

THE CENTRE POST



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

September 2022



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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and social services for seniors in North Vancouver. 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
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
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...

September at Silver Harbour is a great time for new beginnings. You'll find so many fabulous programs and services described in our September newsletter, as well as informative workshops and a variety of events and bus trips. We're happy to answer any questions you might have about our activities so feel free to call us at 604-980-2474.

We're also looking forward to seeing Silver Harbour members at our Annual General Meeting on 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 of the past year, elect our Board of Directors, and also get an update on recent progress towards our new building.

Program Registration Information:

- **Registration** for all programs starting in September began 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

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.

Sewers Needed!

We are looking for experienced sewers to join our volunteer craft group on Monday and Friday mornings. Join this welcoming group and sew 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.

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.

Volunteer Thank You

We'd like to send a big thank you to Doug M. who has been keeping our computer lab equipment up-to-date and in good working order for more than 10 years now, supporting both our computer classes' and the computer club's use of the equipment. In addition, Doug has helped coordinate our computer club sessions twice a week, including organizing both in-person and Zoom meetings during COVID. Many thanks, Doug!

Fall Program Registration

Registration for fall programs began on Wednesday, August 17th at 9 am. Don't forget to register soon for your favourite programs!

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.

Stained Glass Supplies Wanted

We would welcome any donations of unused pieces of stained glass, stained glass supplies and tools.

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.

We will also be closed on Friday, September 30th for the National Day for Truth and Reconciliation, re-opening Monday, October 3rd at 9 am.

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.

Total Toe Care

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Call Diane @ 604-649-1624



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Serving the North Shore for 17 years

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...

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. 233.

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.

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Seminars & Special Events

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. Starting Friday, September 5th, you can pick up your AGM information package at the Silver Harbour front desk (Mon to Fri 9 am to 4 pm) or ask it to be emailed to you by emailing us at info@silverharbourcentre.com.

Monday, September 12th
1:00 pm
Auditorium

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, September 14th
10:30 am – 12:00 pm
Silver Harbour Library

Book Club

The Book Club meets monthly to discuss a pre-selected book. The next title will be "Little Fires Everywhere" by Celeste Ng.

Monday, September 19th
2:30 - 3:30 pm
Multi-Purpose Room
No charge

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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



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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

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

Have You Made a Plan yet?

If not, give our family a call



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S
West Vancouver, BC

mckenziefuneralservices.com

**Our Family Serving Yours
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Culture Days – Fall Art Event

For Culture Days this year, we are inviting you to a day of creativity and making connections. Our "Fall Art Event" invites you to come inside and take a tour of Silver Harbour, meet the makers and try out some of our art programs. You are invited to participate in collective art projects such as tapestry, weaving and more. Our volunteer crafters will be selling their creations at a Silver Harbour Pop-Up shop, with all proceeds going right back into the centre. Did we mention you can 'make and take' some cards home too?!!

Monday, October 3rd

1:00 – 3:00 pm

Auditorium

No charge

Thinking Through Housing Options – Where Will I Live As I Age?

Come for a lively presentation and some good interaction on the options for Senior Living we need to think about as we all age! Knowledge is power, and there is no time like the present to think through and understand what's even out there in your community. Presented by North Shore Community Resources, we will be sharing information and discussing some important questions like:

- When should I be thinking about changing where I live and what kinds of support I need?
- What options are available?
- What do I want?

Join us, bring your questions and stay informed and empowered to make the life choices you want to.

Wednesday, October 12th

1:00 – 3:00 pm

Card Room

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

Preparing Your Estate Plan

It's a topic people tend to put off or ignore, but one of the most important things you can do is to develop a sound estate plan. Presented by Financial Advisor Adam Wang and Estate Lawyer Mike Beishuizen you will learn more about what to consider when creating your will, the benefits of trusts, and how insurance can help protect your family.

