

THE CENTRE POST



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

February 2023



Silver Harbour has 15 amazing arts programs – come join us!

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Sean Wilkinson
Senior Living Specialist
swilkinson@cedarspringsparc.ca



Kaylie Hutchinson
Senior Living Specialist
khutchinson@cedarspringsparc.ca



3633 Mt. Seymour Parkway, North Vancouver, BC
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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a gathering place, recreational activities, and helpful 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, in person or by 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

Brenda Harrison	Director
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Staff

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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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Silver Harbour Bulletin Board

Tile Rummy is Back!

This tile-based game combines elements of mah jong and the card game rummy. Wednesdays, 11 am to 12 pm in the Card Room. \$1 drop-in. Starts February 15th

Holiday Closing

Silver Harbour will be closed on Monday, February 20th for the Family Day holiday, re-opening at 9 am on Tuesday, February 21st.

Call For Volunteers

We are planning a monthly display to showcase different cultural traditions from all over the world. If you're interested in volunteering to decorate the glass display cabinet, please get in touch Simran, our Arts Program Coordinator.

Clothing Donations Wanted

We're looking for gently used, good quality ladies winter clothing to sell in the Clothes Closet. Please bring your donations Monday to Friday, 9 am to 4 pm.

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.

Salish Weaving Presentation & Workshop – Are You Interested?

We are hoping to schedule a presentation about Salish Weaving traditions, as well as a hands-on weaving workshop, in March. If this is something that you are interested in, please leave your name and number at the front desk and we will contact you when further details are available.



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Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$35,000 or less per person and \$45,000 or less per couple, and interest income of \$1000 or less). Specially trained volunteers can help you complete your income tax and benefit return if your income is low and your tax situation is simple. Volunteers do not complete income tax and benefit returns for past years, deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. If you would like us to assist in completing your income tax forms, we are here to help.

**Call 604-980-2474 for
information and an appointment.**

Have You Made a Plan yet?

If not, give our family a call



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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.

Heating and Plumbing Repairs – Wednesday, February 15th

Please note that we are having some repairs done on Wednesday, February 15th, which will result in the heat and hot water being turned off, starting at 11:30 am. We will remain open for programs, and toilets and sinks will be working but there will not be hot water.

Ice or Snow, We Don't Go!

If there is snow falling, or there is snow or ice on the ground, we've probably cancelled your program at Silver Harbour. While we try to stay open during bad weather and offer our food services, we frequently cancel programs on these days. If in doubt, please call Silver Harbour at 604-980-2474 before coming to the centre on a snowy or icy day. And remember the great saying used by the North Shore Keep Well Society – "ice or snow, we don't go!"

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.

Craft Volunteers Needed

We are looking for volunteer crafters to help make crafts for our sales. No experience necessary; materials provided. If you are interested please contact Simran.



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June 01, 2023 KENYA
 See the wonders of an Africa Safari: Lions, Leopards, Cape Buffalos, Rhinos, Elephants
 Famous Masai Mara, Buffalo Springs, Aberdare, Ol Pejeta, Lakes Nakuru & Naivasha
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
 Tuscany 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
 Cruise the Bosphorus, Fairy Chimneys, Aspendos, Cruise on the Mediterranean
Yes Guide & Driver Gratuities Are Included

TravelWithRon.ca ron@travelwithron.ca The Travel Group

Call for Details: 604.575.7788 / 1.800.946.0091

CPBC #4673
CPBC #91068

In The Community...

Housing Solutions Lab: North Shore Homeowner Options

Are you a homeowner over 55 who is considering different options for aging in your home? SFU's Renewable Cities and Hollyburn Community Services Society are excited to launch Housing Solutions Lab: North Shore Homeowner Options!

We will explore housing opportunities for homeowners (55+) living on the North Shore who are interested in options such as secondary suites, coach houses and homesharing. We are inviting interested older adults on the North Shore to identify barriers and collaborate on solutions through surveys, workbooks and workshops. Our goal is to co-create a roadmap for solutions that build social connection, address housing affordability, offer options for aging in place and positively benefit the climate.

Here's how you can participate in the lab:

- Fill out our survey about your perspective regarding consideration of your housing options: <https://www.renewablecities.ca/housing-solutions-lab>
- Sign up to get updates about this project: <https://www.renewablecities.ca/housing-solutions-lab>
- Consider attending a workshop in early March on the North Shore – express your interest to attend here: <https://www.renewablecities.ca/housing-solutions-lab>

Questions? Contact Rebekah Parker at rebekah_parker@sfu.ca

27th Annual Writing Contest

The North Shore Writers' Association invites you to submit your entries to their 27th Annual Writing Contest. The categories are fiction, non-fiction and poetry. The contest deadline is February 28, 2023. For more information check their website at <http://www.nswriters.org/annual-contest/>.

