

THE CENTRE POST



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

October 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 offer more than 60 programs and services as well as informative seminars, workshops and events. 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
Doug Blakeney	Treasurer
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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AGM Update

Many thanks to those who were able to attend our recent Silver Harbour Annual General Meeting. In accordance with our bylaws, members approved past meeting minutes, received audited financial statements, and appointed our auditor for the 2022-23 fiscal year. In addition, the Directors' Report was presented: there is a summary of the report below and the full report is on our website (www.silverharbourcentre.com) under the What's New button. Your 2022-23 Silver Harbour Board of Directors is Richard Gauntlett (President), Elizabeth Jones (Vice-President), Doug Blakeney (Treasurer), Margaret Coates (Secretary) and Alan Dion, Brenda Harrison, Ritch Seeley, Ron Needham and Virginia Baldwin.

A brief summary of the AGM Directors' Report

Although programming was much different during the COVID-19 pandemic, we are now back to offering more than 60 seniors' programs and services. Evaluations show that Silver Harbour participants benefit by increasing their social connectedness, knowledge and skills, improving their health (physical and cognitive), and sharing and expressing themselves. In addition to offering a gathering place with high quality programming, Silver Harbour also collaborates with other community organizations to, for example, research intergenerational activities and pedestrian mobility, provide input on various municipal initiatives, increase seniors' capacity to plan for emergencies and distribute thousands of informational pamphlets, directories and guides on seniors services.

We are grateful to our staff team and hundreds of volunteers for their dedication in operating the Centre and offering programs. We are also grateful to all our financial supporters, including the City of North Vancouver, the District of North Vancouver, PARC Retirement Living, the federal government, and the many other organizations, businesses and individuals who have contributed to Silver Harbour over the years.

This past year, the Silver Harbour Board of Directors has focussed on legal documentation for and financial implications of our new building, revising environmental and board policies, and developing a new Human Resources manual. In the coming year, your Board and staff team are working on a number of important initiatives, such as:

- ensuring the ongoing safety of our members, participants, volunteers, and staff,
- undertaking a comprehensive review of our organization's strategic plan,
- identifying areas of growth and opportunity in the programs and services we offer,
- expanding the reach of our programming and including more seniors in our Centre and activities, and
- increasing and diversifying our funding streams, in part to support increased operating costs in our new building.

In September 2023, our Centre will have been operating for 50 years: we are looking forward to this important Silver Harbour anniversary and encourage members and volunteers to celebrate in this milestone.

Christmas Market

Our annual Christmas Market is sneaking up on us and we are busy with all the preparation that goes into this great event! The date for this year's market is Saturday, November 26th, 10 am to 2 pm. Here are some of the many ways to participate and help out with our sale...

Craft Products Ready For Sale

Our craft volunteers have been busy in Santa's workshop creating wonderful handmade goods for this year's sale. Although they work all year round, any additional finished crafts that you may have to contribute are always a big help during this sale. Please drop these off at least one week before the sale, so that we have time to price and sort everything.

Baking

We are always looking for baking donations for our sale. Please let us know at the front desk as to what you will be making, in order to keep track of what we need in regards to our displays, packaging, and pricing. There will be a baking sign-up sheet at the front desk. Our wonderful bake sale volunteers will be setting up, packaging and pricing on Friday, November 25th, so please drop off your baking that morning. An ingredients list is appreciated for anyone with food allergies.

Used Clothing

Silver Harbour is always looking for good quality, gently used women's clothes for our Clothes Closet. Please bring in your donations at least one week before for sorting and pricing before the sale (no summer clothes, thank you).

Volunteers

We are always in search of volunteers to help in a variety of ways at the sale – including selling at the tables. Booth set-up and take down require volunteers that can do a little extra heavy lifting – if you can lend us your muscle for any of this, we would love to hear from you! Please leave your name and number at the front desk.