Tuesday, October 18th

10:00 – 11:00 am

Card Room

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

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OASIS Arthritis: Exercise & Osteoarthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Wednesday, October 26th

1:00 – 3:00 pm

Card Room

**Free of 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, October 31st

10:00 – 11:30 am

Card Room

Free drop-in



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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 August are now sold out (tickets went on sale August 2nd) but please feel free to add your name to the waitlist:

- Yew Lake Walk – Sept. 8th
- Lunch at the Sylvia – Sept. 20th
- Elements Casino – Sept. 28th

SAS Shoes

Registration begins on Thursday, Sept. 1st

Our trip will begin with lunch (not included in price, 18% gratuity added for groups) at the White Spot near Metrotown. After lunch, the bus will bring us to SAS Comfort Shoes in Burnaby. SAS specializes in footwear that fits all shapes and sizes of feet, with orthopedic, diabetic and specialty styles. There will be a discount of \$20 per pair, for every pair of shoes purchased at the store on this day. Limited walking.

Monday, October 3rd

11:00 am - 3:15 pm

\$21 members; \$31 non-members

**Please buy your tickets before Sept. 26th
or the trip may be cancelled**

Cranberry Festival

Registration begins on Thursday, Sept. 1st

We are off to the historic town of Fort Langley for its annual Cranberry Festival, where you will find numerous booths selling local and cranberry-related items, including crafts, food, a farmer's market and more. There will be food trucks and live music throughout the town. Come along, explore, shop and enjoy lunch (not included in price) at one of the vendors. Lots of walking.

Saturday, October 8th

9:30 am – 3:30 pm

\$23 members; \$33 non-members

**Please buy your tickets before Sept. 28th
or the trip may be cancelled.**



Reifel Bird Sanctuary

Registration begins on Thursday, Sept. 1st

The George Reifel Bird Sanctuary consists of nearly 300 hectares of managed wetlands, natural marshes and low dykes in the heart of the Fraser River Estuary. It is a protected area for the millions of migrating birds which stop there to rest and feed each year, and is one of the Top 10 birdwatching sites in Canada. We will have a 1 hour guided tour of the sanctuary, then the bus will take us to Ricky's Restaurant in Ladner for lunch (not included in price). Dress for wet weather and wear sturdy shoes. Lots of walking; some uneven ground. Not suitable for those with walkers.

Tuesday, October 18th

8:30 am – 2:45 pm

\$27 members; \$37 non-members

Please buy your tickets before October 11th
or the trip may be cancelled.

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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Daily Menu for September

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12			1 Cabbage Rolls	2 Chicken Cordon Bleu
5 Labour Day Silver Harbour CLOSED	6 Cod Loin with Prawns	7 Meatballs	8 Lasagna	9 Paella
12 Salmon with Shrimp Sauce	13 Turkey Schnitzel	14 Sausages	15 Baked Ham	16 Cod Nuggets
19 Garlic Prawns	20 Cottage Pie	21 Pork Stew Milanaise	22 Chicken leg a la Mode	23 Lamb Shank
26 Fish & Chips	27 Chicken Breast with Mushroom Sauce	28 Jambalaya	29 Beef Stew	30 Truth & Reconciliation 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 – 1:00 pm (except Tuesday, starts at 11:00 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.

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.

Thu 1:30 – 2:30 pm

Fitness Room

Sept 1 – Oct 27

\$83.25/9 classes

Program Registration Information:

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Hula for Health **NEW START DATE**

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 19

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

Sept 1 – Oct 31 (no class Sept 5, Oct 10)

\$148/16 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



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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)

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

Sept 1 – Oct 31 (no class Sept 5, Oct 10)

\$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

Sept 1 – Oct 31 (no class Sept 5, Oct 10)

\$148/16 classes

Snooker

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

Mon through Fri, 9 am to 4 pm

\$17/season

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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

Yoga

Gentle stretches and breathing exercises to help increase your flexibility and relax your mind. No drop-ins.

Mon 9:00 – 10:00 am

Auditorium

Oct 3 – Dec 19 (no class Oct 10)

\$72/12 classes

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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

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.

Program Registration Information:

- **Registration** for all programs starting in September began 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.

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

This tile-based game combines elements of mah jong and the card game rummy.

Thurs 2:00-4:00 pm

Computer Room

\$1 drop-in

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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.

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.

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

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Arts Programs (Studio)

Pottery - Open Studio **SORRY, FULL**

Supported, non-instructional environment,
co-operative studio environment
Intermediate+

Explore the world of clay within a co-operative studio environment.

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.

