

# THE CENTRE POST



Silver Harbour Seniors' Activity Centre  
144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com) tel: 604-980-2474

September 2023

**SILVER HARBOUR**

**50**

*YEAR ANNIVERSARY*

**OPEN HOUSE**

**FRI SEPT 22 11AM - 2PM**

**FOOD | DISPLAYS | PHOTOBOOTH | 50/50 RAFFLE | SPEECHES @ 1PM**

Thank you to

**parc**  
retirement  
living

official sponsor of the Centre Post  
and our website.

Thank you to the

**city**  
of north  
vancouver

and

DISTRICT OF  
**NORTH VANCOUVER**

for helping to fund the  
operations of Silver Harbour.



Happiness is often tough to quantify. But not at PARC. 96% of residents say they are happy and living a fulfilling life at PARC, according to our most recent annual survey\*.

Why are PARC residents so satisfied? Set in the most desirable neighbourhoods in the lower mainland — our PARC Active Living™ lifestyle is custom designed to fill daily life with joy.

At PARC, we care deeply about your happiness. So why not come for a visit? Call one of our Senior Living Specialists today.

**parc**  
retirement  
living

Westerleigh: 604.922.9888 | Cedar Springs: 778.233.1457 | Summerhill: 778.229.9045

\*2023 Greenhouse Research Inc

# 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 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

[info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)

 *SilverHarbourSeniorsActivityCentre*

 *SilverHarbourC*

 *SilverHarbourC*

## 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

## In this Issue...

Happy 50 <sup>th</sup> Anniversary .....	p.2
Silver Harbour Bulletin Board.....	pp.3-5
In The Community.....	pp.6-7
Workshops & Special Events.....	pp.8-11
Trips and Tours.....	pp.12-14

## 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.

Daily Menu.....	p.15
Programs .....	pp.16-29
The Value of Seniors Centres.....	pp.30-31
Program Schedule.....	p.32

## Happy 50<sup>th</sup> Anniversary

This September marks the 50<sup>th</sup> Anniversary of the opening of Silver Harbour Seniors' Activity Centre back in 1973. A growing group of seniors and other community members had been working for several years prior towards constructing a multi-service centre for seniors on the North Shore. Federal and provincial governments, along with the City and District of North Vancouver, provided significant capital funding to build the Centre and many service clubs and individuals donated to equip the new Centre. From a small group, we have grown into the largest seniors centre in North Vancouver and now offer more than 70 different programs and services.

In honour of our 50<sup>th</sup> Anniversary, we hope you will join the celebrations on Friday September 22<sup>nd</sup>, from 11 am to 2 pm, with speeches starting at 1 pm. You'll find more details on page 9 of this newsletter about the displays and activities you'll enjoy during our celebration. Please note that programs are cancelled that day and the Centre will be opening at 11 am, not our usual 9 am. Please come join us to celebrate all the successes and milestones that Silver Harbour has achieved in the last 50 years!



Silver Harbour Opening ,1973

# Silver Harbour Bulletin Board

## All Programs Cancelled on Friday, September 22<sup>nd</sup> – Join us for our 50<sup>th</sup> Anniversary Celebration!

Please note that none of our regular programs will be offered on Friday, September 22<sup>nd</sup>, so that we can properly celebrate Silver Harbour's 50<sup>th</sup> Anniversary. We hope that everyone will take the opportunity to come to the Open House event.

## Bingo Cancelled For Several Weeks

At the time of printing this newsletter, Bingo will be cancelled in August because we don't have enough trained volunteers available to properly run it. Bingo may also be cancelled for some dates in September. We will be sure to email or phone all Bingo players who have given us their contact information when Bingo is restarting.

## 50<sup>th</sup> Anniversary 50/50 Raffle

Come buy your tickets for the Silver Harbour 50<sup>th</sup> 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 22<sup>nd</sup> 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.



