

THE CENTRE POST



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

August 2022



**Come check out our new Craft Supplies Library!
Details on page 3.**

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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

Board of Directors

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Elizabeth Jones	Vice-President
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Our Vision

A community that honours and celebrates aging

Our Mission

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

Our Values

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

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

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

Collaboration – we encourage teamwork and partnerships

Responsiveness – we welcome new ideas and possibilities

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

Staff

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

Centre Opening Hours

Silver Harbour is open Monday to Friday, 9 am to 4 pm, except for statutory holidays and scheduled closures.

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Notes from the Executive Director...

Welcome to our August newsletter! You'll find throughout these pages many great summer activities as well as details about all our Fall programs. If you're planning on registering for Fall programs, which you can do starting at 9 am on Wednesday August 17th, please make sure that you have a current membership by checking the expiry date on your membership card. If your membership has expired, please renew it in person at the front desk (you can also renew it over the phone with a credit card and then come in to pick up your membership card). If you register for a program over the phone, please ensure your membership is current and remember that you must speak to a staff person (not just leave a message) to register. Silver Harbour is open Monday through Friday 9 am to 4 pm (except statutory holidays) and we'd welcome you to join a program, come for a meal, volunteer, or drop in for a visit.

With September just around the corner, please save the date for the Silver Harbour Annual General Meeting: Monday September 12th at 1:00 pm in the auditorium. Everyone with a current membership is eligible and encouraged to attend. The AGM is a great opportunity to hear about Silver Harbour's successes and challenges as well as progress towards our new building. It is also where our Board of Directors is elected. If you would like to let your name stand for the Board of Directors, please complete the nomination form (available from the Silver Harbour front desk) prior to 4 pm on Mon Aug 29th.

Program Registration Information:

- **Registration** for all programs beginning in September will begin on August 17th.
- **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.



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Silver Harbour Bulletin Board

Renew Your Membership – BEFORE Fall Registration

Registration for Fall programs begins on Wednesday, August 17th and you must have a current membership in order to register in most programs. Please check the expiry date on your membership card – renewing in advance of registration will streamline the process on that day, and make it a more pleasant experience for everyone.

Fall Program Registration

Registration for Fall programs will begin on Wednesday, August 17th at 9 am. Please do not leave a phone message – you must speak directly to someone in order to register

Our New Craft Supplies Library

We have a new Craft Supplies Library right outside Silver Harbour. Please come take some free yarn and other craft supplies for your creative projects! If you want to donate craft supplies, please contact Simran at Silver Harbour first.

Tulip & Daffodil Bulbs

The City of North Vancouver has, once again, made a generous donation of repurposed tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put into the City plantings. Only \$2 a dozen – pay at the front desk, Monday to Friday, 9 am to 4 pm.

Thank You Bulb Volunteers!

Thank you to our intrepid bulb volunteers who slogged through a very wet spring and early summer – sorting, drying and packaging the bulbs for this important fundraiser. And special thanks to the City of North Vancouver workers for all the heavy lifting!

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



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Knitters Needed!

We are looking for experienced knitters to join our volunteer group on Monday and Friday mornings. Join this welcoming group and make knitted items to be sold at our craft sales. All supplies are provided.

Food Price Increases

Effective September 6th, 2022, we will be increasing some food prices at Silver Harbour. Food prices were last increased in September 2017. Please see the menu board by the kitchen for details.



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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.

Holiday Closing

Silver Harbour will be closed on Monday, September 5th for the Labour Day holiday, re-opening at 9 am on Tuesday, September 6th.

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.

In The Community...

Do You Have Pictures or Memories of Bowen Island You'd Like To Share?

Bowen Island Museum & Archives is reaching out to seniors who remember Bowen's Union Steamships, the resort, and the rest of early Bowen. Please contact bihistorians@telus.net or call 604-947-2655.

Lunchtime Live

Grab your lunch and head out to Civic Plaza (between City Library and City Hall on West 14th Street). Every Tuesday in August, you can enjoy live music 12:30 to 2 pm. Cancelled in case of rain.

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.

Healthy Aging for Seniors Workshop Series

Presented by the North Shore Keep Well Society, this 10-week workshop series will teach you techniques to improve your physical and cognitive functioning and quality of life. The program will run on Thursdays, from 1 to 3 pm in the Card Room at Silver Harbour, starting on September 15th. To register, call Keep Well at 604-988-7115, ext. 3001, or email keepwellsociety@telus.net.

