

# THE CENTRE POST



Silver Harbour Seniors' Activity Centre  
144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com) tel: 604-980-2474

December 2022



**Winter Program Registration starts December 7<sup>th</sup>**

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for helping to fund the  
operations of Silver Harbour.





## Come Home to PARC

Hugh's easy-going nature was made even easier when he realized that he had everything he needed all in one place. A long-time avid walker, he still starts every morning on the gym's cardio machines. In fact, his passion for walking has led to an ambitious step goal of 20,000 km - halfway around the world!

Hugh takes a break from his walking by calling bingo, writing for the Summerhill newsletter and performing in-house plays.

Discover reasons to come home to Summerhill PARC:  
[parcliving.ca/home](http://parcliving.ca/home)

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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 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

[info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)



**SilverHarbourSeniorsActivityCentre**  
**SilverHarbourC**

## Our Vision

A community that honours and celebrates aging

## Our Mission

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

## Our Values

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

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

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

**Collaboration** – we encourage teamwork and partnerships

**Responsiveness** – we welcome new ideas and possibilities

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

## Board of Directors

Alan Dion	Director
Brenda Harrison	Director
Doug Blakeney	Treasurer
Elizabeth Jones	Vice-President
Margaret Coates	Secretary
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Ritch Seeley	Director
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## 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...

A huge expression of gratitude to all the volunteers, staff, and shoppers who made our recent Christmas Market such a success. And don't forget that some of our beautiful crafts will be for sale in the main hallway for the next few weeks and that you can shop at the Clothes Closet and Boutique Monday to Friday, 10 am to 1 pm.

We'd also like to thank everyone who gave a charitable donation to Silver Harbour in response to our recent mailed request (and to those of you who give throughout the year too, of course). Every donation, in any amount, is extremely valuable and appreciated. You can donate in person, by cheque using the mail, over the phone (604-980-2474) using a credit card, or through our website ([www.silverharbourcentre.com](http://www.silverharbourcentre.com)).

We have a couple of important pieces of program information to share too. Firstly, in January 2023, our programs will mostly increase from \$23/season to \$25/season to keep pace with increased costs. The last program price increase we made was five years ago in 2017. Secondly, we would like to warmly welcome ElderCollege programs to Silver Harbour. North Shore ElderCollege has made the difficult decision to wind down as an organization and has asked Silver Harbour to take on most of its programming. You'll find more information about exciting upcoming Eldercollege programs at Silver Harbour on page 21 with further details coming in our January newsletter.

We wish you and all of yours peace, joy, and a happy holiday season.



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# Silver Harbour Bulletin Board

## Welcome ElderCollege

We are pleased to announce that most of the programs previously organized and presented by North Shore ElderCollege will now be part of Silver Harbour's program offerings. Welcome to all the new volunteers and participants. For more information on this exciting addition, please see page 21.

## Daytime Dance Cancelled – Tuesday, December 6<sup>th</sup> Only

There will be no Daytime Dance program on December 6th, as the room is being used for the Christmas Lunch.

## Holiday Closing

Please be aware of the following schedule over the Christmas and New Year break:

Dec. 23 – 27	Silver Harbour CLOSED
Dec. 28 & 29	Silver Harbour OPEN
Dec. 30 – Jan. 2	Silver Harbour CLOSED

## 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.

## Winter Program Registration

Registration for winter programs (beginning in January) will begin at 9 am on Wednesday, December 7<sup>th</sup>. You may register by phone or in-person. Please be sure to have a current membership (the expiry date is on your membership card) or renew your membership prior to registration to make the process smoother. Program details begin on page 14.

## Price Increases

We have increased the prices of many of our programs to \$25/season (from \$23). This is the first increase in program prices since September 2017.

## 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.



## **Silver Harbour Seniors Outreach Team**

Join the new volunteer Silver Harbour Seniors Outreach Team. Help support your friends and neighbours participating in Silver Harbour programs and activities... while they continue to live independently. Enjoy working with a team of like-minded people, while gaining valuable knowledge and information about aging well. The group will be meeting on a regular basis for these training sessions.