**ROYAL LEPAGE**  
Sussex



**SRES**  
Senior Real Estate  
Specialist®

**HELPING THE MATURE GENERATION IN TRANSITION**

**Offering...**

**A customized approach to your real estate needs.**

**The patience, professionalism & expertise you deserve.**



**garyborn**  
PERSONAL REAL ESTATE CORPORATION

**Email** [gary@garyborn.com](mailto:gary@garyborn.com)  
**Website** [garyborn.com](http://garyborn.com)

**604 - 787 - 9418**

## Conversation Wall Submission

As a part of our 50<sup>th</sup> 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](mailto:jordan@silverharbourcentre.com) or leave with the front desk!

**ADVANCED MEDICAL**  
Healthcare Equipment

**SALES RENTALS REPAIRS INSTALLATIONS**

**WE OFFER**  
a wide variety of daily living aids and home healthcare equipment

1863 Marine Dr. West Vancouver  
[www.AdvancedMedicalBC.ca](http://www.AdvancedMedicalBC.ca) **604 912 0106**

## Help Us Tell 50 Amazing Stories

In honour of our 50<sup>th</sup> 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](mailto:jordan@silverharbourcentre.com). You can write as much or as little as you like!

## Holiday Closing

Silver Harbour will be closed on Monday, September 4<sup>th</sup> for the Labour Day long weekend, re-opening at 9 am on Tuesday, September 5<sup>th</sup>. We will also be closed on Monday, October 2<sup>nd</sup>, in observation of Truth & Reconciliation Day, re-opening at 9 am on Tuesday, October 3<sup>rd</sup>.

## 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.

## 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 22<sup>nd</sup> 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.

## 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.



**Comfort Keepers.**  
Elevating the Human Spirit™

**ACCREDITATION PRIMER AWARD**  
**ACCREDITATION**  
**AGRÉMENT**  
**CANADA**

**Keeping seniors safe. At home.**

HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES

**(604) 998.8806**

northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver

## 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.

## 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, including 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, September 23<sup>rd</sup> and Sunday, September 24<sup>th</sup> 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/>.

### Technology Lessons for Seniors

Lionsview Seniors' Planning Society is once again providing free tech training for seniors, providing assistance with digital devices including smart phones, tablets, laptops and desktops. Instruction in small groups at Silver Harbour Seniors' Activity Centre – Tuesday afternoons, starting on September 12<sup>th</sup>. For more information or to register contact Joni at Lionsview Seniors' Planning Society, 604-988-7115, extension 4001, or email [lions\\_view@telus.net](mailto:lions_view@telus.net). Funding for this project is provide by the New Horizons for Seniors Program.

### Digital Literacy Exchange Program

S.U.C.C.E.S.S. BC is offering free digital skills training in Cantonese, Mandarin, Korean and Farsi. Topics will include cyber security, and essential digital skills for using smartphones, tablets and PCs. For enquiries or to register, please call:

Chinese: 236-880-3261

Farsi: 236-880-1871

Korean: 236-880-3364

Or email

[digital.literacy@success.bc.ca](mailto:digital.literacy@success.bc.ca)

**YOU WORKED HARD FOR YOUR HOME,  
Now let your home work for you.**

Is inflation impacting your monthly cash flow?  
Are you wondering if you should downsize?  
Do you get a line of credit on the house or  
a reverse mortgage? You want to talk to  
someone about your choices. Someone you  
can trust who will listen and walk you through  
your options. Ask Marci for help.

**ASK MARCI HOW!**  
Book a FREE Consult:  
604-816-8950 or  
[marci@askmarci.ca](mailto:marci@askmarci.ca)

[www.askaboutreversemortgages.ca](http://www.askaboutreversemortgages.ca)



## North Shore Seniors' Health Expo

You are invited to the 5<sup>th</sup> annual North Shore Seniors' Health Expo, featuring exhibitors, innovative speakers and researchers focusing on cognitive, physical, social, financial and nutritional well-being. The goal of this event is to provide useful information for seniors, family members and caregivers. The event will take place on Friday, September 8<sup>th</sup>, 9:00 am to 3:30 pm, at the West Vancouver Seniors' Activity Centre, 695 21<sup>st</sup> Street, West Vancouver. You can find the Expo program guide at: [https://westvancouver.ca/sites/default/files/media/documents/NS\\_Seniors\\_Health\\_Expo\\_Program\\_2023\\_WEB\\_Jul28.pdf](https://westvancouver.ca/sites/default/files/media/documents/NS_Seniors_Health_Expo_Program_2023_WEB_Jul28.pdf)

