

THE CENTRE POST



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

July 2023



Our 50th Anniversary 50/50 tickets are on sale!

See page 3 for details.

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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](#)

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Board of Directors

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

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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 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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AGM Update

Many thanks to those who were able to attend our June 19th Silver Harbour Annual General Meeting (AGM). Members approved past meeting minutes, received audited financial statements, and appointed our auditor for the 2023-24 fiscal year. We heard the presentation of a directors' report for the past year and members passed a new set of bylaws for our organization (summarized below). Your 2023-24 Silver Harbour Board of Directors includes Richard Gauntlett (President), Elizabeth Jones (Vice-President), Doug Blakeney (Treasurer), Margaret Coates (Secretary) and Brenda Harrison, Leanne Roy, Naseem Amarshi, Ritch Seeley, Ron Needham, Virginia Baldwin and Wayne Hanna.

A brief summary of the AGM Directors' Report and Bylaw Changes

Silver Harbour has a proud and longstanding tradition of providing a gathering place, programs, and services that support seniors' wellness, social connectedness, and resilience. This past year, we were approached by Elder College and have agreed to provide many of their programs at Silver Harbour bringing the number of programs and services we offer to 75. We partner with a wide variety of local organizations to assess seniors' needs and interests, determine gaps in seniors' services, and implement our programming.

In terms of human resources, Silver Harbour is extremely appreciative of the staff and volunteer work contributed to the Centre and its programming. Our financial resources shifted dramatically during COVID, with a great reduction in our earned revenues but stability in our municipal grants and the addition of COVID federal payroll supports. We are thankful to return to pre-COVID revenue levels and grateful to all our funders, sponsors, and donors for their contributions.

Over the past year, we have completed a number of repair and replacement projects, to keep our building and bus in good working order. We are looking forward to our new building which will be located near the corner of 23rd and St Georges; completion is expected late in 2025.

Looking forward to this and coming years, Silver Harbour will not only be implementing our new strategic plan but also engaging in the development and launch of a fundraising and communications plan; as there will be increased operating costs in our new facility, this plan comes at a crucial time for us. We are also looking forward to increasing the breadth and reach of our programming and the future opportunity to expand our operating and programming hours. Our organization's new bylaws include the following changes:

- annual general meeting quorum is now 25 (was 40)
- new number of board members, now ranging from a minimum of 7 (was 9) and a maximum of 13
- the Board now has the capacity to appoint two (was one) additional Board member, who can serve only until the next annual general meeting

This September marks the 50th Anniversary of Silver Harbour's opening and volunteers and staff have already been planning initiatives and celebrations that honour Silver Harbour's past, showcase our present, and look towards our future. We hope that you will save Friday September 22nd in your calendars for our big 50th Anniversary celebration and join in this important milestone for our Centre.

Silver Harbour Bulletin Board

50th Anniversary 50/50 Raffle

Come buy your tickets for the Silver Harbour 50th Anniversary 50/50 (licence #142682). Tickets are \$5 each and we can only sell up to 4000 tickets – the prize will be 50% of the revenues from tickets sold (maximum possible prize of \$10,000). Our volunteer ticket sellers are in the lobby weekdays 11 am to 1 pm and the prize will be drawn on Friday September 22nd at 1:30 pm at Silver Harbour.

Ticket purchasers must be 19 years of age or older and a BC resident. Winner does not need to be present to win a prize. Winner will be notified by phone and email and must consent to release of their names by the licensee. Winner's name will be included in the October edition of the Silver Harbour newsletter, the Centre Post.

Kitchen Closed – Monday, July 31st

Please note that due to a major repair the kitchen will be closed for repairs on Monday, July 31st. There will be no lunch or coffee served that day. We are hopeful that the kitchen will re-open as usual on Tuesday, August 1st.

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.

Changes to Parking on East 22nd Street

Please note that some of the parking spots on East 22nd Street (north-east, in front of the Memorial recCentre parking lot) have been changed to 2-hour parking.