Possible volunteer roles include:

- Checking in with isolated seniors
- Friendly phone calls
- Supporting seniors to navigate challenges they may be facing
- Leading and assisting with Silver Harbour social and recreation programs
- Transportation assistance to and from Silver Harbour Centre

If you have a few hours a week that you would like to dedicate to this, register at the Silver Harbour front office. You will be contacted by Joni Vajda before the first meeting:

**Thursday January 19<sup>th</sup>**

**1:30-3:00 pm**

**Card Room**

**You must register in advance**

## **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.

## **All About Daytime Dance**

Since restarting in September, Wayne L. continues to lead and supply the music for daytime dance, which is now every Tuesday after lunch at 1:00 pm with his music playlists currently running an hour and 15 minutes (about 28 songs). It is a free drop in session so you can dance to all or one song, or just listen. Having the session in the afternoon allows for even longer dancing if those present wish to do so. The music danced to continues to evolve based on the regular dancers' wishes. Recent requests for much more rock and roll and more big band swing songs have been incorporated. Each week there are plenty of favourite slow and fast waltzes and slow fox trots/two steps. Also each week there are several cha chas and rumbas, a polka, a Charleston, a salsa, a tango and a fast Latin. As most of us need to rest and catch our breath, dances alternate between fast and slow. Besides continuing the traditional weekly Tennessee Waltz diamond line dance, two new line dances have been added -- Achy Breaky Heart and Jerusalem. They're played weekly, so they can be learned if so wished. We continue the tradition of ending with the very simple all inclusive holding hands Circle Dance and then stress releasing -- Balling the Jack. The aim is to get people up moving at their pace, doing their own thing or in a group, whether having a partner or not, and all to have a happy time dancing to songs they love. In December (13<sup>th</sup> and 20<sup>th</sup>, no session on December 6<sup>th</sup>) there will be dancing again to well-loved Christmas dance music. The weekly session will continue again after the Christmas break on January 3<sup>rd</sup>.

# In The Community...

## Caregivers Connect

Robin Rivers of Family Services of the North Shore is available by phone, email or in person if you have questions about looking after an older family member or friend. This free service can help you to find out about resources on the North Shore, allow you to share some of the challenges of caregiving in a safe environment, and find ways to look after yourself. Call 604-988-5281 ext. 233 or email [rivers@familyservices.bc.ca](mailto:rivers@familyservices.bc.ca)



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<p><b>Annual Haida Gwaii Tour</b>            July 17- 23 &amp; July 29 - August 4  <i>16 included meals dbl: \$4,669.<sup>00</sup></i></p>	<p><b>Yukon &amp; NWT</b>            July 9 - 20  <i>23 included meals dbl: \$7,623.<sup>00</sup></i></p>	<p><b>Our 2023 Brochure</b>  <b>Will Be Available</b>  <b>January 2023</b></p>

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all taxes



## 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, December 14<sup>th</sup>**

**10:30 am – 12:00 pm**

**Silver Harbour Library**

### Christmas Lunch

**SOLD  
OUT**

**Presenting Sponsor:  
PARC Retirement Living**

Enjoy a traditional Christmas menu, festive entertainment by John Cronin and a draw for gifts. Thank you to PARC Retirement Living for sponsoring this event.

**Tuesday, December 6<sup>th</sup>**

**(no other lunch served that day)**

**Doors at 12:15 pm**

**Lunch at 12:30 pm**

**\$15 Members; \$20 Non-members**

**Tickets went on sale Tuesday, November 15<sup>th</sup>**

### Holly Tea

**SOLD  
OUT**

Fancy sandwiches and sweets make this event a sheer delight! And our very own Silver Harbour Choir will present a beautiful program of Christmas music to help celebrate the holiday season.

**Wednesday, December 14<sup>th</sup>**

**(lunch service will end at 12:30 pm that day)**

**Doors open at 1:45 pm**

**\$10.00 per ticket**

**Tickets went on sale Tuesday, November 15<sup>th</sup>**

**Discover the World in 2023 with Travel Specialist  
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**June 01, 2023 KENYA**  
See the wonders of an Africa Safari: Lions, Leopards, Cape Buffalos, Rhinos, Elephants  
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Yes, Guide & Driver Gratuities Are Included

**Sept 01, 2023 DANUBE RIVER + PRAGUE**  
Prague + Danube River cruise. Includes: Nuremberg, Main Danube Canal, Roth, Regensburg  
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**Sept. 12, 2023 ITALY**  
Rome, Tivoli, Amalfi Coast, Isle of Capri, Florence, Pisa, Volterra & Venice + Vatican Tour  
Tuscan Wine Tasting, Pompeii Tour, Wonderful Rail Experiences in Italy, Leaning Tower  
Yes, Guide & Driver Gratuities Are Included

