

THE CENTRE POST



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

October 2023



October 1st is National Seniors Day!

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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 70 programs and services. 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!

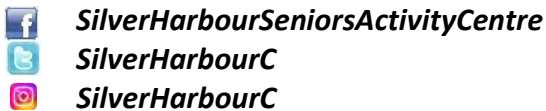


144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



Centre Opening Hours

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

Our Code of Conduct

At Silver Harbour, everyone is expected to be...

- respectful and considerate
- welcoming and inclusive
- responsible and safe

and to help uphold our vision, mission and values. If you have questions or concerns, please talk to a staff member.

Silver Harbour gratefully operates on the traditional and unceded territory of the, *Sḵw̱x̱wú7mesh Úxwumixw (Squamish), səliilwətaʔ (Tseilil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.*

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Our Vision

A Diverse Community that Celebrates Aging

Our Mission

To help seniors thrive by offering a wide range of programs, services, and connections.

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 in everything we do.

Diversity: We are committed to diversity, participation and inclusion in all aspects of our work.

Collaboration: We cultivate strong relationships throughout our community for greater impact.

Responsiveness: We welcome new ideas, possibilities and approaches.

Stewardship: We believe care for the environment and land runs through everything we do.

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 |

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 | |

50th Anniversary Recap

Thank you for celebrating with us! On Friday September 22nd, Silver Harbour hosted our 50th Anniversary Open House. We had a photobooth, a conversation wall where you could share your memories and thoughts about Silver Harbour, a historical timeline and trivia quiz, mini-movies, a slideshow, a commemorative newsletter, delicious treats, speeches, and the launch of our 50 Amazing Stories Project. We also drew the prize for our 50/50 Raffle – congratulations to Jackie McGrath who won. You can still see our historical timeline boards in the auditorium and pick up a Through the Years commemorative newsletter. Over the coming months we'll still be collecting and finally displaying our stories of seniors connected to Silver Harbour for our 50 Amazing Stories – please let the front desk know if you'd like to share your story. We are very grateful to all the staff and volunteers who worked so hard to bring this wonderful event to fruition and to all of you who celebrated with us and sent your best wishes for our 50th Anniversary.



Many thanks to Dave Sutherland for taking these photos of our 50th Anniversary Open House

Christmas Market

Our annual Christmas Market is sneaking up on us and we are busy with all the preparation that goes into this great event! The date for this year's market is **Saturday, November 18th, 10 am to 2 pm.** Here are some of the many ways to participate and help out with our sale...

Craft Products Ready For Sale

Our craft volunteers have been busy in Santa's workshop creating wonderful handmade goods for this year's sale. Although they work all year round, any additional finished crafts that you may have to contribute are always a big help during this sale. Please drop these off by November 9th, so that we have time to price and sort everything.

Baking

We are always looking for baking donations for our sale. Please let us know at the front desk as to what you will be making, in order to keep track of what we need in regards to our displays, packaging, and pricing. There will be a baking sign-up sheet at the front desk. Our wonderful bake sale volunteers will be setting up, packaging and pricing on Friday, November 17th, so please drop off your baking that morning. An ingredients list is appreciated for anyone with food allergies.

Used Clothing

Silver Harbour is always looking for good quality, gently used women's clothes for our Clothes Closet. Please bring in your donations at least one week before for sorting and pricing before the sale (no summer clothes, thank you).

Volunteers

We are always in search of volunteers to help in a variety of ways at the sale – including selling at the tables. Booth set-up and take down require volunteers that can do a little extra heavy lifting – if you can lend us your muscle for any of this, we would love to hear from you! Please leave your name and number at the front desk.

Posters

Several weeks before the Christmas Market, we will have posters and garden signs available at the front desk promoting the event. If you know of a bulletin board at a business, apartment building or other visible location, please pick up a poster, put it up, and help us promote our wonderful Christmas Market.