## Housing Solutions Lab Open House

Curious about housing solutions like home-sharing, secondary suites and laneway houses? We're eager to hear from homeowners and renters over age 55 living on the North Shore. All are welcome to explore potential solutions, learn more about the North Shore context and join the conversation about addressing the housing crisis, social isolation and finding climate solutions at the Housing Solutions Lab open house. Stop by to share your thoughts on housing options as you age and your hopes for living on the North Shore:

Thursday September 28, 2023, Drop by any time between 2 - 7 PM

Delbrook Community Centre, Arbutus room (first floor), 851 W Queens Rd, North Vancouver

Want a guided conversation through the open house? Secure your spot by booking a time slot (approx. 1 hour) with a facilitator. Alternatively, feel free to drop in at your convenience and explore the open house at your own pace. To book a guided conversation and for more details about the open house, email Rebekah Parker at [rebekah\\_parker@sfu.ca](mailto:rebekah_parker@sfu.ca) or call (778) 652-4077 ext.3 For more info on the Lab, visit <https://www.renewablecities.ca/housing-solutions-lab>



This project, organized by SFU Renewable Cities in partnership with Hollyburn Community Services Society, explores housing opportunities for homeowners (older adults 55+) living on Vancouver's North Shore who may be interested in options such as secondary suites, coach houses and home-sharing. These solutions have strong potential to address urgent, critical challenges like housing supply and affordability, and older adults' health and social isolation.

## Workshops & Special Events

### Newcomers Tea and Tour

All new members and those considering becoming members are invited to attend a tour of Silver Harbour and enjoy a free cup of tea (or coffee).

**Wednesday, September 13<sup>th</sup>**

**10:15 am**

**Meet in the library**

**No charge,**

**but you must pre-register**

### Therapy Dogs

Once a month two volunteer therapy dog teams from St. John Ambulance come to Silver Harbour. These specially trained dogs offer comfort and companionship. Interacting with a therapy dog has many health benefits – both mental and physical. If you like dogs, please drop by and say hello.

**Wednesday, September 13<sup>th</sup>**

**10:30 am – 12:00 pm**

**Silver Harbour Library**

**Book Club** **SORRY,  
FULL**

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be "The Dutch House" by Ann Patchett.

**Monday, September 18<sup>th</sup>**

**2:30 - 3:30 pm**

**Multi-Purpose Room**

**No charge**

### 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 20<sup>th</sup>**

**1:00 – 3:00 pm**

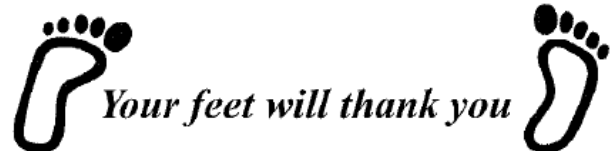
**Card Room**

**Free of charge, but you must pre-register**

## Total Toe Care

*Great in-home foot care*

*Call Diane @ 604-649-1624*



*Serving the North Shore for 17 years*

## **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 22<sup>nd</sup>, 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](mailto:jordan@silverharbourcentre.com), if you're interested.

**Friday September 22<sup>nd</sup>**

**11:00 am – 2:00 pm**

**Everyone welcome**

**Please note: we will not be opening  
the building until 11:00 am**

## **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 25<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free drop-in**

## **Tech Connect:**

### **Introduction to Robotics & Coding**

Coding and robotics are essential in the operation of many devices, products and services – but do you know how these tools work? Join NVCL staff for this fun afternoon of learning, where we will introduce you to the basics of robotics and coding, which will help you understand how your devices work and give you some tips and tricks for troubleshooting them.

**Wednesday, September 27<sup>th</sup>**

**1:30 – 3:00 pm**

**Card Room**

**Free of charge, but you must pre-register**

## 1973 Meal Deal!

As part of the continuing celebration of our 50<sup>th</sup> Anniversary, for one day only, we will be offering lunch at 1973 prices! We're still working on the menu – but the full meal will be \$2, or just the entrée for \$1.50. Maximum of 2 meals per person. We hope you'll dress up 1970s style for this 1973 Meal Deal!

