

THE CENTRE POST



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

March 2023



Spring Program Registration starts on Thursday March 16th at 10 am

Thank you to

parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the

city
of north
vancouver

and

DISTRICT OF
NORTH
VANCOUVER

for helping to fund the
operations of Silver Harbour.



Designed by *Nature*

There's a lot to be said for designing a community that brings together the best of all worlds: the tranquility of nature and the vibrant energy of urban living. This is Cedar Springs PARC: a mix of modern comforts, beautiful outdoor spaces and proximity to a friendly, walkable community.

Located just off North Vancouver's Mt. Seymour Parkway, and minutes from the water, Cedar Springs is surrounded by some of the most beautiful mountains, parks and beaches you can imagine. It's purposefully designed for life to be enjoyed to the fullest, in a location that makes it possible every day.

Come for a tour and see for yourself why Cedar Springs PARC is naturally designed for the good life.

cedar springs
parc

604.986.3633
parcliving.ca/Cedarsprings

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

Board of Directors

Brenda Harrison	Director
Doug Blakeney	Treasurer
Elizabeth Jones	Vice-President
Margaret Coates	Secretary
Richard Gauntlett	President
Ritch Seeley	Director
Ron Needham	Director
Virginia Baldwin	Director
Wayne Hanna	Director

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

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 Csapka	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
Workshops & Special Events.....	pp.5-8
Trips and Tours.....	pp.9-10

Daily Menu.....	p.11
Programs	pp.12-25
Protect Yourself From Scams.....	pp.26-27
Program Schedule.....	p.28

Silver Harbour Bulletin Board

Spring Forward!

Daylight Savings Time begins on Sunday, March 12th at 2 am. Remember to put your clocks forward.

Spring Program Registration – Now Starts at 10 am

Spring Program Registration will begin on Thursday, March 16th at 10:00 am. You may register by phone, but do not leave a message – you must speak with a staff member in order to register.

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.

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.

Save the Date –

Volunteer Appreciation Event

Silver Harbour volunteers – remember to check the April newsletter for details of our Volunteer Appreciation Event on Monday, April 17th.



Bayshore[®]
Home Health

What does remaining at home mean to you?

Whether it's just a little assistance for daily tasks or round-the-clock care, Bayshore's caregivers can ensure you are living your best life while remaining at home.

LET'S TALK.

604.873.2545

northshore@bayshore.ca

PERSONAL CARE | HOME SUPPORT | NURSING

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.

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.

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.

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

ADVANCED MEDICAL

Healthcare Equipment



SALES
RENTALS
REPAIRS
INSTALLATIONS

WE OFFER
a wide variety of daily living aids and home healthcare equipment

1863 Marine Dr. West Vancouver
www.AdvancedMedicalBC.ca

604 912 0106

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



Comfort Keepers.
Elevating the Human Spirit™

ACCREDITATION PRIMER AWARD
ACCREDITATION AGREEMENT
CANADA

Keeping Seniors Safe. At Home.

HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES

(604) 998.8806

northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver

Workshops & Special Events

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

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, March 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, March 8th
10:30 am – 12:00 pm
Silver Harbour Library

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



Davies
Prescription Pharmacy

Serving the North Shore with quality medical supplies and pharmaceuticals for 30 years.

Tel: (604) 985-8771 www.daviesrx.com
1401 St. Georges Avenue, North Vancouver

Tech Connect: **JUST ADDED!** Photo Management

We take more photos now than we ever have – but are you able to manage them effectively? Storing, sharing, and printing images can be tricky – would you like to learn how to do these tasks more easily? Join us for this demonstration class to learn how to manage your photos.

Wednesday, March 15th

1:00 – 2:00 pm

Card Room

No charge, but you must pre-register

Book Club

CURRENTLY WAITLISTING

The Book Club meets monthly to discuss a pre-selected book. The title to be discussed in March was not yet available at the time of printing.

Monday, March 20th

2:30 - 3:30 pm

Multi-Purpose Room

No charge

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

ASK ABOUT MORTGAGES

Marci Deane
Mortgage Broker

Retire in the home you love, on your own terms

Did you know your home equity can be used to fund your retirement?

Ask Marci!