Silver Harbour Bulletin Board

Holiday Closing – October 2nd and October 9th

There will be 2 holiday closings in October. We will be closed on Monday, October 2nd, in observation of the National Day for Truth and Reconciliation, re-opening at 9 am on Tuesday, October 3rd. We will also be closed on Monday, October 9th for Thanksgiving, re-opening at 9 am on Tuesday, October 10th.

It's Time to Plant Your 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 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.

Clothes Closet Fall Clearance Sale

All summer items are now half-price (this does not include items on the \$1 rack). We are now accepting donations of fall and winter ladies clothing and accessories.

Birthday Cards Needed

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



Discover the World

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Jordan - April 18, 2024 **Book Now**

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 Lions, Leopards, Cape Buffalos, Rhinos, Elephants & more
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Kenya & Tanzania - Oct. 02, 2024 **Books Underway**

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What's else is in store for 2024:

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The Travel Group

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Legal Advice and Referral Clinic

Qualified lawyers volunteer to assist seniors with legal concerns and questions (North Shore residents 55 and over). The lawyer will offer you summary advice, information, interpretation of documents, and, if necessary, a referral for more extensive work. Sign up at the front desk for a ½ hour appointment on a Thursday morning. Silver Harbour membership not required.

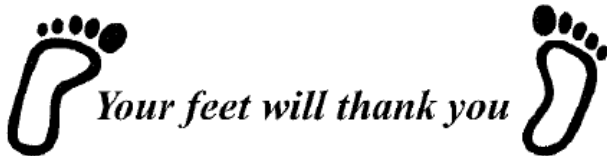
Suggestions Welcome

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.

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LINKS Team

Silver Harbour Centre has a new Volunteer Leadership Team, called the Silver Harbour LINKS (Living Independently and Keeping Social) Team.



Would you like to help in your community, specifically to support your friends and neighbours in continuing to stay active at their Seniors Centre?

You will enjoy working with a team of like-minded people while gaining valuable knowledge and information about aging well. This group has already made a difference in the lives of some of our members.

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

- Checking in with isolated seniors and friendly phone calls
- Inviting them to attend a supportive a social program with you.
- Possibly lead and help with a Silver Harbour Social program.
- Provide navigational support for seniors as they face challenges.

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

In The Community

North Vancouver City Library “Shred-It” Fundraiser

Gather your embarrassing report cards and boxes of receipts and securely shred them at City Library’s Shred-It Fundraiser – Saturday, October 14th, 10 am – 2 pm in the parking lot at Queen Mary Elementary School. Tax receipts will be available for donations of \$25+. Find out more at <https://www.nvcl.ca/events/shred-it-fundraiser-0>.

Online Focus Group

The University of British Columbia is looking for adults living in Metro Vancouver to discuss leisure time in an Online Focus Group. They will discuss how you spend your leisure time; how leisure time affects you and your community, and factors that influence your leisure time. Participants will receive a \$25 gift card. For more information visit:

https://ubc.ca1.qualtrics.com/jfe/form/SV_eeRXhE6MIW3Swdw

City of North Vancouver Community Wellbeing Strategy

The City has developed a draft Strategy to support a City where everyone belongs and has opportunities to thrive. Learn more and share your thoughts on complete communities, housing for all, equity, diversity and inclusion, accessibility, poverty reduction, and more to support our wellbeing over the next 10 years.

Please take the survey by October 6 at www.letstalk.cnv.org/communitywellbeing .

City of North Vancouver Climate & Environment Strategy

The City has developed a draft Strategy to mitigate and adapt to climate change over the next decade. Share your thoughts about the draft Strategy. Help prioritize how we promote a healthy natural environment, cut our carbon pollution, and be prepared for climate impacts. Please take the survey by October 6 at www.letstalk.cnv.org/environment .

