

THE CENTRE POST



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

August 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

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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.

Silver Harbour Bulletin Board

Renew Your Membership – BEFORE Fall Registration

Registration for Fall programs begins on Tuesday, August 15th (except for Arts Programs registration which starts Tuesday, August 22nd) and you must have a current membership in order to register in most programs. Please check the expiry date on your membership card – renewing in advance of registration will streamline the process on that day, and make it a more pleasant experience for everyone.

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.

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.

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.

Thank You!

The daffodils and tulips are now bagged and on sale for everyone's enjoyment (\$2 per bag of 12 bulbs). Thank you to all the volunteers who gave their minutes, hours and days to make this happen. Special thanks to:

- NVC workers for their help with the pallets, raisers and bulb identification
- Master gardeners for their regular dependable help
- Trevor for being in charge of the pallets
- Nesters of Deep Cove for their generous donation of bags
- Lana for all the beautiful artwork showing what we have hiding in the bags

Thanks again, and we hope to see you all next year! From, Marg & Annie

Conversation Wall Submission

As a part of our 50th Anniversary celebration in September, there will be a Conversation Wall display with 3 prompts for our theme of “from the past, through the present, to the future.” Please send in a short response to one of the conversation prompts (or all three!) that is 50 words or less:

- PAST - What is your favorite memory from your time spent at Silver Harbour?
- PRESENT – How has Silver Harbour impacted your life today?
- FUTURE - When you imagine Silver Harbour 50 years from now, what are your hopes for the future of the centre?

Email jordan@silverharbourcentre.com or leave with the front desk!

We're Looking for Photos!

Do you have photos of events and people at Silver Harbour over the years? We'd love to borrow and copy your photos (helpful if you can identify the year) for our 50th Anniversary celebrations.

Help Us Tell 50 Amazing Stories

In honour of our 50th Anniversary, we are compiling stories of people connected with Silver Harbour – 50 of them! You can contribute by writing your answers to 8 questions about your connection to Silver Harbour and the role it plays in your life. Please pick up copy of the questions at the front desk or have them emailed to you by emailing jordan@silverharbourcentre.com. You can write as much or as little as you like!

Holiday Closing

Silver Harbour will be closed on Monday, August 7th for the B.C. Day long weekend, re-opening at 9 am on Tuesday, August 7th.

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 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**. Please give yourself extra time to find parking.

Suggestions Welcome

We value your opinions and ideas about Silver Harbour and our programming. Please feel free to talk to a staff member or make use of our anonymous suggestion box, located beside the elevator on our main floor.

Cold Plates then Sandwiches

Through the end of August, our kitchen is offering tasty cold plates that include fruit, salad, hard-boiled egg, cheese, crackers and more for just \$9. They are a refreshing and delicious summer lunch! Then, in September, instead of cold plates, we will start offering sandwiches, with a choice of filling, several days a week. Thanks to those of you who put this suggestion for sandwiches in our brand new suggestion box – we're happy to fulfill this request!

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.

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.



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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, 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/>.



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Free Tech Training for Seniors Assistance with Using
Digital Devices Smart Phones – Tablets – Laptops –
Desktops

Instruction in small groups, bring your own device.
Some devices available at Silver Harbour Seniors'
Centre Starting September 12th on Tuesday Afternoons
1:00 – 2:00 or 2:15 – 3:15

Contact Joni at Lionsview Seniors' Planning Society
Phone 604-988-7115 ext 4001 Email:
lions_view@telus.net Project Partners: Lionsview
Seniors' Planning Society, North Vancouver City
Library, North Shore Keep Well Society, Silver Harbour
Seniors' Activity Centre. With funds provided by the
New Horizons for Seniors Program

Workshops & Special Events

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

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, August 9th

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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Jordan - April 18, 2024

Capital of Amman incl: Citadel & Roman Theater, Madaba City of Mosaics
Jerash best-preserved city of the roman times, The Desert Castles,
Mt Nebo – Where Moses announced “the Promised Land”
Historic Wadi Rum Desert including Glamping in the Desert
Al-Beidah village dating back 9,000 years, Petra Famous UNESCO Sight
Aqaba Red Sea tour & boat trip + snorkeling, enjoy the “Dead Sea”
Breakfasts & Dinners & Guide & Driver Gratuities Are Included