604-816-8950

CERTIFIED REVERSE MORTGAGE Specialist

Suite 102-223 Mountain Hwy, North Vancouver
marci@askmarci.ca | www.askaboutreversemortgages.ca

Traditions of Salish Weaving

Chepximiya Siyam' Janice George is an accomplished weaver and teacher from the Squamish Nation. She, along with her fellow weaver and teacher Skwetsimeltxw Willard "Buddy" Joseph, co-founded L'hen Awtxw Weaving House to share the teachings and practice of traditional Coast Salish wool weaving. Chief George is a hereditary chief, trained museum curator, and educator. Janice co-organized the 1st Canada Northwest Coast Weavers Gathering, with other Squamish Nation Weavers. Janice and Willard are from prominent Squamish families and have numerous ceremonial and cultural responsibilities in their community. They are also the co-authors of the book, *Salish Blankets: Robes of Protection and Transformation, Symbols of Wealth*, with Leslie H. Tepper, curator of Western Ethnology at the Canadian Museum of History.

This will be a wonderful opportunity for audiences wishing to understand and enjoy the beautiful and complex Salish textiles.

Monday, March 27th
1:00 – 3:00 pm
Auditorium
No charge,
but you must pre-register

Wool Pendant Weaving Workshop

Squamish master weavers Janice George and Willard 'Buddy' Joseph lead this workshop where you learn to weave your own wool pendant. In this 2-hour workshop, participants will learn the techniques of Salish wool weaving and create a unique pendant.

Wednesday, March 29th
1:00 – 3:00 pm
Auditorium
\$10

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

Aging In Place

Aging in Place strategies offer a solution by helping seniors adapt their homes, stay in their communities, and maintain their independence as they age. Please bring a pen so you can self-evaluate your ability to age in place. We will examine 9 key dimensions to consider: health, home, transportation, finances, connections, safety, support and services, community, single/with a partner. This presentation is made possible by the North Shore Retired Teachers Association.

Tuesday, April 11th

10:00 – 11:00 am

Card Room

No charge,

but you must pre-register

Advance Care Planning

Presented by Dying With Dignity, this session will empower you by helping you plan for serious injury, illness and end-of-life. You will learn:

- The what, why, when and how of Advance Care Planning
- How to select a substitute decision maker
- The process of creating an Advance Care Plan, including where to access relevant forms and resources.

Tuesday, April 18th

10:00 – 11:00 am

Card Room

No charge,

but you must pre-register

OASIS Arthritis:

Sleep & Stress Management

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress.

Wednesday, April 26th

1:00 – 3:00 pm

Card Room

No charge, but you must pre-register

Discover the World in 2023 with Travel Specialist
Ron Booiman with over 35+ years of Group Travel

For Brochures Visit : TravelWithRon.ca

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 #1673
CPBC # 01988

Trips and Tours

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

Ikea

Registration began 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 began 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 began 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.**

Bloedel Conservatory

Registration begins on Wednesday, March 1st

We're trying again! We will drive to Queen Elizabeth Park, where we will spend 1 hour at the Bloedel Conservatory, admiring the 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 have lunch (not included in price) at Seasons in the Park Restaurant. Some walking.

Wednesday, April 5th

9:30 am – 2:30 pm

\$25 members; \$35 non-members

Please buy your tickets before April 18th
or the trip may be cancelled.

Secret Cove & The Sunshine Coast With Enjoy Tours

Registration begins on Wednesday, March 1st

Explore the Sunshine Coast, also known as “the best place on earth”! Visit Davis Bay, an ancient forest and have lunch (included in price) at the 5-star Rockwater Secret Cove Resort. Package includes lunch, all ferry fees and taxes. There will be an additional \$10 ferry fee for those aged 64 and under.

Tuesday, April 11th

8:30 am – 6:45 pm

\$139 members; \$149 non-members

Please buy your tickets before April 4th
or the trip may be cancelled.

UBC Botanical Garden

Registration begins on
Wednesday, March 1st

Take part in a one-hour garden tour at the UBC Botanical Gardens, and discover the wonder of plants, biodiversity and stories behind the garden. There is a small garden gift shop as well. After the tour, we will travel to Kitsilano for lunch (not included in price) at the Local Public Eatery. Lots of walking

Wednesday, April 12th

9:15 am – 2:30 pm

\$30 members; \$40 non-members

Please buy your tickets before March
31st or the trip may be cancelled.

JUST LIKE FAMILY
HOME CARE

 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

Call for FREE In-Home Care Assessment

northvan@justlikefamily.ca • www.justlikefamily.ca
Proudly Canadian  Locally Owned

Daily Menu for March

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12		1 Sausages & Perogies	2 Lasagna	3 Paella
6 Salmon	7 Turkey Schnitzel	8 Jambalaya	9 Beef Stew	10 Lamb Shank
13 Garlic Prawns	14 Cottage Pie	15 Chicken Parmesan with Spatzle	16 Cod Nuggets	17 Roast Pork
20 Fish & Chips	21 Meatballs	22 Chicken a la King	23 Pork Stew	24 BBQ Ribs & Chicken
27 Cod with Prawns	28 Beef Patty	29 Chicken Curry	30 Shepherd's Pie	31 Chicken Cordon Bleu

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 ladieswear 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 11 of this newsletter. You are also welcome to have your food packaged to take home.

