

THE CENTRE POST



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

April 2023



**Happy Volunteer Week and
thank you to all Silver Harbour volunteers!**

Thank you to

parc
retirement
living

official sponsor of the Centre Post
and our website.

Thank you to the

city
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and

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for helping to fund the
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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

Board of Directors

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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...

Notes from the Executive Director.....	p.2
Silver Harbour Bulletin Board.....	pp.3-5
In The Community.....	p.6
Workshops & Special Events.....	pp.7-11
Trips and Tours.....	pp.12-13

Daily Menu.....	p.14
Programs	pp.15-27
Take Good Care of Your Feet.....	pp.28-29
Program Schedule.....	p.30

Notes From the Executive Director

This month we celebrate National Volunteer Week and express our gratitude for all those volunteers who contribute their time, energy, expertise and talents to Silver Harbour throughout the year. We are so grateful to the volunteers who make our programs, services, and operations so impactful for seniors in North Vancouver. If you've volunteered in the last year, we encourage you to come to our Volunteer Appreciation Drop-In, sponsored by PARC Retirement Living: Monday April 17th from 2:00 to 3:00 pm. There will be tea, coffee, and cake, as well as a special gift bag to thank you for being a Silver Harbour volunteer!

50th Anniversary Call for Volunteers

This year we will be celebrating the 50th anniversary of the opening of Silver Harbour Centre that took place on September 22nd, 1963. To commemorate our anniversary, we will be organizing some celebratory events and initiatives as well as historical retrospectives. If you would like to volunteer to help plan and implement these, please let the front desk know.



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May 28 - 31
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July 9 - 20

25 incl. meals dbl: \$7,739.⁰⁰



Historic Barkerville
& the South Thompson Inn

June 21 - 24
7 incl. meals dbl: \$1,398.⁰⁰

Drumheller & Alberta Badlands
Passion Play

July 12 - 18

7 incl. meals dbl: \$2,997.⁰⁰



The Best of England &
Ireland

Sept 14 - Oct 2
35 incl. meals dbl: \$11,158.⁰⁰

Stewart & Hyder, Bears &
Glaciers

August 16 - 25

21 incl. meals dbl: \$4,741.⁰⁰

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Silver Harbour Bulletin Board

Holiday Closing

Silver Harbour will be closed April 7th to 10th for the Easter long weekend, re-opening at 9 am on Tuesday, April 11th.

Line Dance Dates Changed

Please note: the new session of Line Dance (Beginners and Improvers) will now begin on Friday, April 21st and end on Friday, July 7th.

Volunteer Bus Drivers Needed

We are looking for volunteers with a Class 4 license to drive our bus and lead bus trips to various events and locations throughout the Lower Mainland. If you would like to learn more about this volunteer position, please contact Holly.

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.

We're Trying Something New!

We are excited to be planning an additional Chair Yoga program (with the same great instructor!) in June & July, which will take place at the Shipyards! Check the May newsletter for details.

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.**

Cotton Yarn Donations Needed

Our crafters are looking for donations of cotton yarn, to make dish cloths. Please leave donations at the front desk.

Hanami – Cherry Blossom Festival

In April we are showcasing the Japanese festival of “Hanami”- Cherry Blossom. Look out for another beautiful display in our Cultural Display cabinet.

Hanami literally means "viewing flowers," but it generally indicates cherry blossom viewing. It's said that the origin of Hanami dates back more than 1,000 years to when aristocrats enjoyed looking at beautiful cherry blossoms and wrote poems inspired by them.

During this season in Japan, people like to have cherry blossom parties with colleagues, friends, and family. A cherry blossom makes people merry. They enjoy eating, drinking, and barbecuing underneath the cherry blossoms. Even at night, viewing spots are crowded with people enjoying the blossoms in a beautiful, romantic atmosphere. Couples go at night to enjoy the special mood created by cherry blossoms. Hanami at night is called Yozakura.

The Symbolic Significance of Cherry Blossoms

Because cherry blossoms are beautiful and fleeting—the blooms often last no more than two weeks—they have become symbolic of the impermanence of beauty. Cherry blossoms are often featured in works of art and even tattoos to depict the Japanese concept of mono no aware, the wistful realization that “nothing lasts forever.”

Origami Workshop

As part of the Japanese cultural celebration, we are also offering an “Origami” workshop with Eleanor Kaneda, where you will learn to make a box with a lid, a crane and a flying crane out of beautiful Japanese Washi Paper.

Monday, April 24th

10:00 am -12:00 pm

All supplies provided

\$10

Please register at the front desk





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We're Looking For Photos!

