

THE CENTRE POST



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

June 2023



Happy Seniors Week! June 5-11, 2023

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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

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Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
Simran Likhari	Arts Program Coordinator
Zoltan Csapkay	Head Cook

Centre Opening Hours

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

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Silver Harbour Annual General Meeting

On Monday 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, review our financial statements, and appoint our external auditor for the coming year. Members attending the AGM will get an update on our new building and will also be asked to review and vote on a new set of bylaws for our organization. Finally, we will elect our Board of Directors at the AGM. If you'd like to consider letting your name stand for our Board of Directors, please ask for a Board information sheet and nomination form at the front desk – nominations are due by Monday June 5th at 4 pm.

An AGM information package will be available to pick up at the Silver Harbour front desk starting Thursday June 15th, during operating hours (Mon to Fri 9 am to 4 pm). You can also request that the AGM information package be emailed to you by calling 604-980-2474 or emailing info@silverharbourcentre.com.



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Silver Harbour Bulletin Board

Spring Market Thank You!

An enormous thank you to all the volunteers and staff who presented an amazing Spring Market on Saturday May 6th. There were beautiful handmade arts and crafts, second hand-clothes, household goods and puzzles, as well as tea and special treats in the Coronation Tearoom, and a concert by the North Shore Celtic Ensemble. And thank you to the nearly 500 people who came to shop at and enjoy the Spring Market!

Holiday Closing

Silver Harbour will be closed on Monday, July 3rd for the Canada Day long weekend, re-opening at 9:00 am on Tuesday, July 4th.

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.

Welcome Jordan

We're so pleased to welcome Jordan, our Program Assistant, funded under the Canada Summer Jobs program. Jordan will be focussing on preparing for our 50th Anniversary that's taking place this September as well as crafts and craft supply sales. Welcome, Jordan!

Volunteers Needed!

We are looking for volunteers to help with afternoon room set-ups and take-downs. This would involve moving and stacking chairs and tables. Please leave your name and number at the front desk.

Spring Raffle Winners

Congratulations to the winner of our Spring Raffle:

- Quilt – Ian Maxwell
- Charcuterie Board – Ian Maxwell
- Stained Glass Lamp – Irma Bodo



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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.

Thank You Brad!

We are sad to report that Brad, our long-time Tai Chi instructor, is retiring at the end of this month. Brad has been teaching this very popular class at Silver Harbour for more than 18 years. Thanks to Brad, many tai chi participants have increased their strength, flexibility, balance, and general physical health, not to mention social connectedness and quality of life. Brad will be greatly missed, but we wish him a long and happy retirement!

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.



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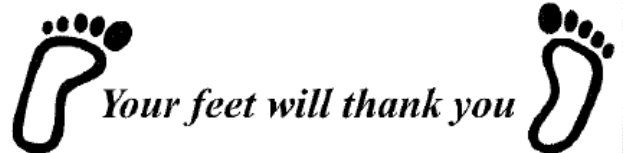
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June 15 is World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is marked each year on June 15th. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.

Since 2006, communities throughout the country and around the world have honoured this day to raise the visibility of elder abuse by organizing events to share information and promote resources and services that can help increase seniors' safety and well-being. Elder Abuse networks and other organizations are planning multiple WEAAD activities across the country to mobilize community action and engage people in discussions on how to promote dignity and respect of older adults.



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

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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, June 7th
10:15 am
Meet in the library
No charge,
but you must pre-register

Book Club **CURRENTLY WAITLISTING**

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be "Shuggie Bain" by Douglas Stuart. Note: no meeting in July and August.

Monday, June 19th
2:30 - 3:30 pm
Multi-Purpose Room
No charge

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, June 14th
10:30 am – 12:00 pm
Silver Harbour Library



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

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OASIS Arthritis: **SORRY, FULL** 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

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. Note: there will be no meeting in July and August.