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.

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

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

Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock!

Tue 1:00 – 2:00 pm

No charge

Starts April 4

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

Program Registration Information:

- **Registration** for all programs starting in April will begin on March 16th at 10 am.
- **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.

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

Apr 17- June 19 (no class May 22)

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

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

\$138.75/15 classes

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed & 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

Apr 14 – June 30

\$60/12 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

Mar 3 – Apr 28 (no class Apr 7)

\$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

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

\$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

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

\$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





HELPING THE MATURE GENERATION IN TRANSITION

Offering...

A customized approach to your real estate needs.

The patience, professionalism & expertise you deserve.



garyborn

PERSONAL REAL ESTATE CORPORATION

Email gary@garyborn.com

Website garyborn.com

604 - 787 - 9418

Program Registration Information:

- **Registration** for all programs starting in April will begin on March 16th at 10 am.
- **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.

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

Apr 18 – June 27

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

Apr 3 – May 15 (no class Apr 10)

\$36/6 classes



AGELESS ADVENTURES

Serving BC Seniors for 36 years

Fully escorted tours of Canada, the U.S., and Beyond

Home pick-up & drop-off service, within the lower mainland

More intimate group sizes

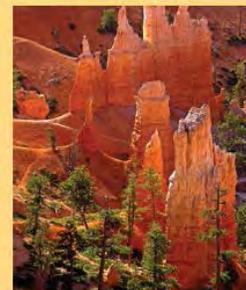
Many included meals, showcasing local cuisine

Early payment discount

Cancellation protection plan

Newest, climate controlled, wide body coaches

Stay 'n' Play tours



Call for a Tour Brochure:

604-542-5566 or

Toll Free 1-877-

277-5577

or online at:

agelessadventures.com



Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

Book Club

**CURRENTLY
WAITLISTING**

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

Champions of the Environment Lecture Series

See detailed information on page 20.

Circle of Friends

**CURRENTLY
WAITLISTING**

The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required.

Wed 1:00-2:30 pm

Multi-purpose Room

\$3 per session

Please leave your name and number and the leader will contact you.

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

Program Registration Information:

- **Registration** for all programs starting in April will begin on March 16th at 10 am.
- **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.

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$3 drop-in

Current Conversations

**CURRENTLY
WAITLISTING**

Join Julie for a lively Friday afternoon gathering for seniors. The afternoon will include stimulating conversation, new ideas and laughter – a time to share, connect, and make new friends. Please leave your name and phone number at the front desk. Silver Harbour membership not required.

Fri 1:00-2:30 pm

Multi-purpose Room

\$3 per session

History of Eastern Europe

See detailed information on page 20.

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

Meditation

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

Tue 10:00 – 11:00 am

Computer Room

\$25/season

Apr 4 – June 27

Outdoor Learning – Capilano River Regional Park

See detailed information on page 20.

Have You Made
a Plan yet?

If not, give our family a call

 **McKenzie**
FUNERAL SERVICES



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S
West Vancouver, BC

mckenziefuneralservices.com

Our Family Serving Yours
For Over 70 Years

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

Apr 5 – June 7

Tea & Talk

Tea and Talk members will gather weekly to enjoy lively and fun conversation while meeting and making new friends! The Silver Harbour Seniors Outreach Team will provide

support to members, such as: transportation to and from the centre, reminder phone calls and one on one volunteer support while in the program. Please register at the office. Joni will contact new participants prior to joining the program.

Light refreshments will be served.

Thurs 10:30 am – 12:00 pm

Card Room

\$3 per session

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

What's News

See detailed information on page 20.



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@expediacruz.com

 **Expedia Cruises**
Air, Land & Sea Vacations

BCREG: 25615/6

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. Topics will be:

- Wartime Food Systems
- Environmentalism Then & Now
- Climate Justice
- Identifying Whales of B.C.
- Metro Vancouver's Role in Regional Air Quality & Greenhouse Gas Management
- Help From Kelp

Mon 1:00 – 2:30 pm

Card Room

Feb 27 – Apr 3

\$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:

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

Is it fact or fake? Are you interested in news and current affairs? Here's your chance to engage in discussion with others about what is happening in our world and is reported in the media. If you'd like to learn about what's going on, share your opinion about current events, or help distinguish facts from fake news, please join us. New participants are always welcome.