**Oct. 02, 2023 KENYA & TANZANIA**  
Join Ron as he returns to the Serengeti, Masai Mara, Amboseli, Lake Manyara &  
Ngorongoro Crater, five incredible wildlife areas each offering unique experiences.  
Opportunity to see Mt. Kilimanjaro while in Amboseli + search for the Big Tusker Elephants  
Yes, Guide & Driver Gratuities Are Included

**Oct. 19, 2023 EGYPT**  
Giza Pyramids, Great Sphinx, Nile River Cruise, Luxor Aswan, Sharm el Sheikh  
Valley of the Kings, Tomb of King Tut, Nubian Village, Numerous UNESCO World Sites  
Yes, Guide & Driver Gratuities Are Included

**Nov. 19, 2023 PERU**  
Visit the Famous Lost City of the Incas "Machu Picchu", Floating Villages of Lake Titicaca  
Boat Ride on Amazon River, "Pink Dolphins" visit the Sacred Valley, Capital City Lima  
Yes, Guide & Driver Gratuities Are Included

**2023 TURKEY** Call For Details  
Istanbul, Cappadocia, Troy, Ephesus, Blue Mosque, Perge, Whirling Dervishes  
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## Looking Ahead

Presented by Robin Rivers of Caregivers Connect, in this workshop we will discuss what you are looking forward to in 2023, what you would like to do differently, and how you can make it happen.

**Thursday, December 15<sup>th</sup>**

**1:00 – 2:00 pm**

**Multi-Purpose Room**

**Drop-in, no charge**

## Affirmations with Dr. Anne-Marie Evers

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking. Please bring a wrapped Christmas ornament, value less than \$5, for a gift exchange.

**Tuesday, December 20<sup>th</sup>**

**10:00 am – 12:00 noon**

**Card Room**

**By Donation**

**Book Club**

**CURRENTLY  
WAITLISTING**

The Book Club meets monthly to discuss a pre-selected book. There is no meeting in December. January title was not available at the time of publication.

**Monday, January 16<sup>th</sup>**

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

**Multi-Purpose Room**

**No charge**

## 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, January 11<sup>th</sup>**

**10:15 am**

**Meet in the library**

**No charge, but you must pre-register**

## Financial Planning for Assisted Living & Long-Term Care Options

Navigating the financial costs of assisted living and long-term care can be challenging. Combined tax and care costs can exceed 84% of a senior's income. Planning is needed. Learn how costs are calculated and the common pitfalls families need to avoid when making financial decisions around seniors' care.

**Tuesday, January 17<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**No charge, but you must pre-register**

## Seniors Outreach Meeting

Please see page 4 for details on this exciting new volunteer initiative.

**Thursday, January 19<sup>th</sup>**

**1:30 – 3:00 pm**

**Card Room**

**You must register in advance**

## Travel Presentation: Ageless Adventure Tours

Ageless Adventure Tours is a BC family owned and operated Tour Company specializing in escorted tours of Canada, the US, and beyond for over 35 years. Please join a representative of Ageless Adventures for a look at what they're offering in 2023.

**Monday, January 23<sup>rd</sup>**

**1:15 – 2:15 pm**

**Auditorium**

**Free of charge**

## OASIS Arthritis: Foot & Ankle Arthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. This session will focus on specific strategies for management, including joint protection, exercise and pain management.

**Wednesday, January 25<sup>th</sup>**

**1:00 – 3:00 pm**

**Card Room**

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

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## Sound Advice

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, January 30<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free drop-in**

## Dance Before Dark

Chase away the winter blahs by dancing 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, January 30<sup>th</sup>**

**1:30 – 3:30 pm**

**\$6 members;**

**\$8 non-members**

**Tickets on sale Tuesday, January 3<sup>rd</sup>**



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## Trips and Tours

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

### The Steveston Festival of Trees

Wednesday,  
December 7<sup>th</sup>

**CANCELLED**

### North Shore Festive Drive & Happy Hour

Registration began on Tuesday, Nov. 1<sup>st</sup>

We will start our trip with Happy Hour (not included in price) at the Red Lion Bar & Grill in West Vancouver. Weather permitting we will take short walk along the Seawall to view the Festive Trees of Dundarave, before heading east through residential areas of North Vancouver to view the colourful displays of Christmas lights.