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

Share Your Thoughts On How To Improve Cancer Care For Older Adults In BC

Together with community partners, UBC School of Nursing and BC Cancer, the Cancer and Aging Research Engagement team have conducted focus groups and interviews with 80+ British Columbians from across the province about the care and experience of older adults affected by cancer. Through this work, 12 research and care-related priorities were generated and we need your feedback.

Take this 10 to 15-minute survey https://ubc.ca1.qualtrics.com/jfe/form/SV_1Ly4AhGfLyOogU6 to share your thoughts about the priorities. For questions or if you need telephone assistance, please contact Kristen.haase@ubs.ca or call 604-827-0979

Tax Credits for Seniors

Seniors may be eligible for a number of tax credits, including the following:

- Canada Caregiver Credit: You may be able to claim the CCC if you support your spouse or common-law partner with a physical or mental impairment.
- Disability Tax Credit: The DTC helps reduce the income tax that people with physical or mental impairments, or their supporting family members, may have to pay. It aims to offset some of the costs related to the impairment.
- Home Accessibility Expenses Credit: HATC is for qualifying expenses incurred for work performed or goods acquired in respect of a qualifying renovation of an eligible dwelling of a qualifying individual.
- Medical Expenses Credit: An individual is entitled to MEC for medical expenses paid for himself/herself, his/her spouse or a dependent during a 12-month period ended in the year 1 and which was not used in the prior year.
- Age amount credit: You must be 65 years of age or older on December 31, 2022, with a net income of less than \$90,313. The unused portion of this credit may be transferred between spouses or common-law partners.
- Pension Income amount Credit: Allows you to claim up to \$2,000 if you reported eligible pension, superannuation or annuity payments on your tax return. Income from Old Age Security benefits, Canada Pension Plan benefits and Quebec Pension Plan benefits are not eligible for this credit.

Workshops & Special Events

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 pre-register

Newcomers Tea and Tour

All new members and those considering becoming members are invited to attend a tour of Silver Harbour and enjoy a free cup of tea (or coffee).

Wednesday, February 8th

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,

February 8th

10:30 am – 12:00 pm

Silver Harbour Library



Make travel your tradition during Holland America Lines 150th year of cruising! Receive a free balcony upgrade and up to 30% off fares plus a 50% Reduced Deposit, Shore Excursions, Wi-Fi and more on over 500 voyages. Book by January 31 and get a bonus of up to \$400 Onboard Credit! Join us for the time of your life, again and again.

Contact: Kate Weiss for details and pricing

Call: 778 321 1930

Email: kweiss@expediacruzises.com



BCREG: 25615/6

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 pre-register

Valentine

“Personalize A Tote Bag” Workshop

Design and embellish a “one of a kind” tote bag for your loved one or yourself. Tote bag and Materials provided.

Monday, February 13th

10 am – 12 pm

Sewing Room

\$10

Tech Connect – Introduction to Online Travel

**JUST
ADDED!**

The internet is now the go-to place to book flights, accommodations and most of your other travel needs. Join us for this beginner class where we'll introduce you to travel websites and show you how to navigate them to book your next great escape!

Wednesday, February 15th

1:00 – 2:00 pm

Card Room

No charge, but you must pre-register

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 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, February 27th

10:00 – 11:30 am

Card Room

Free drop-in

Book Club

**CURRENTLY
WAITLISTING**

The Book Club meets monthly to discuss a pre-selected book. The February title is "The Cold Millions" by Jess Walter.

Monday, February 27th

2:30 - 3:30 pm

Multi-Purpose Room

No charge

NEW!

Indigenous Beading Workshop

Join Laurine Daniels in a hands-on beading workshop where you will learn the basics of Indigenous beading and create a pair of earrings. All materials provided.

Wednesday, March 1st

10:00 am – 12:00 pm

\$10 (you must register in advance)

Medical Assistance in Dying

Presented by a representative from Dying with Dignity, this workshop will explain how MAID legislation came to pass, discuss changes which have already been made, and those which are anticipated, as well as MAID eligibility and process.

Tuesday, March 7th

10:00 – 11:00 am

Card Room

No charge,

but you must pre-register

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Fraud Presentation

A representative from the North Vancouver RCMP will introduce you to the various types of frauds that are targeting the public in North Vancouver, specifically focusing on frauds to which seniors are vulnerable. The presentation will give you a basic understanding of different types of frauds, how to recognize them, and what steps you can take to protect yourself.