Do you have photos of events and people at Silver Harbour over the years? We will be celebrating our 50th Anniversary this year, and would love to make a display to share with our members. And if you can identify the year, and the participants that would be very helpful.

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.



Have You Made
a Plan yet?
If not, give our family a call



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Our Family Serving Yours
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In The Community...

Cognitive Care Kits Available At City Library

City Library has a new set of cognitive care kits for adults experiencing cognitive challenges, such as dementia, Alzheimer's disease or memory loss; and their caregivers, in order to spend meaningful time together and to promote brain health.

The kits range in stage from "Early-stage dementia," "Mid-stage dementia" and "Late-stage dementia." Each kit includes interactive items like puzzles, games or sensory toys to increase cognitive stimulation, busy blankets for focused activity, and resources for caregivers. Kits can be checked out for four weeks and are now available for borrowing for free with a library card.

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



Every legendary river is a cradle for transportation, history and culture, and every bend of the river reveals a lush countryside, a village café, a centuries- old hilltop church or temple, or a bustling city. River cruises are a portal to experiencing destinations from different and invigorating perspective, one that is more intimate, more peaceful, and always breathtaking. 2023 is the year travelers are ticking items off their bucket-list and for many, a river cruise is one of these items. Contact us today to book your Upcoming River Cruise!

Contact: Kate Weiss for details and pricing
Call: 778 321 1930
Email: kweiss@expediacruzises.com

 **Expedia Cruises**
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Workshops & 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, April 5th

10:15 am

Meet in the library

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

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, April 12th

10:30 am – 12:00 pm

Silver Harbour Library

Join Travel Specialist Ron Booman 35+ years of Group Travel
Yes, Guide & Driver Gratuities Are Included on all Land Tours

For Brochures Visit : TravelWithRon.ca

June 01, 2023	Kenya	Book Now
Famous Masai Mara, Buffalo Springs, Aberdare, Ol Pejeta, Lakes Nakuru & Naivasha		
Sept 01, 2023	Danube River + Prague	Book Now
Limited Space Nuremberg, Main Danube Canal, Wachau Valley, Vienna, Budapest & more		
Oct. 02, 2023	Kenya & Tanzania	
Join Ron's returns Safari Serengeti, Masai Mara, Amboseli, Lake Manyara, Ngorongoro		
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		
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		
Jan. 13, 2024	Sri Lanka	
An Amazing Journey to Former Ceylon, Colombo, Nuwara, Eliya, Yala, Galle, Negombo 2,000 years of History, Whale Watching, Wild Asian Elephants, Tea Tasting, school visit.		
Jan. 25, 2024	India	
Bombay/Mumbai, Golden Triangle (New Delhi, Varanasi, Agra) Taj Mahal, Jaipur, Udaipur The Holy City of Varanasi, Culture/History Tour, Cultural Shows, Gandhi Museum		
April 02, 2024	Turkey	
See several Wonders of the World including Hagia Sophie Mosque, Temple of Artemis Mausoleum of Halicarnassus, House of Virgin Mary, Basilica of St John, Istanbul, Ephesus		
April 18, 2024	Jordan	
Join Ron on his return to this fascinating history rich country. Amman, Jerash, The Desert Castles, King's Highway, Madaba, Mt Nebo, Al-Beidah Village UNESCO Sight of "Petra", Crusader Castles, Aqaba Red Sea, swim in the "Dead Sea" Over Night Deluxe Tent in famous Wadi Rum, Jeep Safari in "Lawrence of Arabia" Desert **Possible Post Tour Extension to Israel		
Bookings Underway European "Douro River" Cruise - October 23, 2024		

TravelWithRon.ca ron@travelwithron.ca The Travel Group
Call for Details: 604.575.7788 / 1.800.946.0091

Volunteer Appreciation Drop-In

Sponsored by
PARC Retirement Living

April 16 to 22 is Volunteer Week in Canada and Silver Harbour is an excellent example of volunteers in action! If you have volunteered for Silver Harbour over the last year, in any capacity, we encourage you to come to our Volunteer Appreciation Drop-In. There will be tea, coffee and cake, as well as special gift bag, all thanks to a sponsorship by PARC Retirement Living. Thank you for being a Silver Harbour volunteer!

Monday, April 17th
2:00 – 3:30 pm
Auditorium

Book Club **CURRENTLY
WAITLISTING**

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be “Everyone Knows Your Mother Is A Witch” by Rivka Galchen.