Posters

Several weeks before the Christmas Market, we will have posters available at the front desk promoting the event. If you know of a bulletin board at a business, apartment building or other visible location, please pick up a poster, put it up, and help us promote our wonderful Christmas Market.

Silver Harbour Bulletin Board

Your Emergency Contacts

If you have been a member of Silver Harbour for some time, please ensure that we have up-to-date names and phone numbers for your emergency contacts. You can stop by the front desk, or email info@silverharbourcentre.com with your updated information.

It's Time To Plant Your Tulip 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.

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.

Do You Have Birthday Cards?

We are looking for donations of used birthday cards only, to make our recycled cards. Please leave them at the front desk.

Sewers & Crafters 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.

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.

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Debby.Stephenson@sci-us.com



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Holiday Closing

Silver Harbour will be closed on Monday, October 10th for the Thanksgiving long weekend, reopening at 9 am on Tuesday, October 11th.

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...

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.

North Shore Art Crawl

The 12th Annual North Shore Art Crawl is returning in person from October 14th to 16th. This is a free self-guided tour of arts, design and crafts across the North Shore, with over 150 artists participating at 88 locations across the North Shore, from Horseshoe Bay to Deep Cove. Visitors will have the opportunity to visit artists in studios, local galleries and community centres, and get a behind the scenes look at their creative processes, with many artists offering demonstrations and art activities over the course of the weekend. For more information on this event, please visit their website at <https://northvanarts.ca/north-shore-art-crawl/>.

North Shore Celtic Ensemble Concert

Join the North Shore Celtic Ensemble for a concert in honour of Culture Days, a national celebration of arts and culture. We invite you to listen, dance, laugh and enjoy! Join us for our concert at Silver Harbour on October 29th from 1:00 – 2:00 pm. Bring an instrument and join us for a tune at the end of the performance (Jam tune - Cripple Creek), or join us for a dance.



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North Shore Christmas Bureau

The Christmas Bureau invites you to give or receive this holiday season!

If you're unable to afford the holidays and would like to participate in the Christmas Bureau, our community is here to help you with a holiday gift basket that includes grocery gift cards, a present, and other festive items. You'll need proof of income and proof you reside on the North Shore. Details are at: <https://www.familyservices.bc.ca/find-support/christmas-bureau/>.

If you'd like to help out, choose the number of families, individuals, or seniors you would like to sponsor and you will be confidentially matched with qualified applicants. You can recruit the help of your family, friends, colleagues or community groups to provide holiday gift baskets for people with low incomes. Details are at: <https://www.familyservices.bc.ca/ways-to-give/make-a-holiday-gift-to-the-christmas-bureau/>.

Please call the Family Services of the North Shore office at 604-984-9627 between 10:00am-4:00pm, Monday to Friday, for more information.


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 Yukon's Northern Lights <small>Whitehorse</small> February 1 - 5, 2023 <small>7 incl. meals dbl: \$2,742.⁰⁰</small>	 Iceland <small>Land of Wonders</small> June 15 - 24, 2023 <small>27 incl. meals dbl: \$9,887.⁰⁰</small>	 Wickaninnish Inn Experience December 4 - 8 <small>9 incl. meals from dbl: \$2,814.⁰⁰</small>
 Eagles at Harrison Hot Springs <small>Cruise on Harrison River</small> November 2 - 4 <small>6 included meals dbl: \$1,129.⁰⁰</small>	 Christmas at the Castle <small>Fairmont Banff Springs Hotel</small> December 23 - 26 <small>7 included meals dbl: \$3,659.⁰⁰</small>	 <i>Our 2023 Brochure Will Be Available January 2023</i>

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

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 Surrey, BC V4A 9E3



 Prices include all taxes

Seminars & Special Events

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

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, October 12th

10:30 am – 12:00 pm

Silver Harbour Library

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

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.