When You Bring Donations of Crafts Supplies...

... could you please leave them at the front desk. Thank you.

Birthday Cards Needed

We are looking for donations of used birthday cards. Please leave them at the front desk.





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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.

Volunteer Needed!

We are looking for a volunteer with a car to take our unsold donations of clothes and small household items to another North Van thrift shop. This is needed no more than once a week. If you are interested, please leave your name and number at the front desk.

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.

Sales of Craft/Art Supplies

Moving forward, Silver Harbour Centre will introduce a Sale Slip Process for the sale of art/craft supplies, fabrics, and notions. To purchase these items, customers can select marked fabrics and present the corresponding sale slips for payment at the front desk. For items stored in the white cabinet in the sewing room, customers are required to complete blank slips available at the front desk. Fabrics available for sale on the rack in the upstairs corridor will already have sale slips attached. Please note that sales will only be processed with the presentation of the appropriate sale slips. This system ensures an organized and efficient sales process at Silver Harbour Centre, enhancing the overall shopping experience for customers.



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Fall Program Registration

Registration for Arts Programs will begin at 9 am on Tuesday, August 22nd. Registration for all other programs, including ElderCollege, will begin one week earlier, at 9 am on Tuesday, August 15th.

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.



Tulip & Daffodil Bulbs

The City of North Vancouver has, once again, made a generous donation of repurposed tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put into the City plantings. Only \$2 a dozen – pay at the front desk, Monday to Friday, 9 am to 4 pm, starting Tuesday, July 4th.


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In The Community

Cycling Without Age North Shore – Family Forest Ride Invitation

Cycling Without Age North Shore offers free trishaw rides for mobility challenged people. This year they are offering weekend rides on forest trails for families who have a mobility challenged member. These rides will take place in the Lower Seymour Conservation (LSCR) and in the Lynn Cree Forest at Bridgeman Park. A typical ride would take 30 minutes, between 11 am and 3 pm on the following dates:

- Saturday, July 22nd and Sunday, July 23rd at Bridgeman Park
- Saturday, August 26th and Sunday, August 27th at LSCR
- Saturday, September 23rd and Sunday, September 24th at Bridgeman Park.

You must book your ride at least 2 weeks in advance, by calling Silver Harbour at 604-980-2474. You can find out more about Cycling Without Age by visiting their website at <https://cyclingwithoutage.ca/northshore/>.

Meet Me At The Gallery

“Meet Me At The Gallery” is the Polygon Gallery’s monthly daytime art program dedicated to enriching the lives of seniors and adults in the community, with get-togethers inspired by the gallery’s current exhibitions. Visitors are invited to drop in on the first Wednesday of every month at 10 am, to make new connections with art and each other. There will be a different activity every month, with social time to follow. Advance registration is appreciated, but walk-ins are always welcome. Admission is by donation. The next two dates are: Wednesday, July 5th and Wednesday, August 2nd.

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Workshops & Special Events

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, July 12th

10:30 am – 12:00 pm
Silver Harbour Library

Golden Firefly Workshop

Using humour and fun acting games in a safe, light-hearted environment, we'll awaken our senses and explore the world of storytelling. Guaranteed to be fun, freeing and stimulate your mind. Everyone is welcome and no experience is necessary. Facilitated by professional theatre artists, and generously supported by the Presentation House Theatre.

Tuesday, August 1st

1:00 – 3:00 pm
Fitness Room
No charge, but you must pre-register



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Doodle Art

Unleash your creative spirit! Join our Doodling Workshop for a playful exploration of spontaneous drawing. Discover the joy of doodling, express your unique style, and let your imagination run wild. Embrace the freedom of lines and shapes. No experience needed.