Kenya - June 01, 2024

See the wonders of an Africa Safari
Lions, Leopards, Cape Buffalos, Rhinos, Elephants & more
Famous Masai Mara, Samburu/Buffalo Springs, Aberdare
Ol Pejeta, Lake Nakuru, Lake Naivasha
All Meals & Guide & Driver Gratuities Are Included

Kenya & Tanzania - Oct. 02, 2024

Serengeti, Masai Mara, Amboseli, Lake Manyara & Ngorongoro Crater
Five incredible wildlife areas each offering unique experiences.
See views of Mount Kilimanjaro
All Meals & Guide & Driver Gratuities Are Included

Rwanda Mountain Gorillas – 2024

The exhilaration attached to the first sighting of
a Wild Mountain Gorilla is so difficult to describe.
This adventure can be attached to either of my safaris or enjoyed individually.
Bookings for permits start one year prior to the Gorilla Trek – Call for Details

What other tours / cruises do we have in store for 2024?

Wait and see ... You may be surprised – Announcement to follow.

Custom Designed Inclusive Tours Visit TravelWithRon.ca

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Call for Details: 604.575.7788 / 1.800.946.0091

ron@travelwithron.ca

The Travel Group

CPIC #1073
CPIC # 0198

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**

Origami Flower Workshop

In this workshop, learn how to make flowers using the Japanese art of paper folding.

Monday, August 21st

1:00 – 3:00 pm

Sewing Room

\$10

Book Bike

North Vancouver City Library's Book Bike is coming to Silver Harbour! Users can check out library books and materials, get a library card, and receive information about library programs and services. You don't need to register in advance but do bring your City Library card (or get one at the Book Bike).

Wednesday, August 23rd

10:30 am – 12:30 pm

In the garden

Arts & Crafts Supplies Sale

Calling All Crafters! Save the date for our spectacular Arts and Crafts Supplies Sale. Ignite your creativity with high-quality materials at very affordable prices. Mark this date on your calendar and get ready for an Arts Supplies Sale that will fuel artistic passions and inspire lifelong creativity. We will be selling sewing machines, crochet hooks, knitting needles, canvases, paint and paint brushes, ribbon, cord, lace, trim, feathers, googly eyes, pipe cleaners, pom poms, beads, yarn, fabric, patterns, shells, and MORE!

Saturday August 26th

10:30 am - 1:30 pm

Auditorium

Dementia Friends

Presented by the Alzheimer's Society of BC, this workshop will show you how small, everyday actions can help build a community that is inclusive, supportive of and safe for people living with dementia. Topics include:

- What is a dementia-friendly community?
- What is dementia?
- How to recognize that someone might be living with dementia
- How to communicate in an effective and appropriate way
- Where you can go for more help

Wednesday, September 20th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register

50th Anniversary Celebration and Open House *From the Past, Through the Present, to the Future*

You won't want to miss our 50th Anniversary celebration and open house on Friday September 22nd, packed with exciting activities and nostalgic moments. Step into the past with our photo booth, capturing new memories while reminiscing about old ones. Experience the magic of a mini movie theatre, where cherished old films from over the years will whisk you back in time. Test your knowledge and win fabulous prizes with our timeline display and trivia challenge. Be inspired by our 50 Stories for 50 Seniors for 50 Years project display, showcasing heartwarming anecdotes from members past and present. Plus, get in on the excitement with a chance to win big with our 50/50 raffle, and be moved by heartfelt speeches that pay tribute to the bright future of Silver Harbour. Mark your calendars, spread the word, and join us for an unforgettable celebration of 50 years of friendship, growth, and community!

Interested in volunteering at the event? We'll need extra hands with set up and take down, welcoming folks at the door, and helping with displays. Please send an email to Jordan at jordan@silverharbourcentre.com, if you're interested.