Be Part of Home Movie Day 2022

Get ready for the 20th annual Home Movie Day by digitizing your home videos – with a little help! Have you been putting off digitizing your memories because you don't know where to start? Collaborate with a teen volunteer at North Vancouver City Library! They will assist with the technology and you will be able to share the history of our community. Contact project coordinator Kat Barrette at info@nvcl.ca or 604-998-3450 to schedule an assisted digitization session.

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 Silver Harbour library and say hello.

Wednesday, August 10th
10:30 am – 12:00 pm
Silver Harbour Library

Silver Harbour Annual General Meeting

Please save the date for our Silver Harbour Annual General Meeting. Everyone with a current membership is eligible to attend and encouraged to do so! The AGM is a great opportunity to hear about Silver Harbour's successes and challenges as well as progress towards our new building. It is also where our Board of Directors is elected. If you would like to let your name stand for the Board of Directors, please complete the nomination form (available from the Silver Harbour front desk) prior to 4 pm on Mon Aug 29th.

Monday, September 12th
1:00 pm
Auditorium

Hearing Screenings

Connect Hearing will be offering free 15 minute hearing screenings at Silver Harbour. A screening is a great way to determine if you have hearing loss and learn how to address it.

Wednesday, September 21st
10:00 am – 3:00 pm
Free of charge, but
please make an appointment
at the front desk

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, September 21st
10:15 am
Meet in the library
No charge, but you must pre-register



Sound Advice (In Person)

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, September 26th

10:00 – 11:30 am

Card Room

Free drop-in

OASIS Arthritis: Hip & Knee Arthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about osteoarthritis in these commonly affected joints, ways of managing your osteoarthritis without surgery and what happens if you need joint replacement surgery.

Wednesday, September 28th

1:00 – 3:00 pm

Card Room

Free of charge,

but you must pre-register

Dance Before Dark – Anniversary Edition!

Celebrate Silver Harbour's 49th anniversary with a Dance Before Dark. Come and dance to the music of Greg Hampson. Coffee, tea and snacks will be available to purchase. Tickets are only \$6 for members (\$8 for non-members) and must be purchased in person.

**Monday,
September 26th**

1:30 – 3:30 pm

\$6 members;

\$8 non-members



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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 July 4th) but please feel free to add your name to the waitlist:

- Harrison – August 25th

Edgemont Village & Cleveland Dam

Registration began 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.**

Chilliwack Sunflower Festival With Enjoy Tours

Registration began 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.**

Yew Lake Walk

Registration begins on Tuesday, August 2nd

Join us for a scenic 2.3 km walk on a flat, easy gravel trail around Yew Lake in Cypress Provincial Park. We will stop for a picnic lunch (included in price) with a choice of Egg Salad, Turkey or Ham & Cheese sandwich. Sorry, we cannot accommodate special requests. Please state your sandwich choice when registering. This trip is not suitable for those with walkers.

Thursday, September 8th

9:45 am – 2:15 pm

\$30 members; \$40 non-members

**Please buy your tickets before August 31st
or the trip may be cancelled**

Lunch at the Sylvia and Stanley Park Drive

Registration begins on Tuesday, August 2nd

We will take a short drive to English Bay, where we will have lunch (not included in price, 18% gratuity for groups will be added to your bill) at the Sylvia Hotel, a Vancouver heritage landmark. After a leisurely lunch, the bus will take us on a scenic drive around Stanley Park, before crossing the Lions Gate bridge back to North Van.

Tuesday, September 20th

10:45 am – 2:45 pm

\$20 members; \$30 non-members

**Please buy your tickets
before September 13th
or the trip may be cancelled.**

Elements Casino

Registration begins on Tuesday, August 2nd

We're off to Elements Casino in Surrey. You can try your luck at the slot machines, blackjack, roulette, baccarat and more, then have lunch (not included in price) at Foodies. Encore members will receive \$5 free slot play; please leave your Encore number when you register.

Wednesday, September 28th

9:30 am – 3:30 pm

\$23 members; \$33 non-members

**Please buy your tickets before September
21st or the trip may be cancelled.**

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Daily Menu for August

Monday	Tuesday	Wednesday	Thursday	Friday
1 BC Day Silver Harbour CLOSED	2 Cod Loin	3 Beef Stew	4 Cabbage Rolls	5 Chicken Cordon Bleu
8 Salmon	9 Meatballs	10 Lasagna	11 Paella	12 Roast Pork
15 Beef Patty	16 Turkey Schnitzel	17 Baked Ham	18 Cod Nuggets	19 Lamb Shank
22 Garlic Prawns	23 Cottage Pie	24 Pork Stew	25 Transylvanian Chicken Leg	26 BBQ Chicken & Ribs
29 Fish & Chips	30 Chicken Breast a la mode	31 Jambalaya	Entrée: \$8 (\$9 packed to go) Full Meal Combo: \$10 (\$12 packed to go)	

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

Silver Harbour offers delicious full meals, entrées, soup, drinks and refreshments. The menu of entrees is on page 10 of this newsletter. You are also welcome to have your food packaged to take home. Effective September 6th, 2022, we will be increasing some food prices at Silver Harbour (food prices were last increased in September 2017). Please see the menu board by the kitchen for details.

