

THE CENTRE POST



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

January 2023



Come visit the therapy dogs at Silver Harbour!
Wednesday, January 11th 10:30 am – 12:00 noon

Thank you to

parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the

city
of north
vancouver

and

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NORTH VANCOUVER

for helping to fund the
operations of Silver Harbour.



"I knew it was
time, and I've
never looked
back."

Come Home to PARC

Moving into Cedar Springs last December was a quick decision for Dolly and her husband, Ted. They just felt ready and couldn't wait to start living a better life.

Aside from the music events and fitness programs available, Dolly loves the social scene available to her. Because she's still enjoying driving her car, she chauffeurs her friends on their way for lunch at local secret spots.

Discover reasons to come home to Cedar Springs PARC:
parcliving.ca/home

3633 Mt. Seymour Parkway, North Vancouver
604.986.3633



cedar springs
parc

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 70 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

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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.

In this Issue...

Silver Harbour Bulletin Board.....	pp.2-3
In The Community.....	p.4
Seminars & Special Events.....	pp.5-8
Trips and Tours.....	pp.9-10

Daily Menu.....	p.11
Programs & Services.....	pp.12-25
Prevent Falls.....	pp.26-27
Program Schedule.....	p.28

Silver Harbour Bulletin Board

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

Interested in our Photo-Interview Project?

Capilano University students are coming in January/February to interview seniors about your perspectives on two topics: your experiences with ageism and why you participate in activities at Silver Harbour. They will also take photographs of you doing your favourite activity for use in our future newsletters and social media posts. Please let the front desk know if you'd like to participate!

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.

ElderCollege at Silver Harbour – Registration Date Changed

Please note that the first day of registration for ElderCollege programs will now take place on Tuesday, January 10th, starting at 9 am.

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.



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Contact Your Travel Advisor to Book Today

Contact Kate Weiss for Pricing
Expedia Cruises, North Van 778.321.1830
Email: kweiss@expediacruz.com

Holland America Line*

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.

Stained Glass Needed!

Our Stained Glass program is looking for donations of stained glass supplies. Your donation would be much appreciated.

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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 19th

1:30-3:00 pm

Card Room

You must register in advance

Sewing Patterns Needed!

The dressmaking class are looking to update their patterns. If you have recent patterns for ladies clothing, in good shape, we would appreciate your donation.

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



Photo by Canva Studio

Free Tech Training for Seniors

Assistance with Using Digital Devices

Smart Phones — Tablets — Laptops — Desktops

Instruction in small groups

Bring your own device, some devices available

at Silver Harbour Seniors' Centre

Tuesday Afternoons 1:00 — 2:00 or 2:15 — 3:15

Starting January 10 through February 14, 2023

Registration Required

Contact Joni at Lionsview Seniors' Planning Society

Phone 604-988-7115 ext 4001

Email: lions_view@telus.net



Project Partners: Lionsview Seniors' Planning Society, North Vancouver City Library,
North Shore Keep Well Society, Silver Harbour Seniors' Activity Centre.
With funds provided by the New Horizons for Seniors Program

Seminars & Special Events

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 11th

10:15 am

Meet in the library

No charge, but you must pre-register

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, January 11th

10:30 am – 12:00 pm

Silver Harbour Library



BETTER MEALS

Serving Our Communities Since 1993

Book Club **CURRENTLY WAITLISTING**

The Book Club meets monthly to discuss a pre-selected book. The January title is "The Tea Girl of Hummingbird Lane" by Lisa See.

Monday, January 16th

2:30 - 3:30 pm

Multi-Purpose Room

No charge

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 17th

10:00 – 11:30 am

Card Room

No charge, but you must pre-register

Tech Connect – Online Security

**JUST
ADDED!**

Do you feel insecure about the information you are putting online? Presented by North Van City Library staff, this introductory class will cover some basic topics in online security, including passwords, malware protection, and online scams and fraud prevention.

Wednesday, January 18th

1:00 – 2:00 pm

Card Room

No charge, but you must pre-register

Seniors Outreach Meeting

Please see page 3 for details on this exciting new volunteer initiative.

Thursday, January 19th

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. Come have a look at what they're offering in 2023.