Friday September 22nd
11:00 am – 2:00 pm
Everyone welcome

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, September 25th

10:00 – 11:30 am

Card Room

Free drop-in



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Trips and Tours

Harmony Arts Festival

Registration began 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

Port Moody Lunch & Scenic Drive

Registration began 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

Horseshoe Bay

Registration began 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 began 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

**The Wildflowers Blooming Bus Trip
has been cancelled, and replaced with
the following...**

Summer Flowers and Gardens With Enjoy Tours

Experience a 55-acre oasis in the heart of Vancouver! Van Dusen Gardens features a serene setting of picturesque lakes, a tranquil waterfall, inspiring architecture, beautiful sculptures, 7,500 plant species and 70 botanical collections. Enjoy lunch (included in price) at Van Dusen's Garden Café, followed by a visit to the Bloedel Conservatory and afternoon gelato (included in price) at Mario's Gelati. Some walking.

Tuesday, August 29th

9:00 am – 3:45 pm

\$109 members; \$119 non-members

Please buy your tickets

before August 22nd

or the trip may be cancelled.



Bard on the Beach – “As You Like It” With Enjoy Tours

Registration begins on Tuesday, August 1st

Celebrating its 34th season in 2023, Bard on the Beach is Western Canada's largest not-for-profit Shakespeare festival. Shakespeare meets the Beatles with “As You Like It” – set in Vancouver, with a Beatlemania twist. Trip includes theatre admission to the 2 pm show, and a Picnic Table lunch from Emelle's. Some stairs and gravel paths.

Sunday, September 10th

11:30 am – 5:30 pm

\$149 members; \$159 non-members

Please buy your tickets before August 28th

or the trip may be cancelled.

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Maplewood Flats

Registration begins on Tuesday, August 1st

Join us for a nature walk around Maplewood Flats, overlooking Burrard Inlet. Maplewood Flats is a 126 hectare conservation area located off Dollarton Highway. It is a popular area for bird watching, and is managed by the Wild Bird Trust of BC. After our nature walk, we will have lunch (not included in price) at the Northlands Gold Course. Trails are flat and well-maintained; not suitable for those with walkers.

Wednesday, September 13th

10:00 am – 2:15 pm

\$20 members; \$30 non-members

Please register before September 1st

or the trip may be cancelled

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Steveston

Registration begins on Tuesday, August 1st

Spend 3 hours of free time in Steveston, a lovely fishing village on the Fraser River. You can walk along the waterfront, buy some seafood fresh off the boat, explore some of the village's quaint shops and enjoy lunch (not included in price) at one of the many restaurants. Lots of walking

Thursday, September 21st

10:00 am – 3:15 pm

\$20 members; \$30 non-members

Please buy your tickets before

September 14th or the trip may be cancelled.

Capilano Fish Hatchery

Registration begins on Tuesday, August 1st

This month's "Explore the North Shore" trip will take us to the Capilano Fish Hatchery. The hatchery plays a key role in enhancing the the numbers of coho and steelhead salmon, as well as giving visitors a chance to learn about the salmon life cycle. We will spend 45 minutes at the interpretive centre, then the bus will take us to Edgemont Village where you will have some free time to have a coffee or explore the shops. The Fish Hatchery has unpaved paths and uneven ground; proper footwear must be worn. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, September 27th

9:45 am – 12:15 pm

No charge, but you must pre-register

Please register before September 20th

or the trip may be cancelled.

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 August

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-----------------------------------|------------------------------------|---|--|
| Entrée: \$9 Full Meal Combo: \$12 | 1 Garlic Prawns | 2 Cottage Pie | 3 Meatballs | 4 Lamb Shank |
| 7 BC Day - Silver Harbour CLOSED | 8 Cod with Prawns | 9 Chicken a la King | 10 Lasagna | 11 BBQ Chicken & Ribs |
| 14 Salmon with Shrimp | 15 Turkey Schnitzel | 16 Bami Goreng | 17 Sausages & Mashed Potatoes | 18 Chicken Cordon Bleu |
| 21 Fish & Chips | 22 Salisbury Steak | 23 Beef Stew | 24 Roast Pork | 25 Cabbage Rolls & Meatballs |
| 28 Cod Nuggets | 29 Chicken Breast | 30 Paella Valenciana | 31 Pork Stew | |

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

Sept 13 – Oct 25

\$52.50/7 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

Sept 13 – Oct 25

\$52.50/7 classes

Daytime Dance

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

Tue 1:00 – 2:00 pm

No charge

Flexibly Fit

Flexibility is defined as “the range of motion about a joint”. It can improve your ability to do daily activities, and can help to decrease your risk of injuries – and many other benefits. Participants must be able to get up and down from the floor.