Monday, June 26th


10:00 – 11:30 am

Card Room

Free drop-in

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Sept 01, 2023	Danube River + Prague	Sold Out
Oct. 02, 2023	Kenya & Tanzania	Limited Space
Join Ron as he returns to the Serengeti, Masai Mara, Amboseli, Lake Manyara & Ngorongoro Crater, five incredible wildlife areas each offering unique experiences.		
Oct. 19, 2023	Egypt	Must Book Now
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 & Famous Nazca Lines	Must Book Now
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. 25, 2024	India	Bookings Underway
Bombay/Mumbai, Golden Triangle (New Delhi, Varanasi, Agra) Taj Mahal, Jaipur, Udaipur The Holy City of Varanasi, Culture/History Tour, Cultural Shows, UNESCO Sights		
April 02, 2024	Turkey	Bookings Underway
Istanbul, Cappadocia, Troy, Ephesus, Famous Blue Mosque, Antique Perge, Aspendos Cruise the Bosphorus, visit Iconic Fairy Chimneys, See several Wonders of the World Including Hagia Sophie Mosque, Temple of Artemis, House of the Virgin Mary		
April 18, 2024	Jordan	Books Have Started
Capital of Amman incl: Citadel & Roman Theater, Jerash best-preserved Roman city The Desert Castles, Madaba City of Mosaics, Al-Beidah village dating back 9,000 years. Mt Nebo - Moses announced, "the Promised Land", Petra Famous UNESCO Sight Iconic Wadi Rum Desert Glamping, Jeep Safari in "Lawrence of Arabia" Desert Aqaba Red Sea tour & boat trip, Lunch + snorkeling, enjoy the historical "Dead Sea"		
June 01, 2024	Kenya	Books Have Started
Nothing tops the excitement of a Safari: Lions, Leopards, Cape Buffalos, Rhinos & Elephants From the Famous Masai Mara, Buffalo Springs, enjoy Aberdare National Park Ol Pejeta, Lake Nakuru and the unique Lake Naivasha, see the wonders of an Africa Safari		

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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 June are now sold out. Please add your name to the waitlist.

- Harrison – June 19th
- Yew Lake Walk – June 28th

Polygon Gallery

Registration began 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

Chuckanut Bay Crab Cruise

With Enjoy Tours

Registration begins on Thursday, June 1st

Join San Juan Cruises for a cruise around Chuckanut Bay while dining on the Northwest's finest Dungeness crab. Before the cruise we will tour the scenic Chuckanut Drive with viewpoint stops, including Cove Road Inlet. USA travel documents are required – valid passport, and proof of vaccination against COVID-19. Federal proof of vaccination is available on your Health Gateway account (www.healthgateway.gov.bc.ca/vaccinecard). U.S. travel medical insurance is strongly recommended.

Thursday, July 6th

2:45 – 10:45 pm

\$169 members; \$179 non-members

**Please buy your tickets before June 22nd
or the trip may be cancelled.**

Loutet Farm Tour

Registration begins on Thursday, June 1st

July's "Explore the North Shore" trip will take us to Loutet Farm, an urban farm located in the heart of North Vancouver. It is run by the Edible Garden Project and raises fresh produce for the local community. We will have a 1-hour tour of the farm, and have the opportunity to see them harvest the produce which will be sold at the next day's Farmer's Market. Following our tour, we will drive to Dairy Queen in Lynn Valley for a treat (not included in price). Some walking on gravel paths, this may not be suitable for those with walkers. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Friday, July 7th

9:45 am – 12:15 pm

\$5

Please buy your tickets before June 30th
or the trip may be cancelled.

Carr House & Spencer Mansion With Enjoy Tours

Registration begins on Thursday, June 1st

We're off to Victoria to celebrate two iconic British Columbia art properties. We will start with a guided tour of Emily Carr's birthplace, the Carr House. We will then enjoy lunch (included in price) at The Bard & Banker, followed by a guided tour of Spencer Mansion, home of the Art Gallery of Greater Victoria. There will be an additional ferry fee for those aged 64 and under.

Thursday, July 20th

7:15 am – 8:00 pm

\$159 members; \$169 non-members

Please buy your tickets before July 6th
or the trip may be cancelled.

Squamish Lunch & Scenic Drive

Registration begins on Thursday, June 1st

We're taking a scenic drive along the Sea to Sky Highway to Squamish, with a short stop at Shannon Falls on the way. We will then have lunch (not included in price) at the Howe Sound Brewery, before returning to North Vancouver.