Total Toe Care

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Serving the North Shore for 17 years

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

Sept 7 – Oct 26

\$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

Sept 7 – Oct 26

\$52/8 classes

Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock!

Tue 1:00 – 2:00 pm

No charge

Starts Sept 6

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

Aug 29 – Oct 31 (no class Sept 5, Oct 10)

(dates may be adjusted, with notice)

\$74/8 classes

OR

Thu 1:30 – 2:30 pm

Fitness Room

Sept 1 – Oct 27

(dates may be adjusted, with notice)

\$83.25/9 classes

Program Registration Information:

- **Registration** for all programs beginning in September will begin on August 17th.
- **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.

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

\$23/season

Starts Sept 12

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.

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

Aug 29 – Oct 31 (no class Sept 5, Oct 10)

(dates may be adjusted, with notice)

\$157.25/17 classes

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed &/or Fri 9:30 – 10:30 am

By donation

Line Dancing

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Line Dancing now has 2 levels (Beginners and Improvers) and will be taught by our new instructor Donna M. **Sorry, no drop-ins.**

Beginners Fri 1:30 – 2:30 pm

Improvers Fri 2:30 – 3:30 pm

Sept 9 – Nov 18 (no class Sept 30, Nov 11)

\$45/9 classes

Have You Made a Plan yet?

If not, give our family a call



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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.

Fri 9:45 – 11:15 am

Fitness Room

Sept 9 – Oct 28 (no class Sept 30)

\$49/7 classes

(Rate is for one person and their care partner)

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.

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

Aug 29 – Oct 31 (no class Sept 5, Oct 10)

(dates may be adjusted, with notice)

\$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

Aug 29 – Oct 31 (no class Sept 5, Oct 10)

(dates may be adjusted, with notice)

\$157.25/17 classes



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Snooker

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Mon through Fri, 9 am to 4 pm

\$17/season

Table Tennis

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

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

\$23/season

Tai Chi

A fun class of healing exercises that promote calmness, strength, flexibility and confidence. Everyone welcome, no experience necessary.

Tue 9:00 – 10:00 am

OR

Tue 10:00 – 11:00 am

Auditorium

\$56/14 classes

Sept 13 – Dec 6

Program Registration Information:

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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.



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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

CURRENTLY
WAITLISTING

Book Club

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

3rd Monday of the month

2:30 pm

Multi-Purpose Room

No charge, but you must pre-register

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

CURRENTLY
WAITLISTING

Circle of Friends

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

Wed 1:00-2:30 pm

\$3 per session

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

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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

\$17/season

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$3 drop-in

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

Starts Sept 13

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

Starts Sept 8

French Conversation

Join this informal group to practice speaking French. All levels welcome.

Wed 11 am – 12 pm

Computer Room

\$23/season

Starts Sept 14

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Meditation

Learn how to meditate to reduce your stress and give you more energy.

Tue 10:00 – 11:00 am

Computer Room

\$23/season

Starts Sept 13

Memory & Aging

Taught by an occupational therapist, this program is aimed at individuals who are interested in learning about the effect of aging on memory. With a focus on instructor-led discussions, in-class exercises and proven strategies, you'll gain a new understanding of how your memory works and learn some tools that help with memory function. This program is made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Wed 10:00 am – 12:00 pm

Card Room

\$10/5-week session (includes workbook)

Sept 28 – Oct 26

Spanish – Beginners, Level 2

Formerly called “Spanish – Continuing Beginners”. For participants with prior knowledge of Spanish, enhance your spoken and written Spanish. Everyone is encouraged to be an active participant in this class.

Mon 9:30 – 11:30 am

Multi-purpose Room

\$23/season

Starts Sept 12

Spanish -- Intermediate Conversation

Formerly called “Spanish – Level 2 Plus”. Focusing on oral communication and writing, this course will improve your ability to use Spanish to communicate in everyday situations.

Wed 9:30-11:30 am

Multi-purpose Room

\$23/season

Starts Sept 14

Tile Rummy

Tile Rummy will be returning in September! Check the September newsletter for dates and times.