**Wednesday, October 4<sup>th</sup> only**  
11:30 AM – 12:45 pm

## Balance & Falls Prevention

Tom Grant, local occupational therapist, will present on how to reduce the risk of falling through a multi-factor approach. There will be an opportunity to have your balance/fall risk accurately measured with an innovative piece of technology.

**Wednesday, October 4<sup>th</sup>**  
1:00 – 2:00 pm

Card Room

Free of charge, but you must pre-register

## Senior Lifestyle Options – Solutions to Keep You Thriving

Finding the right senior living and care solution involves planning and having a thorough understanding of the options available so you can make an informed decision. Join Jennifer Baddeley, senior living advisor from Later In Life Solutions, to learn about things to consider in evaluating your senior living options.

**Wednesday, October 11<sup>th</sup>**  
1:00 -2:00 pm

Card Room

Free of charge, but you must pre-register

# Have You Made a Plan yet?

If not, give our family a call

 **McKenzie**  
FUNERAL SERVICES



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S  
West Vancouver, BC

mckenziefuneralservices.com

## Our Family Serving Yours For Over 70 Years

## Golden Years of Creativity: Celebrating 50 Years with Card Making

In celebration of Silver Harbour's 50th anniversary, we are delighted to present this year's contribution to Culture Days. For half a century, our centre has been a hub of artistic expression, fostering connections and nurturing the creative spirits of our beloved community. As we commemorate this milestone, we invite you to explore the power of card making as a symbol of love, friendship, and the artistry that has shaped our center's rich history. Through the art of card making, we pay homage to the countless memories, friendships, and moments of joy that have defined our journey.

Delve into the magical world of paper, colours, and heartfelt sentiments as we guide you through a hands-on card-making workshop.

**Saturday, October 14<sup>th</sup>**

**10:00 am - 12:00 pm**

**Card Room**



## Tech Connect: Artificial Intelligence

Artificial Intelligence or AI has been in the news frequently lately, but do you know what it is and how it is used in the technology all around you? Join us for this class on AI, its history, how it works, and its current applications.

**Wednesday, October 18<sup>th</sup>**

**1:30 – 3:00 pm**

**Card Room**

**Free of charge, but you must pre-register**

## Save the Date for “Oktoberfest Before Dark”

The Rheinlander Band will be coming to Silver Harbour on the afternoon of Monday, October 23<sup>rd</sup> – check the October Centre Post for all the details. Tickets go on sale Tuesday, October 3<sup>rd</sup>!

## OASIS Arthritis: Pain Management

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest and have a function-centred life.

**Wednesday, October 25<sup>th</sup>**

**1:00 – 3:00 pm**

**Card Room**

**Free of charge, but you must pre-register**

## Trips and Tours

The following trips for September are sold out (tickets for these trips went on sale August 1<sup>st</sup>). Please add your name to the waitlist.

- Maplewood Flats – September 13<sup>th</sup>
- Steveston – September 21<sup>st</sup>

### **Bard on the Beach** **SORRY,** **– “As You Like It”** **CANCELLED** **With Enjoy Tours**

**Registration began on Tuesday, August 1<sup>st</sup>**

Celebrating its 34<sup>th</sup> 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.



**Bayshore**<sup>®</sup>  
Home Health

### What does remaining at home mean to you?

Whether it's just a little assistance for daily tasks or round-the-clock care, Bayshore's caregivers can ensure you are living your best life while remaining at home.

**LET'S TALK.**

**604.873.2545**

northshore@bayshore.ca

PERSONAL CARE | HOME SUPPORT | NURSING

## Capilano Fish Hatchery

**Registration began on Tuesday, August 1<sup>st</sup>**

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 27<sup>th</sup>**

**9:45 am – 12:15 pm**

**No charge, but you must pre-register**

**Please register before September 20<sup>th</sup>**

**or the trip may be cancelled.**

## Granville Island

**Registration begins on Friday, September 1<sup>st</sup>**

The bus will take us to Granville Island to stroll the indoor public market as well as an array of other shops and studios. The market offers food, produce, and gifts, as well as a beautiful view of the water. You will have time for lunch (not included in price) at one of the many restaurants or in the market. Lots of walking if desired; but also walker friendly.