Monday, January 23rd

1:15 – 2:15 pm

Auditorium

Free of charge


**AGELESS
ADVENTURES**
A division of Mandate Tours & Transportation Inc.

Escorted Tours
604.542.5566 or 1.877.277.5577

Specializing in quality tours of Canada & Beyond
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COMFORTABLE ACCOMMODATIONS DIVERSE SIGHTSEEING
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More than 30 tours annually, upcoming departures include:



Wickaninnish Inn Experience
 March 26 - 30
 9 incl. meals from dbl: \$2,814.⁰⁰



St. Lawrence Seaway
 Kingston to Quebec City
 June 2 - 11
 22 incl. meals dbl: \$7,186.⁰⁰



Iceland
 Land of Wonders
 June 15 - 24
 27 incl. meals dbl: \$9,887.⁰⁰

Annual Haida Gwaii Tour
 July 17- 23 & July 29 - August 4
 16 included meals dbl: \$4,669.⁰⁰

Yukon & NWT
 July 9 - 20
 23 included meals dbl: \$7,623.⁰⁰

Our 2023 Brochure
Will Be Available
January 2023

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


#260 - 1959 152nd Street,
 Surrey, BC V4A 9E3

www.agelessadventures.com

Prices include
 all taxes



Navigating the Health Care System **JUST ADDED!**

Our healthcare system is complex, fragmented, and currently under massive stress. In order to get the care we need we must be informed, empowered and assertive. This workshop focuses on understanding care in hospital, discharge planning, and a focus on understanding both private and public-subsidized home care services and residential care. This presentation is made possible by the North Shore Retired Teachers Association.

Tuesday, January 24th

9:30 – 11:30 am

Card Room

No charge, but you must pre-register

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 25th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register

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 30th

10:00 – 11:30 am

Card Room

Free drop-in



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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 30th

1:30 – 3:30 pm

\$6 members;

\$8 non-members

Tickets on sale Tuesday, January 3rd

Ocean Health

Are you interested in learning about the health of our ocean? Join Ocean Ambassadors Canada for this workshop where we can discuss the health of the ocean, and small actions we can all take to make a big difference!

Wednesday, February 8th

1:00 – 2:00 pm

Card Room

No charge, but you must register in advance.

Downsizing

Join realtor Gary Born and professional organizer Judie Dahl to learn about downsizing. Gary will give you his insights on navigating through the volatile real estate market, and Judie talk about the planning, packing, moving and what you can do to make the process as stress-free as possible.

Wednesday, February 1st

1:00 – 2:00 pm

Card Room

No charge, but you must register in advance.

OASIS Arthritis: Hand Arthritis

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

Wednesday, February 22nd

1:00 – 3:00 pm

Card Room

No charge, but you must register in advance.



Davies
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Trips and Tours

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

Starlight Casino

Registration began on Thursday, Dec. 1st

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 18th

9:15 am – 2:45 pm

\$20 members; \$30 non-members

**Please buy your tickets before January 11th
or the trip may be cancelled**

Bloedel Conservatory and Lunch at Seasons in the Park

Registration began on Thursday, Dec. 1st

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 31st

9:30 am – 2:30 pm

\$25 members; \$35 non-members

**Please buy your tickets before January 24th
or the trip may be cancelled.**

Honeybee Centre

Registration begins on Tuesday, January 3rd

Come along and join us for a tour of the Honeybee Centre in Surrey. See and learn about the bees at work. There will be a presentation which will include honey-tasting. Honey and honey-themed products will be available for purchase. Following our visit to the Centre, we will return to the North Shore for lunch (not included in price) at Medley's Restaurant.

Thursday, February 9th

9:15 am – 2:30 pm

\$30 members; \$40 non-members

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

Total Toe Care

Great in-home foot care

Call Diane @ 604-649-1624



Your feet will thank you



Serving the North Shore for 17 years

Museum of Vancouver

Registration begins on Tuesday, January 3rd

Our trip will start with a drive to Kits Point, to the Museum of Vancouver. We will have a brief introduction to the Museum, followed by 2 hours to explore the permanent galleries which are focused on the history of Vancouver from the original Indigenous settlements to the city where we live today, as well as several feature exhibits. Following our visit to the museum, the bus will take us to Juliet's Café for lunch (not included in price) before returning to North Van. Lots of walking.

Monday, February 27th

9:00 am – 2:30 pm

\$28 members; \$38 non-members

Please buy your tickets before February 17th or the trip may be cancelled.