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Arts Programs (Volunteers)

Craft & Knitting Volunteers

Supported, non-instructional environment
All levels

Join this creative volunteer group of crafters in making handmade items for our craft markets. Explore Crafting, Knitting, Crochet, Felting, Sewing and Painting within a supportive, community environment. No previous experience needed, enthusiasm will be an asset.

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.

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.

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 September will begin on August 17th.
- ***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.

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 Sept 7

OR

Thu 1:00 - 3:30 pm Starts Sept 1

\$23/season

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

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

Woodcarving – Open Studio

Supported, non-instructional environment.

All levels

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

Wed 10:00 am – 12:00 pm

\$23/season

Bring your own materials – wood available at the centre.

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.

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

No charge. Bring your own materials. Some printmaking supplies, watercolour paper and brushes are available for purchase.

Open Studio (on Zoom)

Hosted by Maurice, group guided

All levels

An open, self-organized virtual art group, with skill sharing, learning, and open discussions.

Thu 2:00-4:00 pm

To register please call Simran at 604-980-2474

Program Registration Information:

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Arts Programs (Instructed)

Art Space

With Barbara

A creative program for anyone looking to enhance their brain health and make social connections. Designed to help increase quality of life and become a new way of expressing yourself. Fun and messy studio setting with skilled instructor.

Wed 10:00 am- 12:00 pm

No charge but you must pre-register

Materials Provided

Starts Sept 7

Beginners Knit and Crochet

Join this beginner's course to learn to crochet and knit. Working on basic skills, you will learn to cast on, cast off, knit and purl. For crochet, you will learn to hold and manipulate your hook and yarn, and the basic stitches and techniques of crochet.

Wed 10:00 am – 12:00 pm

Clinic

Sept 7-Nov 9

\$23

Materials Available

Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:15 am – 12:00 pm

\$30/season

Starts Aug 26

Dressmaking

Expert instruction in all aspects of sewing including tailoring, cutting, sewing, and fitting. Sewing machines and sergers available to use but bring your own materials.

Wed 1:00-3:30 pm

\$23

Starts Sept 14

Juicy Wordplay

Facilitated by writer Crystal Hurdle, this session is a once-a-month writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit—whatever you like!) to help one another grow and develop as writers.

3rd Monday of the month

10 am – 12 pm

Card Room

No charge

Starts Sept 19

Program Registration Information:

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- **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.

Painting

With Gabriele

All levels

Learn how to use watercolour and acrylic paint in a relaxed and supportive studio setting. Our skilled instructor is there to assist with colour theory and mixing.

Fri 10:00 am – 12:00 pm

\$23

Bring your own materials

Starts Sept 2

Silk Painting

A fun way to learn about salt resists, and other techniques to apply to your scarves, cards and other projects. Intimate and peaceful studio setting with a skilled instructor.

Dates and time to be confirmed.

\$23/season

Pay as you go for materials.

Stained Glass

We all see beautiful stained glass décor in a large scale in cathedrals and museums, but here at Silver Harbour you can learn how to make your own. Skilled instructors are on hand for assistance with your project. Experience encouraged. Pay as you go for materials

Thur 10:00 am – 12:00 pm

\$23/season

Starts Sept 8

Tapestry

With Virginia

All levels

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. No experience necessary; pay as you go for materials

Tue 9:30 am – 12:00 pm

Or

Tue 1:00 – 3:30 pm

\$23/season

Space permitting: there is an option to stay for both sessions, but this must be approved by Simran or Virginia

Starts Sept 6

Treasure Journals **NEW!**

Creating art can be fun and a great way to relieve stress. In this exciting new class, learn to combine elements of drawing, stamping, printing and collage to record your own thoughts, memories & emotions and create a “one of a kind” Art Journal. Enjoy the act of creating without rules.

Mon 1:00 – 3:00 pm

Sept 12 - Nov 14 (no class Oct 10)

\$23

Some materials will be provided. Bring your own pictures and personal ephemera to add to your books.

Weaving - Loom

With Toby

Learn all about cloth weaving using a variety of looms, including; floor, table and rigid heddle looms. This group is set within a supportive and dedicated environment with a skilled instructor. Pay as you go for materials

Tue 9:30 am - 3:00 pm

\$23/season

Arts Programs (Workshops)

Jewellery Making Workshop

Are you interested in learning to make your own earrings, necklaces and bracelet, or wanting to repair your jewelry? Then this four week workshop is for you! You will learn the basic techniques of jewellery making and create your masterpieces in a supportive environment.