Book Club

**CURRENTLY
WAITLISTING**

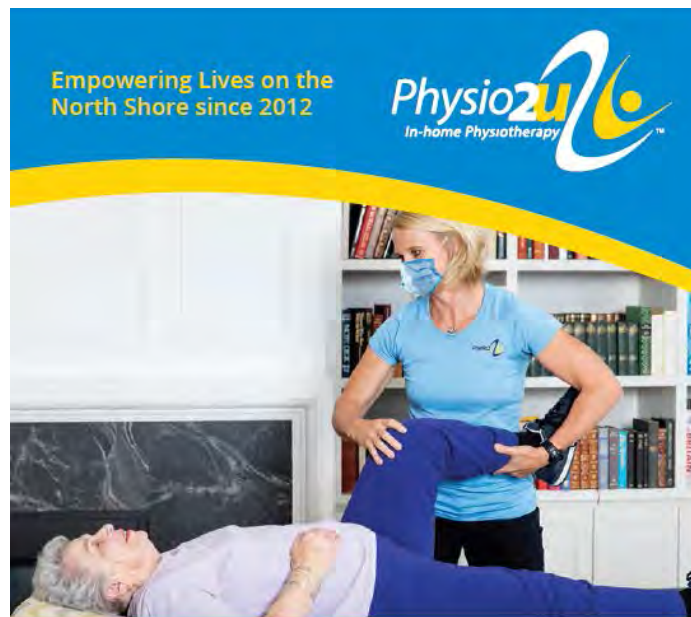
The Book Club meets monthly to discuss a pre-selected book. The next title will be "Aria" by Nazanine Hozar.

Monday, October 17th

2:30 - 3:30 pm

Multi-Purpose Room

No charge



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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

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, October 19th

10:15 am

Meet in the library

No charge, but you must pre-register

Lifting You Up

Presented by Robin Rivers of Caregivers Connect, in this workshop we will consider what brings you joy and new things you would like to try.

Thursday, October 20th

1:00 – 2:00 pm

Multi-purpose Room

Drop-in, no charge

Tech Connect: **JUST ADDED** Wayfinding – Using Technology For Transportation

Do you know the options for finding your way and getting around the North Shore and beyond? Are you interested in learning what your options for traveling the Lower Mainland are, or how to use a navigation app or website? Join us for this class dedicated to digital wayfinding, where we'll talk about the transportation options available and give some demos of the most popular apps and websites — bring your mobile device to follow along!

Tuesday, October 25th
10:00 – 11:00 am
Card Room
Free of charge,
but you must pre-register

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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Pre-Planning Your Funeral

Isn't it time to have "the conversation"? Debby Stephenson from First Memorial will provide information on how to protect your family and estate, secure your cremation or burial arrangements and final resting place.

Tuesday, November 1st

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Flu Vaccinations – By Appointment Only

Davies Pharmacy will come to Silver Harbour to administer flu vaccines, by appointment only. Registration is online only. The registration link was unavailable when the newsletter was published; you may request it by emailing info@silverharbourcentre.com. If you need assistance with this please contact Holly at 604-980-2474.

Wednesday, November 2nd

1:00 – 4:00 pm

By appointment only – no walk-ins!



Remembrance Day Event

Join us for this special Remembrance Day event featuring a performance by our own Silver Harbour choir. The choir will sing a variety of songs relating to the two World Wars and to peace, and will also lead the audience in familiar wartime songs.

Wednesday, November 9th

1:30 pm

Auditorium

Free of charge

Tech Connect: Introduction to Streaming Services

NVCL Library staff will provide information about the most popular video and music streaming services.

Wednesday, November 23rd

1:00 – 2:00 pm

Card Room

Free of charge, but you must pre-register

Christmas Market

Make sure you mark your calendar for our famous Christmas Market, complete with beautiful crafts and gifts, baking, and more!

Saturday, November 26th

10:00 am – 2:00 pm

Free admission

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, November 28th

10:00 – 11:30 am

Card Room

Free drop-in

OASIS Arthritis – Nutrition & Supplements

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.