Monday August 14th &

Tuesday August 15th

10:00 am -12:00 pm
\$10

**Please register
at the front desk**

Trips and Tours

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

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

- Carr House & Spencer Mansion – July 20
- Squamish Lunch & Scenic Drive – July 26

Chuckanut Bay Crab Cruise

With Enjoy Tours

Registration began 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

Loutet Farm Tour

Registration began 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

**A FEW
TICKETS LEFT!**

Harmony Arts Festival

Registration begins on Tuesday, July 4th

The first of this month's "Explore the North Shore" bus trips will take us to the Harmony Arts Festival in West Vancouver. We will arrive in time to enjoy the 4:15 concert by guitarist Bob Richard. After the concert, you will have time to explore some of the art displays, shop the vendors, or have a cold drink on the patio. Some walking. In order to be fair to everyone, you may register for yourself and one friend only. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, August 9th

3:30 – 6:15 pm

No charge, but you must pre-register

Please register before August 2nd

or the trip may be cancelled.

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Port Moody Lunch & Scenic Drive

Registration begins on Tuesday, July 4th

Join us for a scenic drive to Rocky Point in Port Moody. Rocky Point Park is located at the farthest tip of Burrard Inlet. There will be time to walk in the park or on the pier, or even make a short visit to the Port Moody train station museum. We will have an early lunch (not included in price) at the Boathouse Restaurant, before returning to North Vancouver.

Monday, August 14th

10:00 am – 2:00 pm

\$20 members; \$30 non-members

Please buy your tickets before July 31st

or the trip may be cancelled.

Horseshoe Bay

Registration begins on Tuesday, July 4th

This month we will do a second "Explore the North Shore" bus trip will take us to Horseshoe Bay, where you will have 1.5 hours to watch the ferries come and go, enjoy a coffee or an ice cream, or do a little window shopping. In order to be fair to everyone, you may register yourself and one friend only. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, August 16th

1:00 – 3:30 pm

No charge, but you must pre-register

Please register before August 9th

or the trip may be cancelled.

Grand Villa Casino

Registration begins on Tuesday, July 4th

Try your luck at Burnaby's Grand Villa Casino! The bus will bring us to the Grand Villa, where you will have 4 hours to play the slot machines, table games and more! Enjoy lunch at one of the restaurants or coffee shops. Limited walking.

Wednesday, August 23rd

10:00 am – 3:15 pm

\$20 members; \$30 non-members

**Please buy your tickets before August 16th
or the trip may be cancelled**

Wildflowers Blooming

With Enjoy Tours

Registration begins on Tuesday, July 4th

The Cultus Lake Flower Festival is the hidden gem of Yarrow, BC. Surrounded by gorgeous flowers, marvel at the stunning views of Vedder Mountain. Enjoy a family style picnic in this perfect summer setting. Price includes admission to the Cultus Lake Flower Festival, picnic lunch, and ice cream at Birchwood Dairy Farm.

Tuesday, August 29th

9:00 am – 4:15 pm

\$109 members; \$119 non-members

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

Have You Made
a Plan yet?

If not, give our family a call



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Important Information About Bus Trips

This information will be very helpful to anyone interested in joining our bus trips...

1. Please note that return times are approximate, as there is no way to predict traffic or other possible timing issues which may arise. We recommend that you do not schedule any appointments directly following the trip.
2. Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
3. Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
4. Some drivers will appreciate a tip and others prefer not to be tipped. If you would like to tip the driver, please bring a small amount of money for this purpose. If a driver accepts tips, it is still your choice whether you want to give one or not.
5. Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
6. We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Silver Harbour will be refunded in full.
7. If a trip is full, please put your name on the waitlist. We will attempt to accommodate substantial waitlists by creating second trips when possible and people on the waitlist will have the first opportunity to buy tickets for the second trip.
8. If you are driving to Silver Harbour for your bus trip, please park on the street or in the parking lot to the east of our building. Anyone may park in these areas for any length of time.
9. Please limit your use of scented products like hairsprays and perfumes when going on bus trips. Some people can be very sensitive to these scents, especially in enclosed spaces. We very much appreciate your consideration.
10. Enjoy your trip!