Mon 1:30 – 2:30 pm

Sept 11 – Oct 26 (no class Oct 2, Oct 9)

\$55.50/6 classes

Program Registration Information:

- **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.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

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.

Thu 1:30 – 2:30 pm

Sept 7 – Oct 26

\$74/8 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

Starts Sept 11 (no class Oct 2, Oct 9, Nov 13)

\$25

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

Sept 7 – Oct 26 (no class Oct 2, Oct 9)

\$129.50/14 classes

Keep Well

Exercise to music. Silver Harbour membership not required. **No class Sept 22.**

Wed & Fri 9:30 – 10:30 am

By donation

Line Dance – Level 1

This class is for those with no previous line dance experience.

Wed 1:30 – 2:30 pm

Sept 13 – Nov 29 (no class Nov 8)

\$55/11 classes

Line Dance – Levels 2 & 3

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Sorry, no drop-ins. Please note: we have changed the names of the different levels, and added a class on Wednesdays for those with no previous line dance experience.

Level 2 (formerly Beginners)

Fri 1:30 – 2:30 pm

Sept 8 – Dec 1 (no class Sept 22, Nov 17)

\$55/11 classes

Level 3 (formerly Improvers)

Fri 2:30 – 3:30 pm

Sept 8 – Dec 1 (no class Sept 22, Nov 17)

\$55/11 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

Sept 15 – Oct 27 (no class Sept 22)

\$48/6 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

Sept 7 – Oct 26 (no class Oct 2, Oct 9)

\$129.50/14 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

Sept 7 – Oct 26 (no class Oct 2, Oct 9)

\$129.50/14 classes

Program Registration Information:

- **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.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Snooker

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

Mon through Fri, 9 am to 4 pm

\$25/season

Table Tennis

Get a great workout with this popular sport. Equipment provided.

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

\$25/season

Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Book Club

**CURRENTLY
WAITLISTING**

Book Club meets monthly to discuss a pre-selected book. Masks required.

3rd Monday of the month

2:30 pm

No charge, but you must pre-register

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

\$3 drop-in

Circle of Friends

**CURRENTLY
WAITLISTING**

The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required. 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 or see page 6 for tech learning happening at Silver Harbour.

Mon & Fri 9:00 am – 12:00 pm

\$25/season



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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

ElderCollege

We are pleased to offer ElderCollege at Silver Harbour. Programs this fall include:

- Books Unlimited Book Club
- Cinema Salon
- Crime & Justice
- History of China
- Incredible Journeys
- Meet Our Local Authors
- Outdoor Learning – Mushroom Walk
- What's News

Detailed descriptions of these programs are available on pages 22 and 23.

Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoken and written English. Masks required.

Thur 9:30 – 11:30 am

No charge

Starts Sept 7

Meditation

**NEW
DAY**

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

Wed 10:00-11:00 am

\$25/season

Starts Sept 12

Program Registration Information:

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- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Memory & Aging

Taught by an occupational therapist, this program is aimed at individuals who are interested in learning about the effect of aging on memory. With a focus on instructor-led discussions, in-class exercises and proven strategies, you'll gain a new understanding of how your memory works and learn some tools that help with memory function. This program is made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Wed 10:00 am – 12:00 pm

Nov 1 – 29

\$10/5 classes

Tea & Talk

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





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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

ElderCollege at Silver Harbour

Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book.

Wed 1:30 – 3:00 pm

Sept 20 - "The Quiet American"

by Graham Greene

Oct 11 – "The Sleeping Car Porter

by Suzette Mayr

Nov 1 – "Horse" by Geraldine Brooks

Nov 22 – "Shrines of Gaiety" by Kate Atkinson

Dec 13 – "Women Talking" by Miriam Toews

\$25

Cinema Salon (on Zoom)

Cinema Salon this Fall is a series of movies on the themes of moral greys: the ambiguity of right and wrong and resilience in the face of these, presented by Lorna Romilly, BA (English Literature), MSc (Health Planning & Admin), but most importantly, a movie buff for over 60 years. All the movies are available on Kanopy, a free streaming service available through your library. Discussions of the movie each week will be on Zoom on Thursdays from 10:00 to 11:30. A link will be sent to your email each week.

