

THE CENTRE POST



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

May 2023



Join us for our Spring Market on Sat May 6th!

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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](#)

 [SilverHarbourC](#)

Our Vision

A community that honours and celebrates aging

Our Mission

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

Our Values

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

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

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

Collaboration – we encourage teamwork and partnerships

Responsiveness – we welcome new ideas and possibilities

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

Board of Directors

Brenda Harrison	Director
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Annwen Loverin	Executive Director
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
Simran Likhari	Arts Program Coordinator
Zoltan Csapkay	Head Cook

Centre Opening Hours

Silver Harbour is open Monday to Friday, 9 am to 4 pm, except for statutory holidays and scheduled closures.

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Notes From the Executive Director

We've got plenty of great events coming up this May and June, in addition to our more than 70 programs and services for older adults, so please read through this newsletter for all the interesting details. Join us at our Spring Market on Sat May 6th then stop by the following Saturday May 13th for the Caregivers Expo and come to the Spring Choir Concert on May 24th. Come join in our informational seminars and art workshops. Consider volunteering with our organization – right now we're particularly looking for volunteers for our 50th Anniversary Committee, for our food services, and to serve as bus drivers on our trips and outings. You are welcome to donate costume jewelry and small household items to our boutique and gently used ladies spring clothing to our clothes closet. We're also looking to borrow photos you may have taken at Silver Harbour over the years so we can take copies and use them in our 50th Anniversary celebrations. And we hope you'll also stop in our lobby to view and admire our cultural displays that change on a monthly basis: April honoured the Hanami (cherry blossom) Festival and May will highlight Norwegian Constitution Day. If you would like to help prepare a display reflecting your culture, please let the front desk know.

On June 19th, save time in your calendars to attend the Silver Harbour Annual General Meeting at 1:00 pm in the auditorium. The AGM is a great opportunity to hear about Silver Harbour's successes and challenges of the past year, elect our Board of Directors, and also get an update on recent progress towards our new building. If you'd like to consider letting your name stand for our Board of Directors, please ask for a Board information sheet at the front desk.

There are so many ways to get involved with Silver Harbour – read on to find out more!



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Silver Harbour Bulletin Board

Silver Harbour's 50th Anniversary

1968. Think back to 1968. Where were you? What were you doing? If you are having trouble remembering, here are some clues.

Following the Prague Spring events which led the Soviet invasion of Czechoslovakia? The battle of Khe Sanh and the Tet Offensive in Viet Nam? Or witnessing the student riots unfold in Paris, New York, with social unrest sweeping the globe? Feeling the horror at Martin Luther King's and Robert Kennedy's assassinations, not to mention the U.S. B-52 Stratofortress crash in Greenland, discharging four nuclear bombs? It retains the distinction as one of the most tumultuous single years in history, but it was not quite all doom and gloom. Apollo 8's three astronauts orbited the moon, and out of such a frightening combination of violent turmoil, a gem of an idea began to germinate at the base of the North Shore's coastal mountains - a brighter vision of the future. What if the older generation were given their own safe harbour between the Peaks and the Inlet? 1968 was when that seed was first planted, then it took five years to nurture the sapling to maturity and bloom into what we now recognise as Silver Harbour. We proudly threw open our doors welcoming our "first intake" in 1973. Which means this year, 2023, WE ARE FIFTY!

To celebrate this momentous occasion, we are holding a few Anniversary Events, not to mention a 50/50 raffle or two (of course we have to have 50/50s for our 50th, now don't we?). And how many changes have you witnessed since you became a member?

Bring your ideas to contribute to our next 50th Anniversary Committee session in the Card Room at 1pm on Thursday May 4th and learn what celebrations we are plotting. Don your thinking cap, bring your mental tool box, and come and join us to plan this important celebration!

Holiday Closing

Silver Harbour will be closed on Monday, May 22nd for the Victoria Day long weekend, re-opening at 9 am on Tuesday, May 23rd.

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.

Donations Requested for our Boutique!

We'd love to have your donations of gently used small kitchen and household items for our second-hand Boutique. We're especially looking for donations like jewelry, kitchen gadgets and dishware, decorative items and ornaments, and more. If you're moving or downsizing or just doing some spring cleaning, please donate your small items to us.