**Wednesday, October 4<sup>th</sup>**

**10:00 am – 3:00 pm**

**\$23 members; \$33 non-members**

**Please register before September 26<sup>th</sup>**

**or the trip may be cancelled.**

**AGELESS ADVENTURES** *Serving B.C. Seniors for 36 years*  
**604-542-5566**  
**ESCORTED TOURS OF CANADA, THE U.S., & BEYOND**  
**SMALLER GROUP SIZES & HOME PICK-UP**

Call for a brochure. Ask about our 5% early payment discount. Single rates available

#260 -1959 152<sup>nd</sup> Street,  
 Surrey, BC V4A 9E3

[agelessadventures.com](http://agelessadventures.com)

CONSUMER PROTECTION BC  
 1-877-833-8282

## Manning Park Fall Colours With Enjoy Tours

**Registration begins on Friday, September 1<sup>st</sup>**

We will head to Manning Park to drive through the scenic fall colours of the Cascade Mountains. We will have lunch (included in price) at the Manning Park Lodge, before making our way to Lightning lake for a walk along its shores. On the way home we will stop at the Hope Slide. Some walking.

**Wednesday, October 11<sup>th</sup>**

**8:15 am – 5:45 pm**

**\$109 members; \$119 non-members**

**Please register before September 27<sup>th</sup>  
or the trip may be cancelled.**

**Discover the World join Travel Specialist RON BOOIMAN**

### **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](http://TravelWithRon.ca)

**TravelWithRon.ca** [ron@travelwithron.ca](mailto:ron@travelwithron.ca)  
Call for Details: 604.575.7788 / 1.800.946.0091

The Travel Group  
CPIC #1673  
CPIC # 8198

## Stanley Park Ecology Tour

**Registration begins on Friday, September 1<sup>st</sup>**

The bus will take us across the Lions Gate Bridge to the Stanley Park Nature House, where we will have a guided tour of Lost Lagoon. We will learn about the history, ecology and conservation projects coordinated at Lost Lagoon, and see a large variety of birds, and if we're lucky, maybe even a beaver or otter. Following our tour, we will have lunch (not included in price) at Stanley Park Brewing. Lots of walking, some of which is on unpaved paths. Sorry, not suitable for those with walkers.

**Tuesday, October 24<sup>th</sup>**

**9:00 am – 2:15 pm**

**\$30 members; \$40 non-members**

**Please register before October 10<sup>th</sup>  
or the trip may be cancelled.**



**Davies**  
Prescription Pharmacy

*Serving the North Shore with quality medical supplies and pharmaceuticals for 30 years.*

**Tel: (604) 985-8771** [www.daviesrx.com](http://www.daviesrx.com)  
**1401 St. Georges Avenue, North Vancouver**



## Daily Menu for September

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée: \$9</b>  <b>Full Meal Combo: \$12</b>				<b>1</b>  Lamb Shank
<b>4</b> Labour Day - Silver Harbour CLOSED	<b>5</b>  Garlic Prawns	<b>6</b>  Sausage & Mashed Potatoes	<b>7</b>  Nasi Goreng	<b>8</b>  BBQ Chicken & Ribs
<b>11</b>  Salmon with Shrimp Sauce	<b>12</b>  Turkey Schnitzel	<b>13</b>  Cottage Pie	<b>14</b>  Meatballs Milanaise	<b>15</b>  Chicken Cordon Bleu
<b>18</b>  Cod Nuggets	<b>19</b>  Salisbury Steak	<b>20</b>  Bami Goreng	<b>21</b>  Beef Stew	<b>22</b> No lunch service today – 50 <sup>th</sup> Anniversary Open House
<b>25</b>  Cod with Tiger Prawns	<b>26</b>  Chicken Breast	<b>27</b>  Pork Stew	<b>28</b>  Chicken a la King	<b>29</b>  Lasagna

*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

#### **Program Registration Information:**

- **Registration** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- **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.