Tuesday, March 14th

10:00 – 11:00 am

Card Room

No 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, March 27th

10:00 – 11:30 am

Card Room

Free drop-in

OASIS Arthritis:

Beverages –

What Are You Drinking?

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Taught by a Registered Dietitian, you will learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for arthritis.

Wednesday, March 29th

1:00 – 2:30 pm

Card Room

No charge, but you must pre-register

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

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Trips and Tours

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

The following trip(s) for February are sold out. Please add your name to the waitlist.

- Honeybee Centre – February 9th

Starlight Casino – Rescheduled from January!

Registration is on now!

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, February 15th

9:15 am – 2:45 pm

\$20 members; \$30 non-members

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

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Museum of Vancouver

**Registration began 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.**

Ikea

Registration begins on Wednesday, Feb. 1st

We will drive to Coquitlam for some leisurely morning shopping at Ikea. We will enjoy lunch (not included in price) at their popular cafeteria, before heading back to the North Shore. Lots of walking.

Friday, March 10th

10:00 am – 2:30 pm

\$18 members; \$28 non-members

Please buy your tickets before March 3rd
or the trip may be cancelled.

Granville Island

Registration begins on Wednesday, Feb. 1st

This trip will take us to Granville Island, where you can stroll the indoor public market as well as an array of other outlets. The market offers food and produce stores, as well as gifts and other products, along with a beautiful view of the water. There will be time for lunch (not included in price) at one of the many restaurants and food stalls. Lots of walking.

Tuesday, March 21st

10:00 am – 3:00 pm

\$23 members; \$33 non-members

Please buy your tickets before March 9th
or the trip may be cancelled.

Dancers of Damelahamid Performance

Registration begins on Wednesday, Feb. 1st

Our bus will take us downtown to the Scotiabank Dance Centre, where we will be treated to "Spirit and Tradition", a one hour performance by Indigenous dance troupe, the Dancers of Damelahamid. "Spirit and Tradition" layers vibrant dances, singing, drumming and projected imagery to immerse us in the ecosystems and culture of the indigenous lands and waters of the Northwest Coast. There will not be a lunch stop on this trip, so please make sure that you have had something to eat before getting on the bus. This program has been made possible with funding from the Government of Canada New Horizons for Seniors program.

Thursday, March 30th

10:45 am – 1:30 pm

\$10/ticket (member or non-member)

Please buy your tickets before March 23rd
or the trip may be cancelled.



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 February

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lasagna	2 Cottage Pie	3 Paella
6 Garlic Prawns	7 Turkey Schnitzel	8 Beef Stew	9 Chicken Curry	10 Lamb Shank
13 Cod with Prawns	14 Beef Patty	15 Chicken a la King	16 Fish & Chips	17 Baked Ham
20 Family Day Silver Harbour CLOSED	21 Salmon with Shrimp Sauce	22 Shepherd's Pie	23 Cabbage Rolls	24 BBQ Chicken & Ribs
27 Cod Nuggets	28 Meatballs	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 (February-March sessions)

Our program sessions specifically scheduled for February-March are detailed here. For a full listing of our programs, please see the last page of this newsletter or visit us online at www.silverharbourcentre.com.

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

Mar 1 – Apr 26

\$58.50/9 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

Mar 1 – Apr 26

\$58.50/9 classes

Get Up & Go

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon 1:30 – 2:30 pm

Fitness Room

Mar 6 – Apr 24 (no class Mar 20, Apr 10)

\$55.50/6 classes

Thu 1:30 – 2:30 pm

Fitness Room

Mar 2 – Apr 27

\$83.25/9 classes

Jointmoves

Combining Jointmasters and Jointworks II, you will learn appropriate, progressive and consistent joint-friendly ways to develop strength, balance and coordination. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 8:15 – 9:15 am

Fitness Room

Mar 2 - Apr 27 (no class Mar 20, Apr 10)

\$138.75/15 classes

Knit and Crochet

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

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

Mar 3 – Apr 28 (no class Apr 7)

\$56/8 classes

(Rate is for one person and their care partner)

Music Therapy

SPACES STILL AVAILABLE!

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)

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

Mar 2 - Apr 27 (no class Mar 20, Apr 10)

\$138.75/15 classes

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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

Mar 2 - Apr 27 (no class Mar 20, Apr 10)

\$138.75/15 classes

Tile Rummy

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

Wed

11:00 am – 12:00 pm

Card Room

\$1 drop-in

Starts February 15th

Valentine "Personalize A Tote Bag" Workshop

Design and embellish a "one of a kind" tote bag for your loved one or yourself. Tote bag and Materials provided.