Thu 10:00 – 11:30 am

Oct 26 – Nov 23

\$25

Crime & Justice (Lecture Series)

Details were not available at the time of publication – check out our September newsletter for more information.

Mon 1:00 – 2:30 pm

Card Room

Oct 16 – Nov 6

\$25

History of China

In its relationships with her Asian neighbours China considered herself a superior power, with neighbouring countries expected to pay her tribute. In the 1700s, western Europe's nations became interested in growing their trade and commerce with China. However, China's severe restrictions led to a century of conflict, gun-boat diplomacy and war, a period when China's sovereignty was constantly being diminished by the superior military and naval power of countries such as Britain, France and, later, also Japan. President Nixon's recognition of Mao's People's Republic of China was a turning point. Mao's successor Deng Xiaoping, set China on its path to become an economic powerhouse. Today its president, Xi Jinping, now in full autocratic control, aims to make China the globe's undisputed superpower.

Fri 10:00 – 11:30 am

Card Room

Oct 6 - 27

\$25

Incredible Journeys

In this travel series, guest speakers will describe their adventures travelling in Australia, Costa Rica and the U.S. National Parks.

Wed 10:00 – 11:30am

Card Room

Sept 20 – Oct 25

\$25

Meet Our Local Authors

Lecture Series

This fall we will have five local authors discuss their writing – diverse stories covering the worst industrial accident in Vancouver's history; the fascinating account of a life begun in rural India to becoming Canada's Minister of Health; stories of bravery and commitment of those who risk their lives to rescue others; tales of intrigue and mystery; and of one woman's courage to leave her restrictive Mormon family and make a life of her own.

Tues 10:00 – 11:30 am

Card Room

Sept 26 – Oct 24

\$25

Outdoor Learning

There are several Outdoor Learning programs offered each season. Participants provide their own transportation and meet at the location. All of the outdoor programs require a moderate level of fitness, and full mobility is required. These programs take place outside on natural terrain, with some steep and uneven ground. Programs will proceed rain or shine, so dress accordingly. Walking poles and sturdy footwear are recommended. This fall we are offering the following:

Mushroom Walk

Come join us for an outdoor walk at the foot of Mt Seymour with Mycologist Sharmin who will guide us through the world of mushrooms. Wear weather appropriate clothing and sturdy walking shoes, good trail some uneven terrain. Meet at the BC Parks Heritage Centre, 1620 Mt. Seymour Road

Tues, Oct 17

10:00 – 11:30 am

\$10/1 class

What's News

What's News is a current events discussion group for people interested in a wide range of issues reported in the media.

Thurs 1:00 – 2:30 pm

Card Room

Sept 14 – Dec 14 \$25

Arts Programs (Volunteers)

Craft & Knitting Volunteers

Supported, non-instructional environment
All levels

Join this creative volunteer group of crafters in making handmade items for our craft markets. Explore Crafting, Knitting, Crochet, Felting, Sewing and Painting within a supportive, community environment. No previous experience needed, enthusiasm will be an asset. 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, 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 Starts Sept 7

\$25/season

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 Starts Sept 6

\$25/season

Bring your own materials – wood available at the centre.

Open Studio

Supported, non-instructional environment.

Work on your watercolour, printmaking, acrylic, or textile project in welcoming and relaxed atmosphere.

Fri 1:00 – 3:00 pm

No charge. Bring your own materials. Some printmaking supplies, watercolour paper and brushes are available for purchase.

Arts Programs (Instructed)

Advanced Pottery

With Trish

Unleash your imagination and discover the limitless potential of clay as you embark on an extraordinary journey in our Advanced Pottery Course. Over 10 exhilarating weeks, you will elevate your pottery skills and explore a diverse range of techniques, including wheel throwing, slab building, coil construction, and more. Your project will be about “illuminating creativity”, where you will be challenged to combine two or more pottery methods to create an object that exudes both functionality and brilliance – something that could be used to give light.

Wed 1:00-3:00 pm

\$25

Sept 6 – Nov 8

Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre.

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Arts Programs (Instructed) cont'd...

Beginners Knitting

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

Wed 11:00 am – 12:30 pm

\$25

Sept 6 – Nov 8

Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

\$35/season

Starts Sept 8 (no class Sept 22)

Creative Journey

Discover and express your true self through art. Embrace the process, cultivate curiosity and uncover the profound meaning in your artistic creations. No art experience required.