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.

May Cultural Celebration from NORWAY: Syttende Mai

In our lobby's cultural display cabinet, this month we will be highlighting Norwegian Constitution Day. It is the national day of Norway and is an official public holiday observed on 17 May each year. Among Norwegians, the day is referred to as Syttende Mai ("Seventeenth of May"), Nasjonaldagen ("National Day"), or Grunnlovsdagen ("Constitution Day"). The Norwegian church in Cardiff celebrates Syttende Mai with a parade and a speech about the history of Syttende Mai and then a meal of tasty waffles. In addition to flags, people typically wear red, white and blue ribbons. Although a long-standing tradition, it has lately become more popular for men, women and children to wear traditional outfits, called bunad. The children shout "Hurra!", sing, blow whistles and shake rattles.

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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.

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! Details are on page 17.

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.

Silver Harbour LINKS Team

Silver Harbour Centre has a new Volunteer Leadership Team, called the Silver Harbour LINKS (Living Independently and Keeping Social) Team. Would you like to help in your community, specifically to support your friends and neighbours in continuing to stay active at their Seniors Centre? You will enjoy working with a team of like-minded people while gaining valuable knowledge and information about aging well. This group has already made a difference in the lives of some of our members.

Some of the volunteer work that we are currently doing is:

- Checking in with isolated seniors and friendly phone calls
- Inviting them to attend a supportive a social program with you.
- Possibly leading and helping with a Silver Harbour social program.
- Providing navigational support for seniors as they face challenges.
- Help finding transportation to and from the centre.

If you have a few hours a week that you would like to dedicate to this important work, please register at the SH front office. You will be contacted by Joni Vajda about upcoming training and information sessions.



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In The Community...

North Shore Volunteer Fair

Are you interested in volunteering but not sure where to start? Come to the North Shore Volunteer Fair on Saturday, May 27th, from 10 am to 2 pm at North Vancouver City Library. You will learn about the benefits of volunteering and the many opportunities on the North Shore.

Municipal Pension Retirees' Association

The Municipal Pension Retirees' Association (MPRA) advocates for those who are collecting a Municipal Pension. If you are collecting a Municipal Pension, now is the time to join the MPRA and support the association that supports you. Please contact the MPRA office by phone (250-768-1519), or by email (administration@mpra.ca) to have your questions answered and sign up.


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5TH ANNUAL CAREGIVER SENIOR EXPO

SATURDAY MAY 13, 2023 • 12-4 PM

SILVER HARBOUR CENTRE, 144 EAST 22ND ST, NORTH VAN

Self-care and support for unpaid caregivers is crucial to helping them navigate the difficulties of caring for loved ones.

North Shore Community Resources is proud to present the following speakers:



Amelia Gillies *Alzheimer Society of BC*
What is dementia? Learn how dementia affects an individual's brain and behaviour, as well as the disease's impact on family.



Stephanie Chan *Home to Home*
Senior care budgeting and finances - learn about how to access home care, different types of housing and care available, and costs for both public and private-pay sectors.



Nikki Brown *Vancouver Coastal Health*
Case Management and Long Term Care - Nikki will talk about the services that VCH provides as part of their Home and Community Care program, and how to access them.



Chantal Bourke *Registered Clinical Counsellor*
Being Your Loved One's Emotional Coach - the importance of being your loved one's 'emotion coach' while being in the difficult role of their caregiver.

Be sure to visit all of the expo booths and meet local business owners who offer products and services that can help you in your caregiving journey.



5TH ANNUAL
CAREGIVER
SENIOR EXPO

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Workshops & Special Events

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 now!

50th Anniversary Committee Meeting

September 2023 marks Silver Harbour's 50th Anniversary and we need your help to celebrate! Don your thinking cap, bring your mental tool box, and come and join us to plan this important celebration.

Thursday, May 4th

1:00 – 2:00 pm

Card Room



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Spring Market and Concert

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

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

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, May 10th

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 and say hello.

Wednesday, May 10th

10:30 am – 12:00 pm

Silver Harbour Library

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)



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Book Club **CURRENTLY WAITLISTING**

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be "Brother" by David Chariandy.