### 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 – 2:30 pm

No charge

### Flexibly Fit

Flexibility is defined as the range of motion about a joint. Along with many other benefits, it can help to improve our ability to do daily activities like reaching to get something off a shelf, and may also help decrease our risk of injuries. This is a great way to ease into fitness. Please note that participants must be able to get down to and up from the floor.

Mon 1:30 – 2:30 pm

Sept 11 – Oct 30 (no class Sept 18, Oct 2, Oct 9)

\$46.25/5 classes

#### ***Program Registration Information:***

- **Registration** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- **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 30 (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 spinal stability and 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 30 (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 30 (no class Oct 2, Oct 9)

\$129.50/14 classes

### Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- **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

**SORRY,  
FULL**

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

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

\$25/season

## 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.

3<sup>rd</sup> 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

### 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
- 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 23 and 24.

## Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoke and written English. Masks optional.

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 13

## 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

### **Program Registration Information:**

- **Registration** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- **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.

## 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

## 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

### ***Program Registration Information:***

- ***Registration*** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- ***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.



## ElderCollege at Silver Harbour

You can read detailed descriptions of the individual sessions in each ElderCollege program on the Silver Harbour website at: <https://silverharbourcentre.com/news-events/>

### 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

**Sorry, the Eldercollege Crime & Justice series will not be offered at this time.**

### 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 <sup>NEW</sup> DATES

Here we go again on another wonderful travel series with ElderCollege. We are very pleased to be back in person and on site at our new home at Silver Harbour Seniors Centre. Come on in, bring a friend a snack or a beverage, fasten your seatbelts, sit back and relax while our guest presenters share both Pre and Post Pandemic travel adventures. We hope you will join us for another terrific series of Incredible Journeys before you head off to your favourite destination. Bon Voyage!

Wed 10:00 – 11:30am

Card Room

Oct 4 – 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; 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

Is it fact or is it fake? Are you interested in news and current affairs? Here's your chance to engage in discussion with others about what is happening in our world and is reported in the media. If you'd like to learn about what's going on, share your opinion about current events, or help distinguish facts from fake news, please join us. New participants are always welcome.

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. For experienced woodworkers only.

Mon – Fri mornings

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

#### **Program Registration Information:**

- **Registration** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- **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.

## 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.

#### **Program Registration Information:**

- **Registration** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- **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.

## 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, Oct 23

10:00 am -12:00 pm

\$5

#### **Program Registration Information:**

- **Registration** for Arts Programs began on Tuesday, August 22<sup>nd</sup>. Registration for all other programs, including ElderCollege, began one week earlier, on Tuesday, August 15<sup>th</sup>.
- **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.

**Dressmaking** **SORRY,  
FULL**

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

**Intermediate****Watercolour Painting****SORRY,  
FULL**

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

**Introduction to  
Jewelry Making****JUST  
ADDED**

Unleash your inner artist and embark on a captivating journey into the world of jewelry making with our comprehensive introductory course. This course is tailored for individuals with little to no prior experience in jewelry crafting. Over the span of 4 engaging sessions, you will delve into the essential techniques, tools, and materials that form the foundation of jewelry creation. By the end of this course, you will have not only crafted your own stunning pieces but also acquired the skills to continue exploring the realm of jewelry making.

Fri 10:00 am – 12:00 pm

Sewing Room

\$20/4 classes

October 6 - 27

**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 grown and develop as writers. Must be a registered participant (no drop-ins).

No Drop ins.

3<sup>rd</sup> 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)

## Silk Painting **SORRY, FULL**

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 **SORRY, FULL**

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**

## The Value of Seniors Centres

In early July I had the privilege of attending a special event which celebrated the partnership between the City of North Vancouver and Silver Harbour Seniors' Activity Centre to build a free-standing, independent centre for older adults.

The new building is being constructed on 23<sup>rd</sup> Street, across from the old Harry Jerome site. The present Silver Harbour building is long past its best before date, so this will be a welcome upgrade, with the new building slated to be finished by the end of 2025. Since the early planning stages of the new building, I have been encouraged that the city's Mayor, Council and staff value the importance of a seniors' centre to older people and the community in general, a value that I share as a senior.