Monday, April 17th
2:30 - 3:30 pm
Multi-Purpose Room
No charge

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



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Transit Expedition

Here's a chance for those who are new to transit to try it out with an experienced leader. Richard will lead participants on a transit journey to the airport where there will be a stop for lunch at the participants' expense. Travel will include bus, seabus and skytrain. Compass cards can be provided at the beginning of the trip. Participants pay to load their compass card. Help will be given for this. This trip will involve some walking; participants using a mobility device must be able to do so independently. All participants are expected to stay with the group for the duration of the expedition. Priority will be given to those who have not previously participated in a transit expedition. Participants are encouraged to wear a mask.

Thursday, April 20th

9:00 am to approximately 3:00 pm

Meet at Silver Harbour

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, April 24th

10:00 – 11:30 am

Card Room

Free drop-in

Origami Workshop

As part of the Japanese cultural celebration, we are also offering an "Origami" workshop with Eleanor Kaneda, where you will learn to make a box with a lid, a crane and a flying crane out of beautiful Japanese Washi Paper

Monday, April 24th

10:00 am -12:00 pm

All supplies provided

\$10

Please register at the front desk



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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

Dance Before Dark

Celebrate May Day with a Dance Before Dark, with live music provided by the JB Jammers. Coffee, tea and snacks will be available for purchase. Tickets are only \$5, and must be purchased in person (no phone orders).

Monday, May 1st

1:30 – 3:00 pm

Auditorium

\$5 per ticket

Tickets on sale Monday, April 3rd

Spring Market and Concert

Not invited to the coronation? Come to the Silver Harbour Spring Market and Concert, where you can shop for beautiful, affordable handmade items, listen to a concert by the North Shore Celtic Ensemble, and have tea and special treats in the Coronation Tearoom.

Saturday, May 6th

Shopping – 10:30 am – 1:00 pm

Concert – 1:15 – 2:00 pm

Free admission

Visible Mending For Knits Workshop

More than just for the planet, mending an item can tell a story of you, share a memory of a happy past, tell the tale of the garment or an adventure lived beautifully. It's a bold statement. Learn the wonderful art of mending in this afternoon workshop. Bring a sweater to mend – there will be yarn available, but bring matching yarn if you have it.

Monday, May 8th

1:00 – 3:00 pm

Sewing Room

\$10

NORAD:**Yesterday, Today & Tomorrow**

NORAD has been in the news lately for a number of reasons – the sensors and command control (C2) infrastructure are being upgraded and a new Canadian fighter aircraft is being procured for employment by NORAD. Additionally, NORAD has been central to the recent tracking and engagement of unusual high-altitude balloons and their strange cargo. NORAD has been a central feature of Canadian Defence since the 1950s and is as important as ever. Presented by Colonel (Retired) Keith Maxwell OMM CD who spent much of his career posted to NORAD, this presentation will look at NORAD's past, what it is doing today and what it will look like in the future.

Wednesday, May 10th

1:30 – 3:00 pm

Auditorium

\$10

(No charge for those already registered in the History of Eastern Europe lecture series)

Spring Choir Concert

The Silver Harbour Choir presents "Hear the Waters Sing," a programme tracing the cycle of water from the rain to the sea. It includes old favourites such as *Singing in the Rain*, *Shenandoah* and *Loch Lomond*, as well as newer songs that quickly became favourites of the choir. Please join them for their final concert of the season.

Wednesday, May 24th

2:00 – 3:15 pm

(includes a 20-minute intermission)

Auditorium

OASIS Arthritis:**Curious About Cannabis**

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn how and why cannabis can help with pain, and how to access cannabis for medical purposes

Wednesday, May 31st

1:00 – 3:00 pm

Card Room

No charge, but you must pre-register

Total Toe Care

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Call Diane @ 604-649-1624



Your feet will thank you



Serving the North Shore for 17 years

Trips and Tours

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

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

- Bloedel Conservatory – April 5th
- Secret Cove & The Sunshine Coast – April 11th
- UBC Botanical Garden – April 12th

Honeybee Centre

Registration begins on Monday, April 3rd

Come along and join us for a tour of the Honeybee Centre in Surrey. See and learn about the bees at work. You will participate in a presentation which will include honey tasting. There is a gift shop selling honey and honey-themed items. Visitors will be given at 10% discount on any items purchased. Lunch (not included in price) will be back in North Vancouver at Medley's Restaurant.