Thurs 1:00 – 2:30 pm

Card Room

Until 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

Materials provided. All new volunteers must book an orientation with the Arts Program Coordinator before registering.

Quilting Volunteers

Supported, non-instructional environment
Intermediate+

Join this volunteer group of quilters to help make handmade items for our Craft Markets. Come have fun solving enormous geometry problems!

Tue 1:00 - 3:00 pm

No charge, currently waitlisting. Materials provided.

Woodworking Volunteers

Supported, non-instructional environment
Intermediate+

Supervisors: Neil and Robert

Join this volunteer group of woodworkers to help make handmade items for our Craft Markets. Full range of electric and manual equipment.

Mon – Fri mornings

No charge. Materials provided. Alternatively pay a donation of \$3.00 per visit and make for yourself.

All new volunteers must book in an orientation with Neil before registering

Program Registration Information:

- **Registration** for all programs starting in April will begin on March 16th at 10 am.
- **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 April 13

\$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.

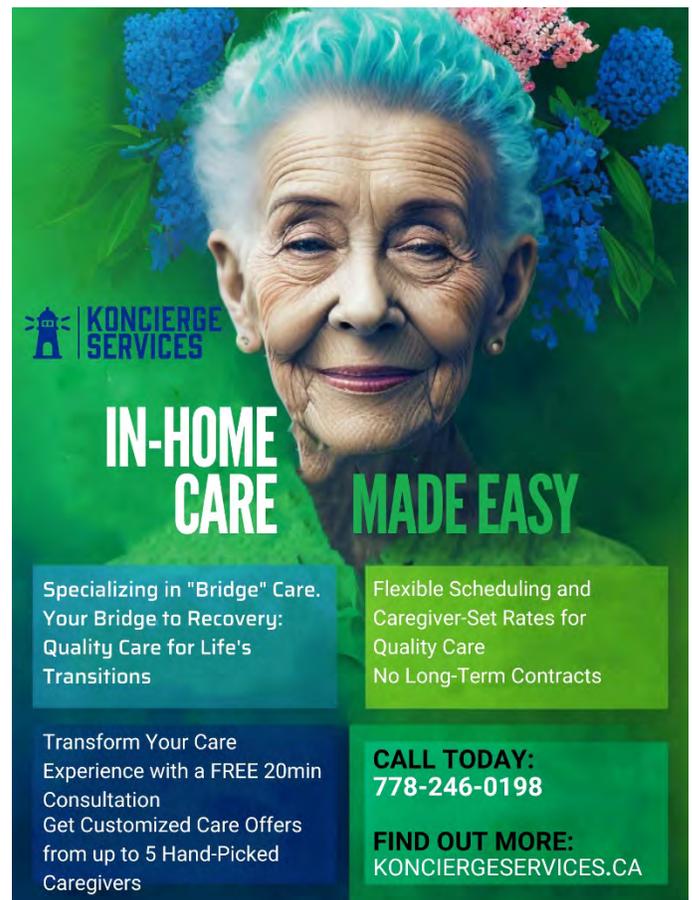
Open Studio

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.



KONCIERGE SERVICES

IN-HOME CARE MADE EASY

Specializing in "Bridge" Care.
Your Bridge to Recovery:
Quality Care for Life's Transitions

Flexible Scheduling and Caregiver-Set Rates for Quality Care
No Long-Term Contracts

Transform Your Care
Experience with a FREE 20min Consultation
Get Customized Care Offers from up to 5 Hand-Picked Caregivers

**CALL TODAY:
778-246-0198**

**FIND OUT MORE:
KONCIERGESERVICES.CA**

Arts Programs (Instructed)

Beginners Knitting

Join this course and learn to knit in a fun and supportive environment. You will learn the basics of knitting, casting on and off, seed stitch and various ribbing. A final project will provide an opportunity to practice and refine your new skills.

Wed 11 am – 12:30 pm

\$25

Starts Apr 19

Beginners Ukulele

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

Apr 17 – June 19 (no class May 22)

Clay Sculpture

In this class we will explore the human head using clay, and learn the basics of figurative sculpting using the slab-building technique we practiced in previous classes. We will go through the slab-building practice, prepare templates and diagrams, cut simple patterns and start building a human bust. After assembling our sculpture and working on the shape, we will refine the skin, expression and texture. Finally, we will add colour and prepare the piece for firing.