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Daily Menu for January

Monday	Tuesday	Wednesday	Thursday	Friday
2 Silver Harbour CLOSED	3 Meatballs	4 Lasagna	5 Shepherd's Pie	6 Chicken Cordon Bleu
9 Garlic Prawns	10 Turkey Schnitzel	11 Chicken a la King	12 Lamb Shank	13 Paella Valenciana
16 Cod Loin	17 Beef Patty	18 Pork Stew	19 Cod Nuggets	20 Baked Ham
23 Salmon	24 Cabbage Rolls	25 Meat Pie	26 Barbecue Ribs & Chicken	27 Beef tew
30 Fish & Chips	31 Chicken Breast	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 & 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

**SORRY
FULL**

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

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



Hollyburn Funeral Home

604-922-1221 | hollyburnfunerals.com
North Vancouver 604-985-3454

Dignity
MEMORIAL

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

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 8:15 – 9:15 am

Fitness Room

Jan 5 – Feb 27 (no class Feb 20)

\$138.75/15 classes

Program Registration Information:

- **Registration** for all programs starting in January began on December 7th.
- **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.

Keep Well

Exercise to music. Silver Harbour membership not required. Please note that the Friday Keep Well program has moved back to Lynn Valley, to Lynn Woods. Please contact Keep Well at 604-988-7115, ext. 3001 for the exact address and time.

Wed 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

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

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 10:00 – 11:00 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

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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Program Registration Information:

- ***Registration*** for all programs starting in January began on December 7th.
- ***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.

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

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

Program Registration Information:

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- 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.

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

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.


 604.720.8845



Everything we do is driven by our mission and values to enhance the lives of aging adults and to treat everybody like a member of our own family.

We offer the following home care services:

• Companionship & Meal Preparation	• Dementia Care
• Live In & Out Care	• Home Support
• Personal Care	• Respite Care
• Hospital Care Recovery	• Overnight Care

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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 Tuesday, January 10th at 9 am. ***Please note that this date has changed since our previous newsletter.***

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.

Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book. Books are selected by participants.

Wed 1:30 – 3:00 pm

Jan 25, Feb 15, Mar 8, Mar 29, Apr 19

\$25

Champions of the Environment Lecture Series

This spring we will take you on a journey through tropical forests, food security, identifying whales, climate and animal justice and plastic in our oceans. A more detailed list of topics and presenters will be available on our website in January.

Mon 1:00 – 2:30 pm

Card Room

Feb 27 – Apr 3

\$25

Healthcare Reform Lecture Series

This 4-session course will cover the origins of Canadian public health, its status on the eve of the pandemic, its experience through the pandemic, and the problems it is likely to face in the coming decade or more. A course blog with useful links and downloadable materials will be available when the course begins in February.

Tues 10:30 am – 12:00 pm

Card Room

Feb 7 – 28

\$25

History of Eastern Europe

Recent international events have brought focus on Eastern Europe, where borders are being changed by force of arms for the first time since the end of the Second World War. This course will provide an overview of the history of the areas now populated by the Slavic speaking people of Europe. From the neolithic migrations eight thousand years ago to modern times, this area has been the crossroads of Europe. The roots of the ongoing conflict in the area can be found in its history.

Wed 1:30 – 3:00 pm

Auditorium

Apr 5 - 26

\$25

Outdoor Learning

There are several Outdoor Learning programs offered each season. Participants provide their own transportation and meet at the location. All of the outdoor programs require a moderate level of fitness, and full mobility is required. These programs take place outside on natural terrain, with some steep and uneven ground. Programs will proceed rain or shine, so dress accordingly. Walking poles and sturdy footwear are recommended. This spring we are offering the following:

Lynn Creek with Streamkeepers

Enjoy an informative guided walk on the salmon lifecycle and habitat restoration.

Tues, April 11

1 – 2:30 pm – meet at the parking lot

\$10/1 class

Capilano River Regional Park

Guided walk with MetroVancouver Park naturalist. Learn about the forest and ecosystem right in our back yards.

Tues, April 18

1 – 2:30 pm – meet at the Fish Hatchery

\$15/1 class

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.

What's News

What's News is a current events discussion group for people interested in a wide range of issues reported in the media.

Thurs 1:00 – 2:30 pm

Card Room

Jan 26 – Apr 13

\$25

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.

Program Registration Information:

- ***Registration*** for all programs starting in January began on December 7th.
- ***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.

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 Jan 12

\$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)

Beginners Ukulele **JUST ADDED!**

In this class you will learn basic Ukulele chords and strumming patterns, to learn familiar songs. You will also learn to accompany yourself while singing. Ukuleles are not provided, participants must bring their own ukulele. This program has been made possible with funding from the Government of Canada New Horizons for Seniors program.