All supplies provided.

Thur 1:00 – 3:00 pm

\$25

Sept 7 – Nov 9

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

Dressmaking

Expert instruction in all aspects of sewing including tailoring, cutting, sewing and fitting. Sewing machines and sergers available to use but bring your own materials

Wed 1:00 – 3:03 pm

Sept 13 – Nov 15

\$25

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Intermediate Watercolour Painting

This course is tailored for individuals who have some prior experience with watercolour painting and would like to advance their skills and technique. Throughout the course our dedicated instructor will provide guidance and constructive feedback, enabling your growth as an artist. Additionally you will have the opportunity to engage in invigorating group discussions, share your artistic progress, and learn from fellow participants in a creative, stress-free environment. Students must bring their own supplies, including pencils, paper, brushes and watercolour paints.

Thur 10 am – 12 pm

Sewing Room

Sept 7 – Oct 26

\$25/8 classes

Juicy Wordplay

Facilitated by writer Crystal Hurdle, this session is a once-a-month writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit – whatever you like!) to help one another grow and develop as writers. Must be a registered participant (no drop-ins).

No Drop ins.

3rd Monday of the month

10:00 am – 12:00 pm

No charge

Music Therapy

Taught by a professional music therapist, this group session supports health and well-being through music. This class will involve singing, music creation, music listening, relaxation to music, discussion, movement to music and more. Musical background and ability is not required to benefit from this class.

Mon 11:00 – 11:50 am

\$25

Sept 18–Dec 11 (no class Oct 2, Oct 9, Nov 13)

Program Registration Information:

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Origami Flower Workshop

In this workshop, you will learn how to make flowers using the Japanese art of paper folding.

Mon, Aug 21

1 – 3 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

Sept 11 – Nov 20 (no class Oct 2, 9, Nov 13)

\$25

Stained Glass

We all see beautiful stained glass décor in a large scale in cathedrals and museums, but here at Silver Harbour you can learn how to make your own. Skilled instructors are on hand for assistance with your project. Experience encouraged. Pay as you go for materials.

Thur 10:00 am – 12:00 pm

\$25

Sept 7 – Nov 9

Tapestry

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. No experience necessary; pay as you for materials

Tue 9:30 am – 3:00 pm

\$25

Sept 5 – Nov 7

Ukulele

Two levels to choose from. You will learn basic Ukulele chords and strumming patterns, to learn familiar songs. You will also learn to accompany yourself while singing. Ukuleles are not provided, participants must bring their own ukulele

Beginners

Mon 9:00 – 9:50 am

Sept 18–Dec 11 (no class Oct 2, Oct 9, Nov 13)

\$25

Advanced

Mon 10:00 – 10:50 am

Sept 18–Dec 11 (no class Oct 2, Oct 9, Nov 13)

\$25

Weaving - Loom

With Toby

Learn all about cloth weaving using a variety of looms, including; floor, table and rigid heddle looms. This group is set within a supportive and dedicated environment with a skilled instructor. Pay as you go for materials

Tue 9:30 am - 3:00 pm

\$25/season

**CURRENTLY
WAITLISTING**

Healthcare and the Aging Population

There is a lot of talk in the news, amongst professionals and seniors and their family and friends, that staying healthy is a worthy goal for older people. But why we might ask?

The United Nations says that the world's population is aging. They say that virtually every country in the world is experiencing growth in the number and proportion of older persons in their population. Population aging is poised to become one of the most significant social transformations of the twenty-first century for nearly all sectors of society, including labour and financial markets, the demand for goods and services, such as housing, transportation and social protection, as well as family structures and intergenerational ties.

On the April 2022 Statistics Canada website, they say over 861,000 people aged 85 and older were counted in the 2021 Census, more than twice the number observed in the 2001 Census and that the population aged 85 and older is one of the fastest-growing age groups, with a 12% increase from 2016. As well, over 9,500 centenarians are now living in Canada -- a 16% increase from 2016. These statistics also tell us that these increases will have major implications for Canadian society.

Notwithstanding the broader social and economic implications of an aging population, those of us who are in that aging population of seniors want to have the best possible quality of life as we age. By taking preventative measures now, we can age well at every stage of our aging life span.

