlist.



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Chilliwack Sunflower Festival

With Enjoy Tours

Registration begins on Monday, July 4th

With 5 acres of show gardens featuring 15 varieties of sunflower (some reaching over 12 feet tall!), the Chilliwack Sunflower Festival does not disappoint! Step back in time for high tea lunch at Dickens "All Things British" Shop and Museum. Price includes admission to the Sunflower festival, lunch at Dickens and ice cream at Birchwood Farm Dairy. Some walking.

Saturday, August 13th

8:45 am – 5:30 pm

\$109 members; \$119 non-members

Please buy your tickets before August 5th
or the trip may be cancelled.

Harrison

Registration begins on Monday, July 4th

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 lake, have lunch (not included in price) and explore the town, before returning to the North Shore. Lots of walking.

Thursday, August 25th

9:00 am – 4:15 pm

\$25 members; \$35 non-members

Please buy your ticket before August 18th
or the trip may be cancelled.



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Daily Menu for July

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$8 (\$9 packed to go) Full Meal Combo: \$10 (\$12 packed to go)				1 Canada Day Silver Harbour CLOSED
4 Cod Loin With Shrimp Sauce	5 Meatballs	6 Beef Stew	7 Cabbage Rolls	8 Chicken Cordon Bleu
11 Garlic Prawns	12 Turkey Schnitzel	13 Baked Ham	14 Fish & Chips	15 Lamb Shank
18 Salmon	19 Shepherd's Pie	20 Lasagna	21 Roast Pork	22 BBQ Chicken & Ribs
25 Beef Patty	26 Chicken a la King	27 Pork Stew	28 Cod Nuggets	29 Paella

Management reserves the right to change the menu without notice.

Food Services Available Monday through Friday

Drinks & Refreshments 10:00 am – 1:00 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. 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 began on June 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 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

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed &/or Fri 9:30 – 10:30 am

By donation

Minds In Motion® SORRY, FULL

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.

Fri 9:45 – 11:15 am

Fitness Room

July 8 – Aug 26

\$56/8 classes

(Rate is for one person and their care partner)

Have You Made a Plan yet?

If not, give our family a call



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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

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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

These sessions are 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

Fri 9:00 am – 12:00 pm

\$2 drop-in

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

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

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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

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.

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

To July 28

Multi-purpose Room

No charge

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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 began on June 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.

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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

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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

SORRY, FULL

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

\$11.50/July-Aug

**CURRENTLY
WAITLISTING**

Program Registration Information:

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Arts Programs (Workshops)

Botanical Drawing Workshops **SORRY, FULL** 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 bring 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 4th – August 29th

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 4th – August 29th

1:00 – 3:00 pm

Sewing Room

\$23/8 classes

Seniors Should Enjoy the Summer Sun Safely

Finally, it seems summer has appeared. After a month or so of iffy weather, the sun is set to shine a bit more, encouraging people to get out and enjoy the good weather.

Apart from the continuing COVID-19 virus challenges, summer heat can pose a risk to older people. A May 2019 article in Health Companions for Seniors says "Older adults do not adjust as easily to sudden changes in temperatures. Chronic medical conditions can impact how seniors' bodies react to heat. Prescription medicines can affect an older person's ability to regulate or adjust to temperatures, control perspiration, and handle sun exposure."

But with some simple and maybe some more complex strategies, older people can enjoy this time of year. Generally, the tips for staying safe in the summer heat are simple. One step is to stay hydrated. An article in an issue of On Health: Consumer Reports says "aging can dull your sense of thirst and temperature, increasing your risk of heatstroke, which can be dangerous or even deadly."

According to Health Canada, symptoms of heat illness can include dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst, and decreased urination with unusually dark yellow urine. Health Canada suggests: "If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away."

Wear sunscreen and a hat – getting a burn is not fun and could cause other issues. Wear light clothing. While you do not have to get out the short shorts, you can get clothing in a protective, breathable, and light fabric to keep you cool. Exercising wisely is a good technique to enjoy the summer without getting overheated. You could spend time in your garden to improve endurance and reduce stress and if you do not have a garden, you might be able to set up some potted plants on your windowsill or balcony. Perhaps now you could also try some physical distancing walking with a friend or family member – the parks are open.

Getting older people back to some semblance of normal is a good thing, but let's do it responsibly to reduce the risks for seniors.

This article has been edited for space, and was originally published in the North Shore New in July 2020

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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 for more information.



Silver Harbour Program Schedule –JULY/AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
					Woodworking
9:30 am	Craft & Knit Volunteers		Keep Well	Intermediate ESL (July only)	Craft & Knit Volunteers
		Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Chess		Woodcarving		Chess
	Botanical Drawing		Table Tennis		Painting with Gabriele (July only)
10:15 am	Osteofit For Life			Osteofit For Life	
11:45 am	Osteofit 1			Osteofit 1	
12:30 pm	Drop-in Bridge				Duplicate Bridge
1:00 pm	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
1:30 pm	Get Up & Go			Get Up & Go	
2:15 pm			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.