Wednesday, November 30th

1:00 – 3:00 pm

Card Room

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

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Trips and Tours

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

The following trips for October are now sold out (tickets went on sale September 1st) but please feel free to add your name to the waitlist:

- Cranberry Festival – Oct. 8th
- Reifel Bird Sanctuary – Oct. 18th

Tsawwassen Mills Mall

Registration begins on Monday, October 3rd

Get a head start on your Christmas shopping! As you know Tsawwassen Mills mall has a variety of premium retail and outlet offerings. We will spend 3 hours at the mall, providing enough time to have lunch (not included in price) at one of the restaurants or the food court. Lots of walking.

Wednesday, November 2nd

9:15 am – 2:45 pm

\$21 members; \$31 non-members

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

Swedish Christmas Market

Registration begins on Monday, October 3rd

The Swedish Cultural Society hosts an annual market at the Scandinavian Centre in Burnaby. Come and enjoy the fair, which includes Swedish goods and desirables for the family, home and gift-giving, including Christmas items. There will be live entertainment, as well as the Swedish Café with sandwiches, pastries, cookies, coffee and even Glogg! Lots of walking.

Sunday, November 20th

10:15 am – 3:15 pm

\$20 members; \$30 non-members

Please buy your tickets before Nov 10th
or the trip may be cancelled.

Christmas at Hycroft

We are hoping to do a trip to Christmas at Hycroft, however the date and details were not confirmed in time for this newsletter. Please check the November newsletter for updates.



Daily Menu for October

Monday	Tuesday	Wednesday	Thursday	Friday
3 Garlic Prawns	4 Chicken Breast A la king	5 Sausages	6 Lasagna	7 BBQ Chicken & Ribs
10 Thanksgiving Silver Harbour CLOSED	11 Chicken Cordon Bleu	12 Pork Stew Milanaise	13 Baked Ham	14 Cod Nuggets
17 Cod Loin With Prawns	18 Beef Stew	19 Bami Goreng	20 Cottage Pie	21 Lamb Shank
24 Salmon with Shrimp Sauce	25 Meatballs	26 Turkey Schnitzel	27 Cabbage Rolls	28 Paella
31 Fish & Chips	Entrée: \$9 Full Meal Combo: \$12			

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 & Workshops

For a full listing of all our programs and services, please see www.silverharbourcentre.com or inquire at the front desk.

Beginners ESL Conversation

Join this program to practice your English in a fun and friendly environment.

Tue 10:30 am - 12 pm

Fitness Room

No charge

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

Card Making For Beginners (Workshop)

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)

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

Nov 2 – Dec 14

\$45.50/7 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

Nov 2 – Dec 14

\$45.50/7 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.

Thu 1:30 – 2:30 pm

Fitness Room

Nov 3 – Dec 1

\$46.25/5 classes

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

Nov 3 – Dec 5

\$92.50/10 classes

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

Nov 4 – Dec 16 (no class Nov 11)

\$42/6 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

Nov 3 – Dec 5

\$92.50/10 classes

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 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

Nov 3 – Dec 5

\$92.50/10 classes

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.

Mon 12:30 – 2:30 pm

\$23/season

Sewing Room

Pay as you go for materials.

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AVAILABLE**

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

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

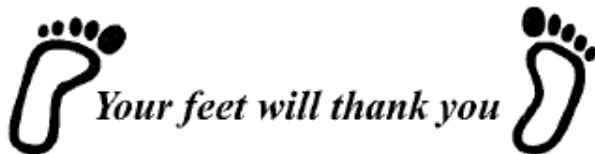
Oct 3 – Dec 19 (no class Oct 10)

\$72/12 classes

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For Over 70 Years**

When Should Seniors Stop Driving?

It's a serious question --getting around is important for seniors, but so is staying safe and avoiding crashes. Deciding when a senior should stop driving is a serious decision. Are you having more fender benders? Do you get lost easily? If so, it may be time to talk it over.