Wednesday, May 3rd

9:30 am – 2:30 pm

\$30 members; \$40 non-members

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

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Burns Bog

Registration begins on Monday, April 3rd

We will drive to the Delta Nature Reserve where we will have a 1.5 hour guided tour of Burns Bog, "the lungs of the Lower Mainland". This unique ecosystem is the largest raised peat bog and largest undeveloped urban land mass on the west coast of North America. Following our tour, we will drive to the White Spot in Delta for lunch (not included in price) before returning to the North Shore. Lots of walking on wooden boardwalk; participants must be able to walk 3 – 4 kilometers.

Wednesday, May 10th

8:45 am – 2:30 pm

\$28 members; \$38 non-members

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

North Pender Island

With Enjoy Tours

Registration begins on Monday, April 3rd

A beautiful ferry ride through the Gulf Islands transports us to Otter Bay. We will visit the island's charming homestead museum, have lunch at an idyllically situated restaurant (included in price) and finish with a sweet treat and hot drink (included in price) at Pender Chocolates in Hope Bay. There will be an additional ferry charge of \$36 for those aged 64 years and under. Minimal walking.

Wednesday, May 17th

8:00 am – 7:15 pm

\$139 members; \$149 non-members

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

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Daily Menu for April

Monday	Tuesday	Wednesday	Thursday	Friday
3 Salmon	4 Shepherd's Pie	5 Bami Goreng	6 Turkey Schnitzel	7 Good Friday – Silver Harbour CLOSED
10 Easter Monday – Silver Harbour CLOSED	11 Cod with Prawns	12 Pork Stew	13 Lasagna	14 Lamb Shank
17 Fish & Chips	18 Meatballs	19 Curried Chicken	20 Cod Nuggets	21 Roast Pork
24 Garlic Prawns	25 Chicken Breast A la King	26 Perogies & Sausages	27 BBQ Chicken & Ribs	28 Chicken Cordon Bleu
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 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 14 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

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. Sorry, no class in May while instructor is on vacation.

Wed 1:00 – 2:00 pm

Fitness Room

June 7 - 28

\$30/4 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. Sorry, no class in May while instructor is on vacation.

Wed 2:15 – 3:15 pm

Fitness Room

June 7 - 28

\$30/4 classes

Daytime Dance

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

Tue 1:00 – 2:00 pm

No charge

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

May 1 – June 26 (no class May 22)

\$74/8 classes

Thu 1:30 – 2:30 pm

Fitness Room

May 4 – June 29

\$83.25/9 classes

Program Registration Information:

- **Registration** for all programs starting in April began on March 16th.
- **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

May 1 – June 29 (no class May 22)

\$157.25/17 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

(Sorry, Beginners is FULL)

Improvers Fri 2:30 – 3:30 pm

Apr 21 – July 7 **(Please note revised dates)**

\$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.

Fri 9:45 – 11:15 am

Fitness Room

May 19 – June 30

\$56/7 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

May 1 – June 29 (no class May 22)

\$157.25/17 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

May 1 – June 29 (no class May 22)

\$157.25/17 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 **SORRY, FULL**

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

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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

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.

Program Registration Information:

- ***Registration*** for all programs starting in April began on March 16th.
- ***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.

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

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

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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

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

Meditation**SORRY,
FULL**

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

NORAD: Yesterday, Today & Tomorrow

See detailed information on page 22.

Outdoor Learning – Capilano River Regional Park

See detailed information on page 22.

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

ElderCollege at Silver Harbour

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

NORAD: Yesterday, Today and Tomorrow

NORAD has been in the news lately for a number of reasons – the sensors and command control (C2) infrastructure are being upgraded and a new Canadian fighter aircraft is being procure for employment by NORAD. Additionally, NORAD has been central to the recent tracking and engagement of unusual high-altitude balloons and their strange cargo. NORAD has been a central feature of Canadian Defence since the 1950s and is as important as ever. Presented by Colonel (Retired) Keith Maxwell OMM CD who spent much of his career posted to NORAD, this presentation will look at NORAD's past, what it is doing today and what it will look like in the future.

Wed, May 10

1:30 – 3:00 pm

Auditorium

\$10

(No charge for those already registered in the History of Eastern Europe lecture series)

Outdoor Learning

There are several Eldercollege 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

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

**CURRENTLY
WAITLISTING**

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. 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:

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- ***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.

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Arts Programs (Studio)

Pottery – Open Studio

**SORRY,
FULL**

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.

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.

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Arts Programs (Instructed)

The following programs are full; please add your name to the waitlist:

- Beginners Ukulele
- Dressmaking
- Fundamentals of Drawing
- Painting
- Silk Painting
- Stained Glass
- Weaving

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

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 13

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

Program Registration Information:

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- **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.