**Monday, December 12<sup>th</sup>**

**2:30 – 6:45 pm**

**\$20 members; \$30 non-members**

### Starlight Casino

Registration begins on Thursday, Dec. 1<sup>st</sup>

We're off to New Westminster, to the Starlight Casino, where you can play the slots, enjoy your favourite table games, or have lunch at one of the restaurants. Leave your encore number when you register, and receive \$5 free slot play.

**Wednesday, January 18<sup>th</sup>**

**9:15 am – 2:45 pm**

**\$20 member; \$30 non-member**

**Please buy your tickets before January 11<sup>th</sup>**  
**or the trip may be cancelled**

## Total Toe Care

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*Your feet will thank you*



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## **Bloedel Conservatory and Lunch at Seasons in the Park**

**Registration begins on Thursday, Dec. 1<sup>st</sup>**

We will drive to Queen Elizabeth Park, where we will spend 1 hour at the Bloedel Conservatory, admiring more than 100 exotic birds and 500 exotic plants and flowers in its lush, temperature-controlled environment. After our "trip to the tropics" we will go for lunch (not included in price) at Seasons in the Park Restaurant. Some walking.

**Tuesday, January 31<sup>st</sup>**  
**9:30 am – 2:30 pm**  
**\$25 members; \$35 non-members**  
**Please buy your tickets before January 24<sup>th</sup>**  
**or the trip may be cancelled.**



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### **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](mailto:Debby.Stephenson@sci-us.com)**



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## Important Information About Bus Trips

This information will be very helpful to anyone interested in joining our bus trips...

1. Please note that return times are approximate, as there is no way to predict traffic or other possible timing issues which may arise. We recommend that you do not schedule any appointments directly following the trip.
2. Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
3. Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
4. Some drivers will appreciate a tip and others prefer not to be tipped. If you would like to tip the driver, please bring a small amount of money for this purpose. If a driver accepts tips, it is still your choice whether you want to give one or not.
5. Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
6. We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Silver Harbour will be refunded in full.
7. If a trip is full, please put your name on the waitlist. We will attempt to accommodate substantial waitlists by creating second trips when possible and people on the waitlist will have the first opportunity to buy tickets for the second trip.
8. If you are driving to Silver Harbour for your bus trip, please park on the street or in the parking lot to the east of our building. Anyone may park in these areas for any length of time.
9. Please limit your use of scented products like hairsprays and perfumes when going on bus trips. Some people can be very sensitive to these scents, especially in enclosed spaces. We very much appreciate your consideration.
10. Enjoy your trip!



## Daily Menu for December

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée: \$9</b>  <b>Full Meal Combo: \$12</b>			<b>1</b>  Bami Goreng	<b>2</b>  Chicken Cordon Bleu
<b>5</b>  Cod with Prawns	<b>6</b> Christmas Lunch SOLD OUT! (no other lunch this day)	<b>7</b>  Shepherd's Pie	<b>8</b>  Beef Patty	<b>9</b>  Baked Ham
<b>12</b>  Garlic Prawns	<b>13</b>  Turkey Schnitzel	<b>14</b> Sausages * Lunch service ends at 12:30	<b>15</b>  Cabbage Rolls	<b>16</b>  Beef Stew
<b>19</b>  Salmon with Shrimp Sauce	<b>20</b>  Meatballs	<b>21</b>  Cod Nuggets	<b>22</b>  Paella	<b>23</b>  Silver Harbour CLOSED
<b>26</b>  Silver Harbour CLOSED	<b>27</b>  Silver Harbour CLOSED	<b>28</b>  BBQ Ribs & Chicken	<b>29</b>  Lamb Shank	<b>30</b>  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 daily entrees is on page 13 of this newsletter. You are also welcome to have your food packaged to take home.

## 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

Jan 11 – Feb 22

\$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

Jan 11 – Feb 22

\$45.50/7 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 Jan. 3

### 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

Jan 9 – Feb 27 (no class Feb 20)

\$64.75/7 classes

Thu 1:30 – 2:30 pm

Fitness Room

Jan 5 – Feb 23

\$74/8 classes

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

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## 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

\$25/season

Jan 9 – Mar 13

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

Jan 5 – Feb 27 (no class Feb 20)

\$138.75/15 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

Jan 6 – Mar 31

\$65/13 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](https://alzbc.org/COVID-safety).