Workshops & Special Events

1973 Meal Deal!

As part of the continuing celebration of our 50th Anniversary, for one day only, we will be offering lunch at 1973 prices! The full meal will be \$2, or just the entrée (meat loaf) for \$1.50. Maximum of 2 meals per person and quantities are limited. CASH ONLY. We hope you'll dress up 1970s style for this 1973 Meal Deal and have fun!

Wednesday, October 4th only
11:30 AM – 12:45 pm

Balance & Falls Prevention

**SORRY,
FULL**

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 4th
1:00 – 2:00 pm
Card Room

Free of charge, but you must pre-register

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, October 11th
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, October 11th
10:30 am – 12:00 pm
Silver Harbour Library



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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 11th

1:00 -2:00 pm

Card Room

Free of charge, but you must pre-register



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PERSONAL CARE | HOME SUPPORT | NURSING

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 14th

10:00 am - 12:00 pm

Card Room

Book Club **SORRY,
FULL**

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be "Empire of Wild" by Cherie Dimaline.

Monday, October 16th

2:30 - 3:30 pm

Multi-Purpose Room

No charge

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 18th

1:30 – 3:00 pm

Card Room

Free of charge, but you must pre-register

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 25th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register

Oktoberfest Before Dark

It's time to dust off your lederhosen and raise your stein to celebrate Oktoberfest at Silver Harbour. The Rheinlander Band will get your feet tapping with their authentic Oktoberfest music. Admission includes coffee or tea and apple strudel. Non-alcoholic beer will be available for purchase. Tickets are only \$10 and must be purchased in person (no phone orders).

Monday, October 23rd

1:30 – 3:30 pm

Auditorium

\$10 per ticket

Tickets on sale Tuesday, October 3rd

Have You Made a Plan yet?

If not, give our family a call

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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, October 30th

10:00 – 11:30 am

Card Room

Free drop-in

Financial Planning for Assisted Living and Long-Term Care

Navigating the financial costs of assisted living and long-term care can be challenging. Combined tax and care costs can exceed 84% of a senior's income. Planning is needed. Learn how costs are calculated and the common pitfalls families need to avoid when making financial decisions around seniors' care. From aging at home to long-term care, join us for a free and informative 1-hour workshop on the health care options available for you or your loved ones.

Wednesday, November 1st

1:00 – 2:00 pm

Card Room

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



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Remembrance Day Event

Join us for this special Remembrance Day event featuring a performance by our own Silver Harbour choir. The choir will sing a variety of songs relating to the two World Wars and to peace, and will also lead the audience in familiar wartime songs.

Wednesday, November 8th

1:30 pm

Auditorium

Free of charge

Answering Your Caregiving Questions

Are you looking after a spouse or a friend with chronic conditions? Is it difficult to find the supports you need? Are you having challenges navigating the healthcare system? Join Robin Rivers from Family Services of the North Shore for this free presentation about resources on the North Shore. She will also share strategies on how to make time for yourself and stay as healthy as possible.

Tuesday, November 14th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Coin Collecting

Come and learn about coin collecting from Michael Souza of the North shore Numismatic Society. He will show a PowerPoint on "Strange and Unusual Coins" and answer any questions you may have.

Wednesday, November 15th

1:00 – 2:00 pm

Card Room

Free of charge,

but you must pre-register

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Christmas Market

Make sure you mark your calendar for our famous Christmas Market, complete with beautiful crafts and gifts, baking, and more!

Saturday, November 18th

10:00 am – 2:00 pm

Free admission

Bollywood Dance Workshop

Dance is an ageless form of self-expression and joy, and what better way to celebrate life than with the vibrant and energetic rhythms of Bollywood dance? Our Bollywood Dance Workshop is designed to bring the magic of Bollywood, offering a unique and fun-filled experience.

Monday, November 20th

1:30 – 2:30 pm

Auditorium

\$5 and must pre-register

BC Seniors Advocate

Save the date for a visit and presentation by the BC Seniors Advocate, Isobel Mackenzie. (Please note: Daytime Dance is cancelled on this day.)