Aging well has implications for us as older adults and the community we live in. If we age well, we can better contribute to our community as a consumer, a volunteer, and if necessary, as an essential caregiver to family and friends. It is expected that if we age well as an individual, we can experience an excellent quality of life.

In my columns over the years, I have stressed the trifecta of a healthy lifestyle: eating well, exercising and staying connected to community. Paying attention to these will go along way to ensure that you age well.

On the MacMaster's Optimal Aging Portal website, they also suggest taking care of your mental health, getting enough sleep, identifying risk factors for disease, and more. I would suggest that affordable housing and accessible transportation also contribute to older people aging well.

Eating well promotes and supports social, physical, and mental well-being for everyone, at all ages and stages of life. Good nutrition, no matter what age you are, is essential for good health. The MacMaster Optimal Aging Portal says, "Nourishing our bodies with healthy, whole foods can help

with everything from weight loss to improved mood and can help manage conditions like high blood pressure or diabetes and contribute to better heart health”

Exercise is one of the key preventative health choices contributing to seniors' health and wellbeing. The Public Health Agency of Canada (PHAC) says that exercise improves your balance, reduces falls and injuries, helps you stay independent longer and helps prevent heart disease, stroke, osteoporosis, type 2 diabetes, some cancers and premature death.

Getting a good night's sleep has been touted over the last few years as a tool for healthy aging. Not only is it satisfying to get a full night's sleep, but it can potentially reduce the risk of developing anxiety, depression, cognitive issues, and physical harms such as heart disease.

Supports such as affordable housing can relieve us of the anxiety in our older years of being underhoused or homeless. Good transportation gets us out of our homes so that we can interact in our community, which reduces the potential for social isolation.

HealthLinkBC says, “People without strong social networks may become isolated. Social isolation can lead to reduced mental and physical health, as well as depression. When older people participate in their communities, everyone benefits”.

Taking care of our mental health is also essential to aging well. The World Health Organization's website states that the most common neuropsychiatric disorders in the older adult age group are dementia and depression. They also list anxiety disorders, substance abuse problems and self-harm as concerns for those aged 60 or older. It's essential to get help if you or a family member or friend are experiencing any mental health issues.

I am not sure how long I'm going to live, but if it is going to be 10, 20 or perhaps 30 more years I want to age well so I can enjoy life and contribute to my community.

Margaret Coates is the co-ordinator of Lionsview Seniors' Planning Society. She has lived on the North Shore for 52 years and has worked for and with seniors for twenty-seven of those years.

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Silver Harbour Program Schedule – August

| | 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 | | | 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.

Silver Harbour Program Schedule – Fall 2023

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--------------------------------|-------------------------|----------------------------|--------------------------|----------------------------|
| 8:15 am | Jointmoves | | | Jointmoves | |
| 9:00 am | Computer Club | Snooker | Snooker | Snooker | Computer Club |
| | Snooker | Woodworking | Woodworking | Woodworking | Snooker |
| | Beginner Ukulele | | | | 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 | Advanced Ukulele | Meet Your Local Authors | Meditation | Stained Glass | |
| | Osteofit For Life | | Table Tennis | Osteofit For Life | Choir |
| | | | Woodcarving | Intermediate Watercolour | History of China (October) |
| 10:30 am | | | | Tea & Talk | |
| 11:00 am | Music Therapy | | Beginners Knitting | | |
| | | | Tile Rummy | | |
| 11:45 am | Osteofit 1 | | | Osteofit 1 | |
| 12:30 pm | Silk Painting | | | | Duplicate Bridge |
| 1:00 pm | Hula for Health | Cribbage | Chair Yoga – Fully Seated | Pottery: Open Studio | Table Tennis |
| | Crime & Justice Lecture Series | Quilting Volunteers | Circle of Friends | Bingo | Current Conversations |
| | | | Dressmaking | What's News | Open Studio |
| | | Daytime Dance | Advanced Pottery | Creative Journey | |
| 1:30 pm | Flexibly Fit | | Line Dance – Level 1 | Get Up & Go | Line Dance – Level 2 |
| 2:15 pm | | | Chair Yoga – Stand Options | | |
| 2:30 pm | | | | | Line Dance – Level 3 |

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