Mon 11:00 am – 12:00 pm

Multi-Purpose Room

\$25/8 weeks

Jan 30 – Mar 27 (no class Feb 20)

SORRY FULL

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 **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

\$25

Starts Jan 18

Fundamentals of Drawing **SORRY FULL**

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

3rd Monday of the month

10 am – 12 pm

Card Room

No charge

Knit and Crochet

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

Music Therapy **JUST ADDED!**

Taught by a professional music therapist, this group session supports health and well-being through music. This class will involve singing, music creation, music listening, relaxation to music, discussion, movement to music and more. Musical background and ability is not required to benefit from this class. This program has been made possible with funding from the Government of Canada New Horizons for Seniors program.

Mon 10:00 – 11:00 am

Multi-Purpose Room

\$25/8 weeks

Jan 30 – Mar 27 (no class Feb 20)

Painting

**SORRY
FULL**

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.

Have You Made a Plan yet?

If not, give our family a call



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Silk Painting **SORRY FULL**

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 **SORRY FULL**

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. No 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

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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
 Passau, Linz, Melk, Picturesque Wachau Valley, Vienna, Budapest.
 You will love this Avalon River ship

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

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These Simple Steps Will Help Seniors Prevent Falls

Have you ever been afraid of falling, and I do not mean in love? I mean the fear of physical falls which might result in you becoming inactive and isolated?

Falling is a serious issue for seniors because, as leading experts have said, falls are the leading cause of injury for older adults. According to HealthLink BC, “one in three British Columbians over the age of 65 will fall once every year, and falls are the main reason why older adults lose their independence.” Falls are also the principal reason for injury-related hospitalizations among Canadian older adults.

Because of the seriousness of falling for older adults, it is important that we raise the profile of falls prevention.

Falling can be a consequence of a number of health-related factors for older people. For instance, older people may develop poor balance and decreased muscle and bone strength, and they are susceptible to reduced vision or hearing. Seniors may develop symptoms of dizziness and weakness, perhaps related to their medications. Also, older people may not be taking the steps to keep their homes safe, to eat well and stay fit.

Most importantly, the fear of falling can have a profound effect on a person, as they may curtail their activities which might lead to other health issues such as depression, anxiety, isolation, and physical decline.

But the good news is that falls are preventable. The McMaster Optimal Aging Portal, a comprehensive web resource from McMaster University, notes three strategies you can adopt that will go a long way to preventing falls. These include “adjusting your home environment, engaging in exercises that promote strength and balance, and being mindful of your foot health.”

The Optimal Age Portal notes that research has shown that modifying your home environment has resulted in fewer falls for older people. There are steps you can take in adjusting your home environment that may help. You could remove trip hazards inside and out, and make sure you have good handrails and lighting on your staircases. You could also add non-slip treads for bare wooden steps. In your bathroom, install shower and tub grab bars, and place non-slip mats on the shower floor and bathtub. Make sure to secure loose rugs with double-faced tape, tacks, or slip-resistant backing. Lastly, clear away clutter, which can include loose wires and cords, furniture, and junk.

In preparing for the inclement weather ahead of us this winter, try these steps to prevent falls. Make sure that you use footwear with good traction, keep your eyes trained on what is before you and, if necessary, use a walking stick for balance. Be careful getting out of your car, avoid taking shortcuts,

take extra time, pay attention, and do not get distracted while outdoors. Keep your driveway and walkways salted and clear.

Exercising and improving your strength are not only terrific ways to improve health outcomes, but they are also positively linked to a reduction in falling for seniors. Regular exercise which combines strength, resistance, and balance will improve flexibility and prevent falls. You could take a class such as tai chi, strength and balance training or dance (which combines focus, movement, and balance). Most classes are available at seniors' centres or a centre which has seniors programming. Some classes which were started during the worst of COVID-19 are still being offered virtually – my personal choice.

Check these classes out in the Seniors Directory produced by the North Shore Community Resources Society and the North Shore News. Call 604-983-3302 to get a copy, or pick up a copy at the nearest seniors centre.

The Optimal Aging Portal's last strategy is taking care of your feet. According to the Public Health Agency of Canada, healthy and pain-free feet help you keep your balance, which is essential for preventing falls. The portal says that foot issues may contribute to a greater risk of falling. They suggest that "if you are worried about your foot health, you may want to consider seeing a podiatrist who can assess, diagnose, and treat you, and ultimately help to improve your ability to move safely."

Other strategies for falls prevention include having regular vision checkups, correcting vision problems, and reviewing your medications with your doctor or pharmacist. Seniors who have visual issues are more likely to fall than those who do not. Visual impairment might mean we cannot see environmental hazards that could cause a fall.

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

Silver Harbour Program Schedule

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