Tuesday, November 21st

1:00 – 2:30 pm

Auditorium

Free of charge

Tech Connect –

Navigating Digital Health Portals

From getting access to your medical history to booking appointments with your family doctor, a lot of our health care is now done online. Taught by NVCL Digital Services staff, this introductory class will discuss setting up, managing, and navigating your online health accounts, including the BC Health Gateway and others.

Wednesday, November 22nd

1:30 – 3:00 pm

Card Room

Free of charge, but you must pre-register

Hiroshima: Memories of an Atomic Bomb Survivor

Silver Harbour member Sachi Rummel will speak about her experiences as a survivor of the atomic bomb, with an introduction by her husband, Charles.

Tuesday, November 28th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

OASIS Arthritis: Shoulder Arthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. This class will focus on specific strategies for managing shoulder arthritis, including joint protection, exercise and pain management.

Wednesday, November 29th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register

Trips and Tours

The following trip for October is sold out (tickets for this trip went on sale September 1st). Please add your name to the waitlist.

- Manning Park Fall Colours (with Enjoy Tours)

The following trip for October is cancelled:

- Granville Island

Stanley Park Ecology Tour

Registration began on Friday, September 1st

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 24th

9:00 am – 2:15 pm

\$30 members; \$40 non-members

Please register before October 10th

or the trip may be cancelled.

Hard Rock Casino

Registration begins on Tuesday, October 3rd

We're off to Coquitlam, to the Hard Rock Casino, where you can try your luck at the slot machines, play all your favourite table games, and enjoy lunch at one of the many restaurants. Please note: everyone must show government-issued ID to enter casinos in B.C.

Wednesday, November 8th

9:45 am – 3:15 pm

\$20 members, \$30 non-members

Please register before November 1st

or the trip may be cancelled.

Christmas at Hycroft With Enjoy Tours

Registration begins on Tuesday, October 3rd

You will love Christmas at Hycroft! All the nooks and crannies of this beautiful Edwardian mansion are crammed full with local artisanal products and goodies for purchase. Our visit to Hycroft will be followed by lunch (included in price) at the iconic Sylvia Hotel. There are lots of stairs at Hycroft, so this trip is not suitable for those with walkers.

Saturday, November 18th

9:15 am – 4:30 pm

\$139 members; \$149 non-members

**Please register before November 7th
or the trip may be cancelled**

West Coast Christmas Show

Registration begins on Tuesday, October 3rd

We will travel to Abbotsford, to the West Coast Christmas Show. The show features a wide range of local musicians and dancers, as well as artists and makers showcasing décor ideas, festive items and culinary inspirations. Bring a reuseable bag for all your shopping. Visit Santa or stroll the Festival of Trees and vote for your Favourite. There are food booths where you can buy a light lunch (not included in price). Lots of walking.

Sunday, November 19th

9:00 am – 2:30 pm

\$35 members, \$45 non-members

**Please register before November 5th
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 October

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------------|--|---------------------------------------|----------------------------------|
| 2 Truth & Reconciliation Day – Silver Harbour CLOSED | 3 Salmon with Shrimp Sauce | 4 1973 Meal Deal: Meat Loaf (\$1.50 entrée, \$2.00 meal) | 5 Cabbage Rolls & Meatballs | 6 Lamb Shank |
| 9 Thanksgiving - Silver Harbour CLOSED | 10 Cod Nuggets | 11 Turkey Schnitzel | 12 Sausages | 13 BBQ Ribs & Chicken |
| 16 Fish & Chips | 17 Pork Stew | 18 Bami Goreng | 19 Meatballs | 20 Chicken Cordon Bleu |
| 23 Cod with Prawns | 24 Meat Patty Milanaise | 25 Beef Stew | 26 Lasagna Valenciana | 27 Nasi Goreng |
| 30 Garlic Prawns | 31 Cottage Pie | Entrée: \$9 Full Meal Combo: \$12 | | |

Management reserves the right to change the menu without notice.