Monday, February 13th

10 am – 12 pm

Sewing Room

\$10

Salish Weaving Presentation & Workshop – Are You Interested?

We are hoping to schedule a presentation about Salish Weaving traditions, as well as a hands-on weaving workshop, in March. If this is something that you are interested in, please leave your name and number at the front desk and we will contact you when further details are available.



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ElderCollege at Silver Harbour

There is still space available in the following ElderCollege programs – registration is on now!

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



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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

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


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Here's How You Can Keep Your Heart Healthy

February is Heart Month in Canada.

This month is also when we celebrate Valentine's Day, which is a day to celebrate romantic love with heart symbols, cupids, and yummy chocolate. But the month is also about raising awareness about heart disease and encouraging people to look after their hearts. The month reminds people how important it is to keep healthy and stay informed about the risks of heart-related conditions.

Essentially, rather than merely a symbol of love, the heart is responsible for pumping blood around our body and transporting oxygen and cells to our other organs. The blood takes away waste products and carbon dioxide. Veins carry oxygen-poor blood back to your heart and lungs to start the cycle over again.

The heart is a crucial organ in our bodies, so it is important that we make the right choices to keep our hearts happy and healthy.

Heart disease is among the leading causes of death globally and imposes a significant burden on the health-care system. The Heart and Stroke Foundation of Canada says that "heart disease refers to what is really a group of conditions that affect the structure and functions of the heart and has many root causes."

The most common type of heart disease is coronary artery disease which affects the blood vessels of the heart. Coronary artery disease is mainly caused by blockages that affect blood flow to the heart muscle, which interrupts the supply of oxygen and other important nutrients.

Some of the causes of heart disease are smoking, unhealthy diet, obesity, high blood pressure and high blood cholesterol, diabetes, and the makeup of our genes. Unfortunately, as we age, we are increasingly at risk to develop some of these risk factors. It has also been suggested that a weakening immune system in older persons and inflammation in the body could be to blame. The On Health Consumer Report, January 2022 issue, says that for older people, "your body is likely to produce less infection-fighting T-cells than it once did, and you may also have higher levels of inflammation. Both factors can make you more vulnerable to illness."

Making healthy lifestyle choices may prevent heart disease and can also boost your immune system. We can quit smoking, eat well, move more, and have regular medical check-ups. The Canadian government's website points out the link between smoking and heart disease, showing that smoking increases your risk of developing heart disease, stroke, and common cancers.

Our diet should consist of eating a wide variety of foods and reducing the consumption of fast food and other fat-clogging foods. Eating foods such as fruits, vegetables, low-fat dairy, fatty fish, nuts, seeds, and legumes can help reduce the risk of a stroke and heart disease. Well, maybe we can have one bite of chocolate (OK maybe two) for Valentine's Day – eating everything in moderation is a key to healthy eating.

Get your body moving at least five times a week for 30 or 45 minutes. Take an exercise class (strength and balance are great), go for a brisk walk, and cycle if you are able. Walking, strengthening and balance exercises also have the bonus of helping to prevent falls and hip fractures. Several times a day you could take a five-to-10-minute break to move around your home. Perhaps you could do some light or heavy gardening and tidy and clean your house, car, or garage. Find exercises that work for your level of comfort, and repeat daily.

It is important to know the signs of a stroke or heart attack. According to the Heart and Stroke Foundation, signs of a heart attack include chest discomfort, upper body discomfort, sweating, light-headedness, shortness of breath, and nausea. These can vary in men and women.

The signs of a stroke include sudden numbness or weakness in the face, arm, or leg, especially on one side of the body, sudden confusion, trouble speaking, or difficulty understanding speech, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance, or lack of co-ordination.

If you have had a heart attack or stroke, it is important to get care after either of these events. Rehabilitation programs can reduce the risk of a return to hospital within a year by 31 per cent. The North Shore Stroke Recovery Centre is a good place to start if you have had a stroke. For more information about their programs call 778-340-5803, or email them at info@nssrc.org. Lions Gate Hospital and seniors and recreation centres offer programs for cardiac rehabilitation.

Let's be heart smart everyone. Have a great month, and happy Valentine's Day.

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 ©2022 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		
9:45 am					Minds in Motion
10:00 am	Chess	Meditation		Stained Glass	Chess
	Music Therapy	Tai Chi	Table Tennis	Drawing	Painting with Gabriele
	Osteofit For Life		Woodcarving	Osteofit For Life	Choir
10:30 am		Healthcare Reform Series			
11:00 am	Ukulele		French Conversation		
			Tile Rummy		
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
	Environment Lecture Series	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
			Dressmaking	What's News	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.