Wednesday, July 26th

9:45 am – 2:45 pm

\$20 members; \$30 non-members

Please buy your tickets before July 19th
or the trip may be cancelled.

Daily Menu for June

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12			1 Pork Stew	2 Bami Goreng
5 Salmon with Shrimp Sauce	6 Turkey Schnitzel	7 Chicken a la King	8 Lasagna	9 Cod Nuggets
12 Garlic Prawns	13 Meatballs	14 Paella	15 Beef Patty	16 Lamb Shank
19 Fish & Chips	20 Cottage Pie	21 Nasi Goreng	22 Cabbage Rolls	23 BBQ Chicken & Ribs
26 Cod with Prawns	27 Chicken	28 Beef Stew	29 Sausages & Mash	30 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 a great 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 12 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 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.

Wed 1:00 – 2:00 pm

July 5 – Aug 30

\$67.50/9 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

July 5 – Aug 30

\$67.50/9 classes

Daytime Dance

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

Tue 1:00 – 2:00 pm

No charge

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

July 10 – Aug 28 (no class Aug 7)

\$64.75/7 classes

Thu 1:30 – 2:30 pm

July 6 – Aug 31

\$83.25/9 classes

Hula for Health

Did you know that Hula has health benefits as an alternative form of mild exercise? Taught by an experienced instructor, the gentle moves to relaxing music can improve strength, flexibility, balance and coordination, even while seated. Masks required.

Mon 1:00 – 2:00 pm

July 10 – Aug 28

\$12.50

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

July 6 – Aug 31 (no class Aug 7)

\$148/16 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. Sorry, no drop-ins. Please note: there must be at least 6 people registered for the class to go ahead.

Beginners Fri 1:30 – 2:30 pm

Improvers Fri 2:30 – 3:30 pm

July 14 – Aug 11

\$25/5 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. Silver Harbour membership not required

Fri 9:45 – 11:15 am

July 7 – Aug 25

\$64/8 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

July 6 – Aug 31 (no class Aug 7)

\$148/16 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

July 6 – Aug 31 (no class Aug 7)

\$148/16 classes

Snooker

Splendid tables for your use. Everyone from novice to expert is welcome.

Mon through Fri, 9 am to 4 pm

\$12.50/July-Aug

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

\$12.50/July-Aug





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Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

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. Please leave your name and number with the front desk and the leader will contact you. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Wed 1:00-2:30 pm

\$3 per session

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

\$12.50/July-August

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

\$3 drop-in

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Current Conversations **CURRENTLY WAITLISTING**

Join us 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 number with the front desk and the leader will contact you. Silver Harbour membership not required. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Fri 1:00-2:30 pm
\$3 per session

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. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

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
\$1 drop-in

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ACCREDITATION PRIMER AWARD
ACCREDITATION AGREEMENT CANADA

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

Mon & Fri 9:30 am - 12:00 pm

No charge. Materials provided.

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

Mon – Fri mornings

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



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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. New participants: Call to book an orientation with the Arts Coordinator.

Thu 1:00 - 3:30 pm

\$12.50/July-Aug Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre.

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

\$12.50/July-Aug

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.

Arts Programs (Instructed)

Chinese Watercolour Painting

Capture the grace and elegance of flowers using traditional Chinese painting methods. You'll discover how to apply ink and watercolour to rice paper, using Chinese brushes. You will learn brush stroke techniques, creating subtle washes and vivid colours that bring your compositions to life. This program is made possible with funding from the Government of Canada's New Horizons for Seniors programs.

Mon 10:00 am – 12:00 pm

July 3 – 31

Sewing Room

\$15

Ceramic Underglaze Painting Workshop

With Trish and Laura

This workshop is designed to provide you with the skills and knowledge necessary to paint ceramic pieces with confidence. During this workshop you will learn how to paint your ceramic bisque using underglaze and brushes. Our instructors will guide you through the process, providing helpful tips and tricks to create a beautiful finished product. All materials for the workshop are included (ceramic plate/tray, brushes & underglaze). Once you have completed painting your ceramic bisque, we will glaze and fire it for you. Your finished piece will be ready for pick up in about 3 weeks.