Monday, May 15th

2:30 - 3:30 pm

Multi-Purpose Room

No charge

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

Free of 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, May 29th

10:00 – 11:30 am

Card Room

Free drop-in

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Now let your home work for you.**



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Cedar Weaving Workshop

Join Bernadette Brown for an in-person workshop focused on traditional Coast Salish cedar weaving. During the workshop participants will receive hands-on instruction on the cultural and traditional techniques associated with this craft. The cedar bark used for the workshop will be harvested and prepared by Bernadette herself, and attendees will have the opportunity to weave their own cedar bracelets to take home.

Monday, May 29th

1:00 – 3:00 pm

Sewing Room

\$10

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

OASIS Arthritis: Polewalking for Arthritis

Learn about all of the benefits of using poles while walking and practice the correct technique to support your joints. We have plenty of poles available to borrow for the session, but feel free to bring your own if you have them!

Wednesday, June 21st

1:30 – 2:30 pm

Auditorium

No charge, but you must pre-register



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Trips and Tours

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

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

- Burns Bog – May 10
- North Pender Island with Enjoy Tours – May 17

Honeybee Centre

Registration began 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 a 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

Polygon Gallery

Registration begins on Monday, May 1st

The first of this year's "Explore the North Shore" bus trips will take us to the Polygon Gallery in Lower Lonsdale. "Meet Me At The Gallery" is the Polygon's monthly seniors' gathering, where they host an activity relating to the gallery's current exhibits, followed by a social time. A small donation to the gallery is appreciated. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, June 7th

9:45 am – 12:15 pm

\$5

**Please buy your tickets before June 1st
or the trip may be cancelled.**

Harrison

Registration begins on Monday, May 1st

We will take a scenic drive to Harrison, "the jewel of the Fraser Valley" and home of the famous hot springs. You will have 3 hours to walk along the lake, have lunch (not included in price) and explore the town, before returning to the North Shore. Lots of walking.

Monday, June 19th

9:00 am – 4:15 pm

\$25 members; \$35 non-members

Please buy your tickets before June 12th
or the trip may be cancelled.

Yew Lake Walk

Registration begins on Monday, May 1st

Join us for a 2.3 kilometer walk around Yew Lake in Cypress Provincial Park. After the walk we will drive to the Pemberton Station Pub in North Vancouver for lunch (not included in price). It is an easy, flat trail. You are reminded to wear appropriate footwear, and bring a water bottle.

Wednesday, June 28th

9:45 am – 2:15 pm

\$20 members; \$30 non-members

Please buy your tickets before June 16th
or the trip may be cancelled.

Join Travel Specialist Ron Booiman 35+ years of Group Travel
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June 01, 2023 Kenya [Book Now](#)
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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
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Bookings Underway European "Douro River" Cruise - October 23, 2024

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Daily Menu for May

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish & Chips	2 Cottage Pie	3 Nasi Goreng	4 Pork Stew	5 Lasagna
8 Turkey Schnitzel	9 Salmon with Prawns	10 Cabbage Rolls & Meatballs	11 Curried Chicken	12 Lamb Shank
15 Cod Nuggets	16 Meatballs	17 Paella	18 Beef Patty	19 Chicken Cordon Bleu
22 Victoria Day - Silver Harbour CLOSED	23 Cod with Prawns	24 Beef Stew	25 Sausages	26 Barbecue Ribs & Chicken
29 Garlic Prawns	30 Chicken Breast	31 Shepherd's Pie	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**

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.

Programs

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

Cedar Weaving Workshop

Join Bernadette Brown for an in-person workshop focused on traditional Coast Salish cedar weaving. During the workshop participants will receive hands-on instruction on the cultural and traditional techniques associated with this craft. The cedar bark used for the workshop will be harvested and prepared by Bernadette herself, and attendees will have the opportunity to weave their own cedar bracelets to take home.

Monday, May 29th

1:00 – 3:00 pm

Sewing Room

\$10

Chair Yoga at the Shipyards

We're trying something new! We have partnered with the City of North Vancouver to bring you Chair Yoga (taught by our instructor Cam) at the Shipyards. In this outdoor (covered) chair yoga class participants will explore meditative breathing, functional postures, stretching, as well as some balance exercises. No experience is necessary, and all movements can be performed from the safety and comfort of a chair with options to stand. 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 recommended.