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)

Origami Workshop

As part of the Japanese cultural celebration, we are also offering an “Origami” workshop with Eleanor Kaneda, where you will learn to make a box with a lid, a crane and a flying crane out of beautiful Japanese Washi Paper
Monday, April 24th
10:00 am -12:00 pm
All supplies provided
\$10

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Tapestry

With Virginia

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Tue 9:30 am – 12:00 pm

\$25/season

Starts April 11

Visible Mending For Knits Workshop

More than just for the planet, mending an item can tell a story of you, share a memory of a happy past, tell the tale of the garment or an adventure lived beautifully. It's a bold statement. Learn the wonderful art of mending in this one day workshop. Bring a sweater to mend – there will be yarn available, but bring matching yarn if you have it.

Monday, May 8th

1:00 – 3:00 pm

Sewing Room

\$10

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Taking Good Care Of Your Feet

We're all doing a lot more walking these days. Foot care is essential to maintaining strong overall health.

I recently received an email from a couple who needed help with foot care. Though this couple is able to drive and walk, they had trouble cutting their toenails. A friend of mine remembered, as a younger person, reading a scene in a Kingsley Amis novel where some older men were discussing their inability to trim their own toenails, and in one case no longer being able to even see his toes. At the time my friend wondered, will my life ever come to this?

I remembered back to a time when I ran a seniors centre downtown and the lineup for the podiatrist who came in once a month filled the entire lobby. It occurred to me that perhaps healthy and pain-free feet were especially important to maintaining healthy living.

According to the Public Health Agency of Canada, "three out of four people develop serious foot problems as they age – putting their independence and well-being at risk." Healthy and pain-free feet are helpful in maintaining good balance, keeping you active and giving you advanced warning signs of other issues. The health agency also states that healthy and pain-free feet help you keep your balance which is important in preventing falls – and falling, of course, is a major risk factor in seniors health and well-being. The Health Canada's website states: "Falls are the leading cause of injury among older Canadians, the cause of 85 per cent of seniors' injury-related hospitalizations and 50 per cent of all falls causing hospitalization happen at home while people are doing their usual daily activities."

Staying active is key to aging well. It is said that in our lifetime, we may average well over 150,000 kilometres and healthy feet are crucial for that activity. Walking is the perfect exercise for keeping our weight down, preventing blood clots and keeping our bones and muscles strong. Walking is free and can be done in your own neighbourhood, at the mall and on our beautiful North Shore trails and walkways.

The Canadian health agency also states that, "Keeping an eye on your feet can even give you an early warning about serious health problems such as diabetes, arthritis, nerve damage and poor blood circulation." Many of these issues can manifest in the feet first.

But what are some practical steps to good foot care?

Check your feet regularly: a daily routine of checking your feet is as important as practising good oral hygiene. Make sure to get your doctor to check your feet if you have things like cuts, sores, ingrown

or infected toenails, dry cracked skin or swelling or you feel that something is wrong with your foot alignment.

Keep blood circulating to your feet as much as possible: put your feet up when you are sitting or lying down, stretch if you have had to sit for a long while, have a gentle foot massage or take a warm foot bath.

Wear comfortable and well-fitting shoes with good traction as your choice of shoe can do a lot to keep your feet as healthy as possible, especially if you have diabetes or arthritis. They can also help to prevent possible infections. Shoes that are too small can cause bunions, blisters, and ulcers. Also, research shows wearing shoes (inside and outside) is your best protection against falls.

Avoid exposing your feet to cold temperatures and do not sit for long periods. Do not smoke because that can decrease blood supply and increases the chance of swelling and other circulatory problems.

Finally, the Canadian health agency suggests that you take good care of your toenails. If you do not deal with your toenails regularly, you may experience problems fitting into your shoes which may make walking difficult. Or you could develop infections like ingrown toenails, nail fungus and athlete's foot. PHA says "Cut or file your nails regularly with appropriate nail care tools. Trim them straight across and never shorter than the end of your toe".

If you cannot cut or file your toenails have a friend assist you or look for a service to help you with all your foot-care needs. To find a service you could call BC NurseLine at 1-866-215-4700, check with your health-care provider, or dial 2-1-1 for BC211 information services.

Unhealthy feet and ongoing foot pain can prevent you from enjoying your life and staying active, but it does not have to be an inevitable part of aging. You may not be able to see your feet and cut your toenails – but there are solutions.

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			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.