One of the determinants of health for seniors is good transportation. Essentially, transportation is crucial for seniors who wish to stay active, independent, and involved in their communities. Decent transportation must be accessible and easy to use.

According to speakers at a public forum on seniors and driving held last fall by the United Way of BC, the main forms of transportation for seniors 65 and older are driving, public transit, taxis, or other accessible transit, and walking or biking. They also say that 78 per cent of seniors in that age range have a driver's licence, while the percentage for younger people who have licences is falling.

There are arguments for ceasing to drive for most of us, including protecting the environment and encouraging a healthier lifestyle. For seniors it may also involve age-related or medical reasons. As you get older, your vision, reflexes, and hearing may change, and these changes can make it harder for you to drive safely.

In the report, [Healthy Aging: Is It Time to Stop Driving? | HealthLink BC](#), provincial health authorities say that there is no set time for people to stop driving, but seniors might want to consider that "people aged 70 and older are more likely to crash than any other age group besides drivers aged 25 and younger. And because older drivers are more fragile, they are more likely to get hurt or die from these crashes."

At age 80 in British Columbia, seniors are sent a letter telling them that they must undergo a Drivers Medical Examination or give up their licence. Aside from the fact that the exam costs a senior anywhere from \$75 to \$217 (not covered by B.C.'s Medical Services Plan), what makes age 80 the magic number for testing? Drawing an age line in the sand seems discriminatory. I personally have found some 80-year-old drivers quite good, while there are a few 50-year-olds I would not let drive me around the block.

On the bright side, however, according to RoadSafetyBC, they send about 70,000 examination reports a year and 98 per cent of the seniors evaluated keep their driving privileges. Nevertheless, for the 2 per cent that don't, that loss of a licence can result in a loss of independence, feelings of stress and anxiety, and inevitably leads to major lifestyle adjustments.

But what if it is time to “hang up the keys”? The HealthLinkBC publication suggests taking stock of your driving by considering these signs: Do other drivers often honk at you? Are you having car crashes, even if they are only fender benders? Are you having trouble staying in your lane? Do you get lost, even on roads you know?

Other considerations might be that you get more tickets than you used to, you notice more dents in your car, and you are having trouble with hearing or vision. Nighttime driving can be especially difficult if you have issues with glare.

You could modify your driving behaviour if you have minor to moderate issues with driving. To stay safe, perhaps avoid driving at night, on the freeway, or in bad weather. Plan to drive on streets you know. Take roads that let you avoid risky spots such as ramps and left turns. Maybe begin to intersperse using alternative means of transportation including walking, biking, taxis, and ride hailing, asking a family member or friend for a ride, community transportation, and public transport.

Unfortunately, some of these alternatives might pose some difficulties for seniors on the North Shore. Public transit can be difficult if a senior has a form of cognitive delay or mobility issues. As well, there are areas on the rainy North Shore which lack bus service, or there is a lack of covered benches. And need I mention the hilly terrain – that makes it hard to move about if you are a senior with limited mobility.

Although the three North Shore municipalities are urging walkability, it is sometimes a problem getting around. Seniors may find there is not enough covered seating at regular intervals and that there is a shortage of accessible washrooms. Also, seniors may have trouble navigating around sandwich boards, outdoor patios, skateboarders, and bikes on sidewalks.

Often amenities such as shopping, medical facilities, seniors organizations, libraries and recreation centres are not within walking distance of someone's home. Building more town centres might be a solution to that issue.

In the last few years, the community has stepped up to deal with seniors issues around transportation by providing bus and shuttle services, although with COVID that service has been reduced. But check with your nearest seniors centre or organization that provides services to seniors, and they might be able to provide a ride for you. Also check out the [Better at Home](#) program through [North Shore Community Resources](#).

Hanging up the keys for good is a serious decision. But getting around safely is crucial.

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

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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
	Painting with Gabriele	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.