Daily Menu for July

Monday	Tuesday	Wednesday	Thursday	Friday
3 Silver Harbour CLOSED For Canada Day	4 Cod with Prawns	5 Chicken a la King	6 Lasagna	7 Lamb Shank
10 Garlic Prawns	11 Turkey Schnitzel	12 Beef Stew	13 Meatballs	14 BBQ Ribs & Chicken
17 Salmon with Shrimp	18 Meat Patty	19 Sausages with Scalloped Potatoes	20 Roast Pork	21 Chicken Cordon Bleu
24 Cod Nuggets	25 Chicken Breast	26 Pork Stew	27 Cabbage Rolls & Meatballs	28 Nasi Goreng (rice w/chicken & prawns)
31 No Lunch Service Today - Kitchen CLOSED For repairs	<i>Entrée: \$9</i> <i>Full Meal Combo: \$12</i>			

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.

Keep Fit...

Chair Yoga – Fully Seated

In this seated class students will explore meditative breathing, functional postures and stretches, as well as guided relaxation. No experience is necessary, and all movements will be performed from the safety and comfort of a chair. Students can experience the same benefits of other yoga classes, such as improved balance, strength and mobility, while learning techniques to calm the mind and body. All levels and abilities welcome.

Masks required.

Wed 1:00 – 2:00 pm

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.

Beginners Fri 1:30 – 2:30 pm


Improvers Fri 2:30 – 3:30 pm

July 14 – Aug 11

\$25/5 classes

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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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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

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

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

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. Newcomers welcome – instruction will be provided.

Wed

11:00 am – 12:00 pm

\$1 drop-in

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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.

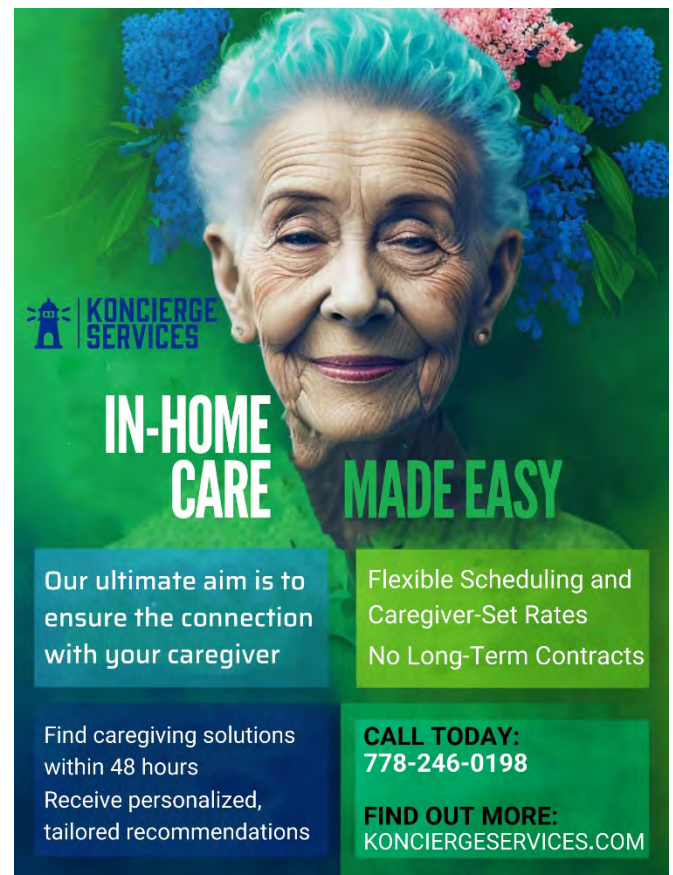
Woodworking Volunteers

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

**SORRY,
FULL**

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

**SORRY,
FULL**

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

Doodle Art

Unleash your creative spirit! Join our Doodling Workshop for a playful exploration of spontaneous drawing. Discover the joy of doodling, express your unique style, and let your imagination run wild. Embrace the freedom of lines and shapes. No experience needed.