Thurs 8:30 – 9:30 am

In Shipyard Commons in front of the Honey Shoppe

June 8 – July 27 (8 classes)

\$80 members; \$90 non-members

You must pre-register; no drop-ins.



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

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

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

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 12 – June 30 (no class May 19)

\$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



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



BCREG: 25615/6

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

Tea & Talk **NEW PROGRAM**

Tea and Talk members gather weekly to enjoy lively and fun conversation while meeting and making new friends! There are a few spaces available in this already popular program. The Silver Harbour LINKS Team will provide support to members, such as linking you to transportation options 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

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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Family Caregivers Need Our Full Support

I bet that you or someone you know is offering care to a friend or a family member. According to the Family Caregivers of British Columbia, 26.5 per cent of our population is made up of caregivers. Most caregivers are providing their service free, and this contributes billions of dollars to our economy annually. It seems that most of us at some point will take on the role of caregiver when a loved one or a friend needs support.

The month of May marks Family Caregiver Awareness Month. As the FCBC says, "Please help to make some noise and increase awareness of unpaid family and friend caregivers. Reach out to your networks – family, friends, neighbours, and workplaces."

Why do we need to raise awareness? The answer is that caregivers are often unrecognized, unsupported, and underappreciated. But the role of the unpaid caregiver cannot be underestimated. According to the Canadian Association of Retired People, in a recent survey called "Supporting the Supporters, Unpaid Caregiving in Canada": "this unpaid labour, estimated at \$25 billion annually, is being shouldered by millions of Canadians, over one million of whom are over age 65." Women are the most likely to provide support, often having to leave the work force or change their lives considerably to provide care. It has been estimated that the economic value of unpaid caregivers who look after seniors can further save Canada's healthcare system up to \$31 billion annually.

During COVID-19, much more caregiving fell on already beleaguered seniors as programs and services were curtailed because of necessary provincial health orders. At the same time, supports for caregivers such as respite or day programs and supports from family and friends were restricted because of the pandemic. Many caregivers reported increased mental and physical health issues. Despite these issues, seniors rose to the challenge.

Family caregivers are often a relative or friend who provides care and support to someone living with disease, disability, or frailty due to aging. The ongoing work of caregivers may involve transportation to appointments, or transport to a specific program targeted at the loved one or friend. Caregivers may also provide personal care such as bathing, hygiene, mobility assistance, dressing and assisting with eating. Or they might provide supports like phone check-ins, companionship and emotional care, medication management, light housekeeping, gardening, and yard work. Or caregiving can entail providing other housekeeping support such as preparing meals, running errands, and yard work. Some caregivers might also provide financial aid and support.

There are a number of programs and supports available to assist caregivers.

A caregiver could try getting some support through caregiver support groups such as those run by North Shore Community Resources. The NSCR Caregiver Support Program hosts support groups and workshops, consultations and referrals to health care and community services. They offer stress management strategies, resources and more. They can be reached at 604-982-3302, or on the North Shore Community Resources website.

Family Services of the North Shore also offers counselling services for caregivers who are experiencing stress. Call them at 604-988-5281, ext. 226.

Many people in need of support may not have a family member or friend who is able to step in, or the healthcare system may not be available to assist. The private caregiving sector on the North Shore is there to assist if you can afford it. Don't be afraid to try their support – check the internet for a caregiving support business near you.

According to the CARP survey, caregiving is provided mostly to older Canadians and the need will grow as the number of seniors requiring care will double in the coming years. At the same time the pool of potential caregivers will shrink.

CARP says that there is an urgent need to support caregivers now and in the future. They have recommended that there be a refundable caregiver tax credit, tax-deductible homecare expenses, and national homecare standards and sustainable funding that would allow Canadians to age at home for as long as possible without an increased burden to caregivers.

This May and throughout the year, remember caregivers deserve our support, and perhaps lobby along with CARP for changes in the government system to sustain the caregiver.

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. It has been edited for space.

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
		Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
			Dressmaking		Open Studio
		Daytime Dance	Clay Sculpture		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.