Fri 9:45 – 11:15 am

Fitness Room

Jan 6 – Feb 24

\$56/8 classes

(Rate is for one person and their care partner)

## Osteofit 1

Designed for those with osteoporosis, the class goal is to improve abilities of daily living, reduce the risk of falls and improve confidence. Small class size ensures personalized attention. A stepping stone to Osteofit for Life. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 11:45 am – 12:45 pm

Fitness Room

Jan 5 – Feb 27 (no class Feb 20)

\$138.75/15 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

Jan 5 – Feb 27 (no class Feb 20)

\$138.75/15 classes

## Snooker

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

Mon through Fri, 9 am to 4 pm

\$25/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

\$25/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

\$44/11 classes

Jan 17 – Mar 28

## 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

Jan 9 – Mar 27 (no class Feb 20)

\$66/11 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.

3<sup>rd</sup> Monday of the month

2:30 pm

Multi-Purpose Room

No charge, but you must pre-register

### Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

\$3 drop-in

### 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

\$25/season

### Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$3 drop-in

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### 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 Jan 5

### French Conversation

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

Wed 11 am – 12 pm

Computer Room

\$25/season

Jan 11 – Mar 22

## Meditation

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

Tue 10:00 – 11:00 am

Computer Room

\$25/season

Starts Jan 10

## Spanish -- Intermediate Conversation

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

\$25/season

Jan 11 – Mar 15

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## ElderCollege at Silver Harbour

As North Shore ElderCollege has made the difficult decision to wind down as an organization, we are pleased to welcome ElderCollege programs to Silver Harbour. For former members of North Shore ElderCollege, you must become a member of Silver Harbour in order to register in these programs. Silver Harbour membership costs \$35 a year, and you must come in person to fill out forms, sign our waiver and pay for your membership. We HIGHLY RECOMMEND that you get your membership before the first day of registration so that registration day can be as smooth as possible for everyone. Once you have a membership, you may register for programs by phone (using Mastercard or Visa) or in person (using cash, debit card, Mastercard or Visa) starting Monday, January 9<sup>th</sup> at 9 am.

For those of you aren't familiar with ElderCollege programming, it has focussed on intellectually stimulating programs, lifelong learning and social connection, making it complementary to and a rich addition to Silver Harbour programs. Below is a list of ElderCollege programs which will be offered at Silver Harbour starting in the first months of 2023. Please check the January newsletter for detailed information about these programs and we welcome everyone to read more about these programs and consider registering.

- **Archaeology**
- **Books Unlimited Book Club (on Zoom)**
- **Champions of the Environment Lecture Series**
- **Healthcare Reform Lecture Series**
- **History of Eastern Europe**
- **Outdoor Learning**
- **What's News**



## 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.

### 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

### 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.

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## Arts Programs (Studio)

### Pottery - Open Studio

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

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

Please be aware that this class is very popular. Please sign up only if you're committed to staying for all sessions. If you miss more than two sessions without a valid reason, your spot will be offered to the next person on the waitlist.

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

\$25/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

\$25/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.

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## Arts Programs (Instructed)

### Knit and Crochet

Please let us know if you're interested in a knitting class.

### Beginners Pottery, Part 2

In this group of lessons, we will build upon the skills learnt in the previous session. We will also work on surface decoration techniques and underglaze painting for Pottery.

Wed 1:00 – 3:00 pm

\$25

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

Jan 11 – Mar 1

### Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

\$35/season

Starts Jan 6

### 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

\$25

Starts Jan 18

### Fundamentals of Drawing

This hands-on six session course will explore pencil sketching fundamentals and techniques. Learn about the core principles of creating artwork: proportions, shapes and forms, tonal values, composition, perspective and textures. We aim to apply lessons learnt on a reference photo based exercise every session. All levels of drawing experience welcome.

Materials required:

- HB, 2B, 4B and 6B lead pencils
- Sketching paper
- a good eraser

Thurs 10 am – 12 pm

Sewing Room

\$25/6 lessons

Jan 19 – Feb 23

### 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 winters sessions on Jan. 16, Feb. 13, March 20, April 17

3<sup>rd</sup> Monday of the month

10 am – 12 pm

Card Room

No charge

## 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

\$25

Bring your own materials

Starts Jan 20

Please be aware that this class is very popular. Please sign up only if you're committed to staying for all sessions. If you miss more than two sessions without a valid reason, your spot will be offered to the next person on the waitlist.