Mon & Tue, Aug 14 & 15

10:00 am -12:00 pm

\$10

Golden Firefly Workshop

Using humour and fun acting games in a safe, light-hearted environment, we'll awaken our senses and explore the world of storytelling. Guaranteed to be fun, freeing and stimulate your mind. Everyone is welcome and no experience is necessary. Facilitated by professional theatre artists, and generously supported by the Presentation House Theatre.

Tues, Aug 1

1:00 – 3:00 pm

Fitness Room

No charge, but you must pre-register

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. 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

**CURRENTLY
WAITLISTING**

Steps Seniors Can Take To Beat the Heat

Summer has arrived on the North Shore.

It is a time to shake off the inactivity of the winter and rainy spring months. Warm days and nights provide a wonderful incentive to get out and enjoy walking, hiking, gardening, or doing an outdoor activity like going to the park for a picnic or playing pickleball.

2021, as we know, was complicated by a heat dome which posed serious health and safety issues for seniors, and in fact caused heat-related deaths. While we might not have a serious or life-threatening heat wave this year, it does pay to be smart about the heat.

If the weather is sunny and warm, but not unbearable, we still need to be aware of how warmer temperatures can affect us. This is the time of the year when risks of becoming dehydrated and sick from the heat are the greatest for older people. Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

Older people are at higher risk of dehydration because as we grow older our bodies have less ability to hold on to water and to feel thirsty. So, it is advisable to drink water (best form of liquid) throughout the day. It has been suggested that for a 150-pound person, about eight glasses of water should be consumed per day. We should also avoid sugary drinks and alcohol too.

HealthLink BC says that “too much heat can be harmful to your health. Heat-related illness is the result of your body gaining heat faster than it can cool itself down. Heat-related illness can lead to weakness, disorientation, and exhaustion. In severe cases, it can lead to heat stroke, also known as sunstroke. Heat stroke is a life-threatening medical emergency.” HealthLink BC suggests calling 811 (available 24/7) for health advice.

Isolated seniors or people who live alone in poorly ventilated environments or without air conditioning are very susceptible. According to Health Canada, symptoms of heat illness can include dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst, and decreased urination with unusually dark yellow urine. Health Canada suggests, “If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away.”

If we have another heat dome event like in 2021, we'll need to rely on more ways to avoid heat-related illness in the hot weather. You might need to find air-conditioned spaces like libraries, community centres and recreation centres to hang out in for parts of the day. Or you could go to cooling centres which will be stationed across the North Shore. North Shore Emergency Management will have a list when the weather is hot enough to open them. Either call them at 778-338-6300 or check out their website at www.nsem.ca. The website also has important information about emergency preparedness.

Be aware of other simple strategies to beat the heat. These include dressing for the weather (wear protective, breathable, and light fabric), avoiding the direct sun, wearing sunscreen and a hat. If you have an outdoor area, fill up a kiddie pool and plunge your feet in, or indoors you could fill a large container with water and stick your feet in. Take a cooling shower when you feel overheated.

Exercise wisely, without getting overheated. Staying cool and trying to stay active might involve combining activities like walking along the seawall where it is generally cooler. Or you could go on a forest walk under a canopy of trees. As we know, the North Shore has many fantastic walks by the ocean and in the forest. Mosquito Creek combines a tree canopy and water. If you can get to the Shipyards at the bottom of Lonsdale, join the kids at the water park – there's no reason you can't dip your toes in.

Enjoy the summer, but be heat smart.

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 – July

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Jointmoves			Jointmoves	
9:00 am	Snooker	Snooker	Snooker	Snooker	Snooker
		Woodworking	Woodworking	Woodworking	Woodworking
	Computer Club				Computer Club
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well		Craft & Knit Volunteers
		Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Chinese Watercolour		Table Tennis		
	Osteofit For Life		Woodcarving	Osteofit For Life	
10:30 am				Tea & Talk	
11:00 am			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
					Open Studio
		Daytime Dance			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.