Wed 1:00 – 3:00 pm

\$25

Starts April 12

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 April 19

Embroidered Portraits on Fabric

Learn basic embroidery stitches, then transfer a photograph to fabric and embellish it with embroidery techniques to create a one-of-a-kind wall hanging. All materials provided.

Thur 1:00-3:00 pm

\$25

Starts Apr 14

Program Registration Information:

- **Registration** for all programs starting in April will begin on March 16th at 10 am.
- **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.

Fundamentals of Drawing – Part 2

This course will build upon the skills learned in the previous session. Part 2 will focus on developing your abilities further by applying basic techniques learned in the creation of complete drawings, using a variety of reference material. This course would also be helpful to those with some drawing experience who want to sharpen their skills.

Materials required:

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

Thurs 10 am – 12 pm

Sewing Room

\$25/6 lessons

Starts April 12

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 spring sessions on April 17, May 15, June 19

3rd Monday of the month

10 am – 12 pm

Card Room

No charge

Music Therapy

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

Apr 17 – June 19 (no class May 22)

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 Apr 14

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.

Apr 3 – June 5

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 April 13

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 April 11

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**

Program Registration Information:

- **Registration** for all programs starting in April will begin on March 16th at 10 am.
- **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.



BETTER MEALS

Serving Our Communities Since 1993

Seniors Should Take These Steps To Protect Against Scams

If an offer sounds too good to be true, it is likely a scam

Lately there have been a rash of scams and frauds perpetrated against people, some of them vulnerable seniors. It seems that unless older people and their loved ones stay vigilant, seniors could easily fall prey to these crimes.

According to the Canadian Anti-Fraud Centre, which is Canada's central repository for information about fraud, fraud is the number one crime perpetrated against older Canadians. "Though people of all ages can be victims of fraud, older people get targeted more than others," the centre's website says. "Some of the reasons are that they are often home during the day to answer the door or phone, they can be more trusting, and they may not have family or friends close by to ask for a second opinion."

Phone scams seem to be receding because seniors are becoming more tech savvy, but at the same time this has made them more vulnerable to internet scams. According to the Better Business Bureau, internet scams have increased by 87 per cent since 2015.

In general, the CAFC says, as of Aug. 31, 2022 there were 38,812 victims of fraud so far in Canada last year, with more than \$333 million lost. Four prominent scams are outlined on the CAFC website, including: romance, service, prizes, and emergency scams. Unfortunately, there are several other scams such as credit card fraud, identity theft, phone, door-to-door and online scams. Of course, we have probably all suffered from excessive calls from those saying they are from Canada Revenue Agency and trying to mislead people into paying for a false debt.

It has been suggested that underreporting, especially by older people, is an issue. The CAFC strongly recommends reporting if you have been a victim "because for law enforcement to combat fraud and cybercrime, it is essential that those who experience, or fall victim, report it to local police. Local police are positioned to investigate the incident and the CAFC supports law enforcement by sharing information collected through the reports."

On the North Shore, two scams were brazenly carried out against two seniors last year, using the "grandparent scam." In this scam, a person is supposedly contacted by the police and asked to pay bail for their grandchild. One trusting senior lost her money, while the other was saved from being scammed because she went to police with the bail money instead of having the scammer visit her at home.

North Vancouver RCMP reminds everyone that “authorities will never make phone calls where they arrange bail payments, and that the perpetrators often disguise their numbers to make it seem as if they are calling from a police department or government agency.”

You may have heard it all before, but it always bears repeating: we need to protect ourselves from scammers and fraudsters.

A very useful guide is the latest publication by the North Shore News called Senior Safety 2022. The content in the guide was provided by the RCMP detachment. The guide says “our goal is to raise awareness of senior safety issues to improve their quality of life.”

I think keeping the safety guide handy might help in a situation where you may not be sure you're being scammed. Prevention tips found throughout the guide are useful in determining the reality of a situation.

Along with information on frauds and scams, there is information on elder abuse, and safety and security in your home, on the streets, and in your vehicle. The guides can be obtained from the North Vancouver RCMP office (and are also available at Silver Harbour).

Everyone should use common sense. Remember if an offer seems to be too good to be true, you should ignore it.

Being scammed or the victim of fraud is mostly preventable. Maybe, take the time to get a second opinion from someone you trust whenever something seems fishy. Or pick up the Senior Safety 2022 magazine or read it online at: https://issuu.com/nsnfeatures/docs/senior_safety_2022.

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		Keep Well
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				Tea & Talk	
11:00 am	Ukulele		Beginners Knitting		
			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: Open Studio	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.