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

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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

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Beginners Pottery:

Clay Hand Building

Hand building is a group of methods developed since the early invention of pottery. It produces spontaneous and expressive forms that are fresh and artistic. The purpose of the class is to teach the participants the basic techniques of hand built pottery, including pinching, coiling, slab rolling and carving.

Wed 1:00 – 3:00 pm

\$23/6 classes

Additional cost for clay, which must be purchased from Silver Harbour

Sept 28 – Nov 2

Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

\$30/season

Starts Aug 26

Dressmaking **SORRY, FULL**

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

Wed 1:00-3:30 pm

\$23

Starts 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. No charge but you must register in advance for fall sessions of Sept. 19, Oct. 17, Nov. 21, and Dec. 19.

3rd Monday of the month

10 am – 12 pm

Card Room

No charge

Starts Sept 19

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

OR

Mon 10:00 am – 12:00 pm

Starts Sept 12

FRIDAY SESSION FULL
MONDAY SESSION ADDED

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.

Thur 10 am – 12 pm

\$23/season

Sewing Room

Pay as you go for materials.

Starts Sept 15

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 **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

\$23/season

Arts Programs (Workshops)

Jewellery Making Workshop **SORRY, FULL**

Are you interested in learning to make your own earrings, necklaces and bracelets, 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

Card Making For Beginners

Did you know that "Card Making" is a rewarding hobby that benefits the crafter and the recipient? Learn all about card making, how to get started and recommended products. We will explore some easy card design ideas and you will make some cards to take back home.

Thursday, October 20th

1:00 pm – 3:00 pm

Sewing Room

\$ 10 (all materials will be provided)

September is a Great Starting Point For New Adventures

I have always seen September as a starting point, a renewal if you will, for the year ahead in terms of new adventures or taking on new or old programs or projects. It's hard to miss those back to school or work sales ads which impel us to think anew to the coming year. Or perhaps it is just leftover feelings from going to school myself.

After the summer of outdoor activities (albeit with some serious heat issues) gave us a little more freedom from pandemic rules and kept us moving, it would be good to search out fall and winter activities in the community.

The health benefits to keeping up our activities are important to our well-being. I know I keep banging on about this, but exercising our mind and body is closely linked to healthy aging. At this time of year, we can start thinking about what activities we can get back to or to begin. It could be taking a class virtually or on site at a centre, you could take up your old hobby or start a new one, or you could volunteer.

You might try a program at Elder College, the libraries, seniors and recreation centres, and centres which offer seniors programs. Whatever your comfort level is, you can probably find something that suits you.

With the cooler temperatures looming, we can look for ways to safeguard our health and safety. It is a good time to think about getting our flu, pneumonia, and shingles shots. We might want to prepare for bad weather by getting in proper clothing and checking that our home is weather- and safety-proofed. Make sure to have plenty of backup supplies, first aid items and batteries. Also make sure to connect with people who could potentially assist you when the weather turns nasty.

Another bonus from joining the fall programs means we stay connected to the community, avoiding unhealthy isolation, and enjoying the company of old and new friends.

Margaret Coates is the co-ordinator of Lionsview Seniors' Planning Society.

This article was originally published as an Older & Wiser column in the North Shore News on August 25 2021; it has been edited for space. © 2021 North Shore News

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Tai Chi	Woodworking	Woodworking	Snooker
		Woodworking			Woodworking
					Drop-in Bridge
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Spanish – Beg, Level 2	Weaving	Spanish – Int. Conversation		Keep Well
9:45 am					Minds in Motion
10:00 am	Chess	Meditation	Art Space	Stained Glass	Chess
		Tai Chi	Table Tennis		Painting with Gabriele
			Woodcarving		Choir
			Beginner Knit & Crochet		
10:15 am	Osteofit For Life			Osteofit For Life	
11:00 am			French Conversation		
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
	Treasure Journals	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
		Tapestry	Dressmaking		Open Studio
		Beginners ESL Conversation	Beginner Pottery		Weaving
		Daytime Dance			Table Tennis
1:30 pm				Get Up & Go	Line Dance - Beginners
2:00 pm				Open Studio (on Zoom)	
				Tile Rummy	
2:15 pm			Chair Yoga – Stand Options		
2:30 pm					Line Dance - Improvers

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.