Food Services Available Monday through Friday

Drinks & Refreshments **10:00 am – 1:00 pm (except Tuesday, starts at 11:00 am)**
Hot Full Course Lunch **11:30 am – 12:45 pm**

Programs & Workshops

Our program sessions that you can join this season are detailed here. For a full listing of our programs, please see the program schedule on the last page of this newsletter or visit us online at www.silverharbourcentre.com.

Beginners Watercolor Painting

Discover the art of watercolor painting with our three-part beginner workshop series. Over six hours of instruction, you'll build a foundation in watercolor techniques and create your own artworks.

Mon 1:00 – 3:00 pm

Oct 16-30

\$15/3 classes

Please collect the materials list when you register.

Ceramics Underglaze Painting Workshop

Embark on a creative journey in ceramics with our one-day, three-hour Underglaze Painting Workshop. This immersive experience offers a unique opportunity to explore the vibrant world of underglaze painting, regardless of your prior experience.

With all materials provided, including ceramics, underglazes, brushes, and firing services, you can focus solely on honing your artistic skills. Our experienced instructor will be on hand to provide personalized tips, ensuring you leave with a stunning, personally crafted ceramic piece.

Wed, Nov.1

9:30 am – 12:30 pm

\$15, all materials provided

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

Nov 8 – Dec 13

\$45/6 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

Nov 8 – Dec 13

\$45/6 classes

Doodle Art Workshop

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

ElderCollege

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

- Books Unlimited Book Club
- 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 21 to 23, or you can download them from our website at <https://silverharbourcentre.com/eldercollege-programs-fall-2023/>

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

Nov 6 – Dec 18 (no class Nov 13)

\$55.50/6 classes

Get Up & Go

Specially designed for seniors with balance and mobility impairments, this class can help you enhance functional abilities. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Thu 1:30 – 2:30 pm

Nov 2 – Dec 21

\$74/8 classes

Introduction to Jewelry Making

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

Introduction to Woodcarving – Craft Your Own Letter Opener

Discover the art of woodcarving in this hands-on 4-session program. Whether you're a beginner or seeking a creative outlet, our expert-led introduction to wood carving will guide you through the journey of transforming a simple piece of wood into a functional masterpiece—a personalized letter opener. Under the guidance of skilled artisans, you'll learn essential carving techniques, from shaping and detailing to refining your design. Wood provided; tools provided for the duration of the course.

Wed

9:30 – 11:30 am

Oct 18 – Nov 8

\$20

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

Nov 2 – Dec 21 (no class Nov 13)

\$129.50/14 classes

**SORRY,
FULL**

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

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

Nov 10 – Dec 15

\$48/6 classes

Rate is for one person and their care partner)

Program Registration Information:

- **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.

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

Nov 2 – Dec 21 (no class Nov 13)

\$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

Nov 2 – Dec 21 (no class Nov 13)

\$129.50/14 classes

Tea & Talk

Members gather weekly to enjoy facilitated conversation and make new friends. We have a few spots available in this already popular and very fun program. Support is provided to members, such reminder phone calls and one on one support provided by the Silver Harbour LINKS volunteer team (Living independently and keeping social). Please register at the office.

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 drop-in per session

Yoga

**HENRIK
IS BACK!**

Gentle stretches and breathing exercises to help increase your flexibility and relax your mind. No drop-ins.

Mon 9:00 – 10:00 am

Auditorium

Oct 16 – Dec 11 (no class Nov 13)

\$48/8 classes



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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

Sorry -- Cinema Salon has been cancelled.

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



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Incredible Journeys

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!