## 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

\$25/season

Arts & Crafts Room

Pay as you go for materials.

Jan 9 – Mar 6

## 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

\$25/season

Starts Jan 12

## Tapestry

With Virginia

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. Experience necessary; pay as you go for materials.

Tue 9:30 am – 12:00 pm

\$25/season

Starts Jan 10

## 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

\$25/season

**CURRENTLY  
WAITLISTING**

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## Take Care of Others, and Yourself, This Holiday Season

During the holiday season while most of us are feverishly buying gifts, baking up a storm, and decorating our houses inside and out, take some time to donate your time, resources, or money to those who most need it in our community. Seniors could use a lift at this time of year, especially after going through the worst of the COVID-19 pandemic as one of the most vulnerable populations.

One place to lend your support is the Christmas Bureau, run by Family Services of the North Shore. Over the last few years, the Christmas Bureau has seen an increase in seniors needing their services during the holiday season. To volunteer, donate, or apply for support, the Christmas Bureau can be reached at 604-984-9627.

My personal favourite choice is the Greater Vancouver Food Bank, which partners with the Food Bank run out of North Shore Neighbourhood House. The Greater Vancouver Food Bank has been providing food support to community members in Vancouver, Burnaby, New Westminster, and the North Shore since 1983. For nearly 40 years, they have served their communities reliably and consistently through good times and bad. To donate to the food bank, connect to the website at [www.foodbank.bc.ca](http://www.foodbank.bc.ca). To donate directly to the North Shore Neighbourhood House, connect with their website or drop off a cheque at 225 West 2nd St.

While there are specific programs for seniors at this time, such as the Christmas Bureau, many other North Shore organizations could use your help, including Silver Harbour.. You could send a donation to any of the North Shore organizations –check out where they are in the 2022 Seniors Directory published by the North Shore News in partnership with North Shore Community Resources available at most seniors' centres and on NSCR's website. You could also support a senior by donating to an organization in a senior's name. Send along a card to let them know you are thinking about them in this special way.

Another way to support organizations is by volunteering. To find a placement, try your nearest organization by phoning the North Shore Community Resources Society at 604-985-7138. Volunteering also has the benefit of protecting you from becoming isolated and disconnected from the community.



Perhaps in addition to volunteering, if you are able, check on your senior neighbours, who may need a hand with such things as putting up their lights (don't forget taking them down), driving them to a Christmas play or concert, checking out the light displays at Park & Tilford Gardens or the winter wonderland at the Shipyards District, driving them to a mall or an appointment, inviting them for lunch, or any other idea you might have. You might also check with a long term care facility and see if you can donate gifts or visit some of the residents who do not have family or friends.

As seniors, taking care of ourselves without getting stressed, eating too much, and neglecting our exercise programs is difficult at this time of year. Seniors may be more at risk for increased stress than a younger person, and this may affect our health. There is the stress of getting everything done in addition to the usual daily activities. Proper self-care could be the gift you give to yourself, and a gift if you are responsible for others or simply want to contribute to the community.

Try to take a few moments for yourself, take a nap or a bath, and be thoughtful about the many activities you might engage in and then prioritize. Make sure you get a good night's sleep and get out for walks. Giving at this time can be a gift to ourselves and the community.

*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 ©2021 North Shore News*

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## Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Tai Chi	Woodworking	Woodworking	Snooker
	Yoga	Woodworking			Woodworking
<b>9:30 am</b>	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
		Weaving	Spanish – Int. Conversation		Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>		Meditation		Stained Glass	
		Tai Chi	Table Tennis	Drawing	Painting with Gabriele
			Woodcarving		Choir
<b>10:15 am</b>	Osteofit For Life			Osteofit For Life	
<b>11:00 am</b>			French Conversation		
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>12:30 pm</b>	Silk Painting				Duplicate Bridge
<b>1:00 pm</b>	Hula	Cribbage	Chair Yoga – Fully Seated	Pottery	Table Tennis
		Quilting Volunteers		Bingo	
		Tapestry	Dressmaking		Open Studio
		Daytime Dance	Beginner Pottery, Part 2		Weaving
<b>1:30 pm</b>	Get Up & Go			Get Up & Go	Line Dance - Beginners
<b>2:15 pm</b>			Chair Yoga – Stand Options		
<b>2:30 pm</b>					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](mailto:info@silverharbourcentre.com).