Wed & Thu, July 12 & 13

10:00 am – 12:00 pm

\$10

Mixed Media Workshop

With Gabriele

This workshop is all about Mixed Media, combining painting and collage techniques to help unleash your artistic potential. With a focus on creativity and enjoyment in a welcoming environment, you'll have the opportunity to experiment with a range of mixed media materials, including acrylic paints, inks, papers, foils and imagery. You'll discover how to create visually rich and textured surfaces using techniques such as layering, brushwork and integrating found objects. All materials included – please bring your own personal images to include.

Thu & Fri, July 6 & 7

10:00 am – 12:00 pm

Sewing Room

\$10

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. Pay as you go for materials.

Mon 12:30 – 2:30 pm

June 26 – Aug 28 (no class Aug 7)

\$25/8 classes

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

\$12.50/July-Aug

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Dispelling Myths is a Great Way to Celebrate Seniors

BC Seniors Week is June 4 to 10. On the BC's Seniors Advocate website it says, "This is a time to celebrate seniors and their many contributions." The site also says that "This time provides an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia."

There are many ways we can celebrate seniors this week and every week. We can celebrate with events and activities which I believe many North Shore organizations are offering.

But to my mind as a senior, I would like people to reject several myths about seniors that are simply not accurate. These myths often diminish the reality of seniors as major contributors to our community, both historically and in the present.

One of the major myths I hear a great deal is that seniors are not productive in society. Though seniors are not necessarily in paid work (although that has changed over the years), they lend their support to the community by volunteering countless hours. In fact, seniors contribute the most volunteer hours in Canada as a group. They also volunteer as unpaid caregivers to friends and family, saving the economy many thousands of health care dollars. Seniors also pay taxes and are consumers of goods and services.

Another myth about older people is that most are well heeled with lots of money for travelling and other expensive activities. Many seniors are certainly not wealthy. In fact, statistics suggest the rate of poverty in the seniors' population is increasing. Seniors may not have a private pension or retirement savings to carry them through their senior years. Some seniors are forced to take up part-time work to stretch their incomes – especially now with increasing inflation. On the North Shore, a review of seniors at risk by Hollyburn Family Services Society showed that more than 1,200 seniors are living below the low-income cut-off and spend more than half of their income on housing. It also found there are hidden group of seniors who, until they collide with the system, are living in substandard housing or are homeless.

Notwithstanding the myths about seniors, there are some complex issues that many face, and without community support, they may be at risk for increased negative health and wellness issues, loneliness, isolation, poverty, poor housing options and elder abuse. Older people who are socially connected and participate in their communities are more likely to obtain the help they need to mitigate these issues. Communities must provide the supports seniors need, while at the same time not stereotyping them. Social stigmatization or stereotyping of older adults further reduces their access to services and opportunities.

Seniors are not a homogeneous group. There are as many types and varieties in the seniors population as there are in younger age groups. In a report on social isolation, a Canadian government website says that, "Far from being a homogeneous group, Canadian seniors have multiple identities and experience different life circumstances that make broad generalizations problematic."

It appears at times that the contributions of seniors historically have been overlooked. People sometimes forget that seniors contributed to building this country and community. Seniors contributed to the economic growth of their communities through their paid work, taxes, and their contributions to culture and Canadian values. They created systems and organizations such as universities and schools which help all Canadians live better lives. It is clear to me that seniors contribute to the fabric of our community.

So how can we celebrate seniors and elders? At the Squamish Nation Elders Centre on the North Shore, they are celebrating Indigenous History month with activities being planned for their Elders. Celebrating connection to community is vital. As two Squamish members of the Nation, Sandra Jacobs and Evangeline Nahanee say, "The Squamish word Nch'ú7mut, pronounced 'in-cho-moot,' means: to be coming together as one, unity, or to be one piece of something greater. During the month of June and all other months, their way of working with their community is through Nch'ú7mut as it is important to stay connected and be in unity to all aspects of the community as whole."

I do not think I can say it enough: seniors deserve our thanks for all that they have contributed to our community.

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.