Wednesday

1:00-3:00pm

Computer Room

Sept 7-28

\$20

Some materials provided. Please bring basic tools

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Volunteering Is A Great Way For Seniors to Stay Active

The Volunteer Canada website says “volunteering can help us develop empathy, to see the world through the eyes of others. It can connect people from diverse backgrounds and life experiences, expanding our views. It can build our capacity to work collectively and contribute to a vibrant, inclusive society.” Lofty ideals for volunteering, indeed.

Volunteering hours in Canada are considerable in terms of the value they represent to our society. The Conference Board of Canada, in a 2018 publication called *The Value of Volunteering in Canada*, said “about 44 per cent of Canadians volunteer an average of 156 hours a year. This is a massive work effort, providing services that are equivalent to 6.5 per cent of employment – about the size of employment in education. If measured, volunteering would add an estimated \$56 billion to economic activity.”

Volunteers everywhere are to be warmly thanked and acknowledged for their dedication, time, and contributions. But why volunteer, you might ask?

For many of us the benefits of volunteering may not be as lofty as the ideals expressed by Volunteer Canada, but there are many other advantages. In addition to helping people in need, furthering good causes and contributing to the good of the community, the benefits of volunteering can be great for you as an individual. Volunteering can offer seniors significant physical, emotional, and cognitive/brain health benefits. For me personally, I love the interaction with my community, and I love the added value that volunteering gives to my life.

After retiring you might find yourself adrift with less to occupy yourself than when you had a job. Volunteering can be a great way to share your talents, wisdom, and the experience that you gained over a lifetime of working. If you volunteer at this stage of your life, you can still do all the post retirement things you dreamed about as a job holder – organizations are glad to have you on board for any time that you can give.

Volunteering connects you to others, is good for the mind and body, and it can bring fun and fulfillment to your life. Volunteering can give you opportunities to learn new skills, expand your horizons, stay active, and give you a sense of belonging. It can reduce stress, anxiety, and depression. Volunteering can also reduce low self-esteem and social isolation.

Seniors who are at risk of social isolation may find volunteering an important way to become integrated in the community, thus reducing that risk. They can get to know the community, make new friends, and feel valued and part of a team effort.

During the worst of the COVID -19 pandemic, volunteer opportunities decreased, and this was a difficult time for some “die hard” volunteers. However, when possible and as organizations pivoted their programs, numerous people stepped up to volunteer in new ways, thus contributing to their society in a very real way during a crisis. Volunteers provided distanced rides to appointments and friendly phoning services. They dropped off cheery gift baskets for special events (Thanksgiving, Christmas, Valentine’s Day). They grocery shopped, made meals, picked up prescriptions, and wrote cards to send out to isolated folks. Some worked at the North Shore Food Bank, while others did Vaccination Passport checks.

Now that COVID-19 is on the wane, many organizations are increasing their programs and services for seniors. With the reopening of activities on the North Shore, there is an increasing need for volunteers for a wonderful array of opportunities.

You could help with administrative activities, serve on a board or committee, work in a kitchen, hook up with a team of crafters, or co-ordinate an exercise program. Volunteers can coach a sports team, assist with or teach computer classes, help in parks with tours and cleanup, teach an arts class, work in a wood shop, assist a disability group with their clients, and facilitate a workshop. I hear that volunteer bus drivers, who ferry seniors to appointments, programs or other services, are a hot item this year. It seems that there is something for everyone.

To find an organization which has a volunteer program near you, try checking out the 2022 Seniors Directory published by the North Shore Community Resources Society and the North Shore News. The directory is available at many organizations and is also available at the NSCR office located at Capilano Mall.

For volunteering, you can visit the NSCR website which has a brand -new volunteer database at <https://northshore.bcvolunteer.ca/>. There you can find volunteer positions listed for the North Shore, and these include many of the opportunities listed above.

Every hour served by a volunteer deserves our heartfelt thanks.

*This article was published as an Older & Wiser column in the North Shore News on April 18 2022.
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Silver Harbour Program Schedule – AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Snooker	Snooker	Snooker	Snooker	Snooker
		Woodworking	Woodworking	Woodworking	Woodworking
	Computer Club				Computer Club
9:30 am	Craft & Knit Volunteers	Weaving	Keep Well		Craft & Knit Volunteers
					Keep Well
9:45 am					Minds in Motion
10:00 am	Chess		Woodcarving		Chess
	Botanical Drawing		Table Tennis		
12:30 pm	Drop-in Bridge				Duplicate Bridge
1:00 pm	Hula	Cribbage	Chair Yoga – Fully Seated	Pottery	Craft & Knit Volunteers
	Botanical Drawing	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
					Open Studio
			Pottery		Weaving
					Table Tennis
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.