- Oct 4 – The Boarding Pass Mystery Tour with Kate Weiss
- Oct 11 – Circumnavigating Australia with Wayne Hanna
- Oct 18 – Exploring the Pura Vida – Costa Rica with Dr. Susanne Sunell
- Oct 25 - The Otherworldly Landscapes of Zion National Park & Bryce Canyon – Mary Charleson

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





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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

Program Registration Information:

- ***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.

Ageism Can Do Real Harm To Seniors

As I have been aging, I wonder a lot about people's views on growing older and, more significantly, I worry about people's negative attitudes towards older people.

The World Health Organization defines ageism as "the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age." On the WHO's website, they say ageism is rife in our society. They recently reported that one in two people are ageist when it comes to older people. Unfortunately, this includes seniors themselves who have internalized stereotypes about older people.

Why is ageism so prevalent? WHO says, "Older people are often assumed to be frail or dependent and a burden to society." They are all thought to be declining in cognitive ability, prone to physical decline and unable to care for themselves, again putting a burden on society. It might be wise to remember, as the seniors advocate for B.C. Isobel Mackenzie says, only a small percentage of older people live in care facilities. She says, "seniors should prepare to live a long life, most of it independently at home." Statistics show that 94 per cent of seniors over 65, and 74 per cent over 85, live in their own home.

Older people are often thought to be resistant to change, unable to learn new skills such as using computers or tablets, and that most are on the verge of dementia. These assumptions all contribute to negative stereotypes of seniors. Dementia is not an inevitable part of aging, according to Alzheimer's Canada, who say that only 7.1 per cent of the total seniors' population of Canada has dementia. Over the last few years of the pandemic, many older people learned how to use technology to stay connected to community. Change is inevitable for all of us, and seniors have successfully lived through amazing changes – giant strides in technology, men on the moon, wars, recessions in the economy and pandemics.

Admittedly, as we age, our bodies and minds do change. Some of us might experience some memory loss and most of us lose physical abilities. But seniors adapt to the aging process. For instance, the loss of our physical abilities can be compensated through assistive devices such as hearing aids, eyeglasses, and walkers, and through modifications of the older person's environment. Our mental capabilities can be sharpened by staying mentally active. As I have written in an earlier column, keeping mentally active is as important as keeping up our physical health.

One of the worst forms of ageism is writing off older people as expendable. During COVID-19, I heard unsettling statements from people who thought that the overwhelming rates of deaths of seniors was OK and that resources should not go their way – after all, they had a good long life. For many families and friends of seniors on the North Shore who have lost their lives to COVID-19, their passing

has caused considerable grief. Also, as a person in this most vulnerable group, I want to be looked at as a citizen who should receive care, not as a stereotyped aging person.

Often older people are seen as a homogeneous group with no differentiation. But as Mackenzie says, "The only thing all seniors have in common is that they are all older than the rest of the population."

The Alberta seniors advocate, Dr. Sheree Kwong See, says "Compelling research shows that ageism has detrimental effects on the health and well-being of older adults." She continues, saying "holding more negative age stereotypes, for example, has been found to be associated with a greater likelihood of future hospitalization, poorer hearing and memory, and early biomarkers for Alzheimer's."

Conversely, Kwong See says, people including seniors who have positive attitudes about older persons, create a climate whereby seniors are predisposed to proactively look after themselves. Buying into the stereotype whereby people see loss of function only as an aging process as opposed to, for instance, being busy or stressed, is problematic for older people. If you momentarily forget something, I will advocate, like Kwong See, to never say again I'm having a "seniors moment."

The WHO says, "Public health professionals, and society as a whole, need to address these and other ageist attitudes, which can lead to discrimination, affect the way policies are developed and the opportunities older people have to experience healthy aging."

In recent months, the federal government has sponsored a survey, discussion, and consultation about ageism. Consultations were held with groups across Canada and dealt with questions about ageism with these themes in mind: employment, health and health care, social inclusion, safety and security, and media and social media. Let's hope these consultations and discussions create change in Canada when it comes to ageism.

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 News © 2022 North Shore News.

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 |

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.