This same value is highlighted in a new report released recently by Simon Fraser University authors, called Independent Seniors Centres: Connecting and Supporting Older Adults in Metro Vancouver. One of the main premises of the report, also strongly acknowledged by Mayor Buchanan at the celebration, is that "Seniors centres play a critical and vital role in the community and in the lives of older adults".

Noting that there has been scarce research on seniors centres, authors, Kadowaki, Wadman, Kupferschmidt and Wister and community partners say that more needs to be done to support their ongoing role in the community. They say, "Seniors centres are inclusive spaces that foster social connections, empowerment, and a feeling of safety and dignity for older adults". The authors recommend sustainable funding so that seniors centres can "innovate, adapt and continue to effectively contribute to the health and well-being of older adults" (whose population is growing), build mutually beneficial research partnerships with seniors centres and academics to meet the challenges of the future, and provide ways to collectively advocate and take action.

The report, which began with a wide literature review based on Canadian and American sources, also relied on an analysis of participants input through focus groups. Participants came from six independent seniors centres and these included board, volunteers and members and those who work with seniors.

The findings show that seniors centres are welcoming and inclusive spaces, sources of social connection and emotional support and places to interact with peers. They are empowering for older adults and have proven to be able to help them adapt to often difficult circumstances. As an example of being able to adjust to adverse situations, the report discussed how seniors' centres adapted to COVID-19, saying that "many seniors centres were able to quickly pivot, and through trial and error find meaningful and important ways to continue supporting their isolated members despite limitations".



As an example, here on the North Shore, seniors' groups, and organizations - through the support of the North Shore Seniors Working Group - found ways to pivot programs. These included extending virtual platforms for programming and services. For example, the North Shore Keep Well Society, acknowledging that there is a place for dual types of programming, started and still runs an online Zoom exercise class.

Additional research has shown that programming offered by not only independent seniors centres, but also by community organizations who provide seniors programming, play a valuable role in older peoples' lives. There is a consensus that "aging in place" is the preferred community response to an increasingly aging population.

The community response is to provide places for seniors to congregate and get their needs met through strong and affordable programs and services. On the North Shore, along with Silver Harbour, there are a wide variety of programs and services offered by North Shore Neighbourhood House, Parkgate Community Centre, West Vancouver Seniors' Activity Centre, Capilano Community Services, Mollie Nye House and North Shore Volunteers for Seniors. Also, there are organizations who support and encourage collaboration of those seniors groups, such as Lionsview Seniors' Planning and North Shore Community Resources.

An outline of programs run by the seniors centres and other organizations supporting seniors strongly reflects the programming that the focus groups referred to in the SFU report. The programs outlined in the report include those with social, creative arts, recreational, educational and skill building components, and services including supportive, health, and food offerings. It is widely recognized in the community and as discussed in the SFU report, that for seniors' programming to be successful there must be good supports and adequate funding. Supports could include core government funding; strategic partners such as businesses, civic organizations, provincial government departments, academics, and faith communities and well-run volunteer programs. These programs also require adequate space for standard and alternative programming.

In North Vancouver, it is great to see the partnership between the City and Silver Harbour in producing a wonderful resource for seniors. We need more of those partnerships both here at home and in Metro Vancouver.

*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.*

This column was first published in the North Shore Local News - North Shore News (nsnews.com) © 2023 North Shore News.

## Silver Harbour Program Schedule – Fall 2023

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:15 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
	Beginner Ukulele				Woodworking
<b>9:30 am</b>	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
		Weaving			Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>	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)
<b>10:30 am</b>				Tea & Talk	
<b>11:00 am</b>	Music Therapy		Beginners Knitting		
			Tile Rummy		
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>12:30 pm</b>	Silk Painting				Duplicate Bridge
<b>1:00 pm</b>	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	
<b>1:30 pm</b>	Flexibly Fit		Line Dance – Level 1	Get Up & Go	Line Dance – Level 2
<b>2:15 pm</b>			Chair Yoga – Stand Options		
<b>2:30 pm</b>					Line Dance – Level 3

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](mailto:info@silverharbourcentre.com).