

THE CENTRE POST



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

November 2023



See you at the Silver Harbour Christmas Market!
Sat Nov 18 10 am – 2 pm Free Admission

Thank you to
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and our website.

Thank you to the
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operations of Silver Harbour.



“I knew it was time, and I’ve never looked back.”

Come Home to PARC

Moving into Cedar Springs last December was a quick decision for Dolly and her husband, Ted. They just felt ready and couldn’t wait to start living a better life.

Aside from the music events and fitness programs available, Dolly loves the social scene available to her. Because she’s still enjoying driving her car, she chauffeurs her friends on their way for lunch at local secret spots.

Discover reasons to come home to Cedar Springs PARC:
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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

 [SilverHarbourSeniorsActivityCentre](#)

 [SilverHarbourC](#)

 [SilverHarbourC](#)

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, *Sḵw̓x̓wú7mesh 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	

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). We would love to receive donations of costume jewelry and can accept some small household items.

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

We now 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

Fall Back!

Remember to put your clocks back one hour on Sunday, November 5th.

Holiday Closing

Silver Harbour will be closed on Monday, November 13th in recognition of the Remembrance Day holiday. We will re-open at 9 am on Tuesday, November 14th.

Winter Program Registration

Registration for arts programs (beginning in January) will begin at 9 am on Thursday, December 7th. Registration for all other programs will begin at 9 am on Thursday, December 14th. You may register by phone or in-person. All the program details will be in our December newsletter.

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.

Program Cancellations – Friday, November 17th

The following programs are cancelled on Friday, November 17th, while we set up for the Christmas Market:

- Duplicate Bridge
- Table Tennis
- Current Conversations
- Open Studio
- Line Dance – Level 2 and Level 3

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.



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.

Volunteer Needed

Calling art enthusiasts! Volunteer as an instructor teaching Glass Fusing or Copper Enameling. Share your passion, inspire creativity and foster connections. For more information, please contact Simran at simran@silverharbourcentre.com.

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In The Community

North Shore Christmas Bureau

The Christmas Bureau invites you to give or receive this holiday season! If you're unable to afford the holidays and would like to participate in the Christmas Bureau, our community is here to help you with a holiday gift basket that includes grocery gift cards, a present, and other festive items. You'll need proof of income and proof you reside on the North Shore. Details are at: <https://www.familyservices.bc.ca/find-support/christmas-bureau/>. If you'd like to help out, choose the number of families, individuals, or seniors you would like to sponsor and you will be confidentially matched with qualified applicants. You can recruit the help of your family, friends, colleagues or community groups to provide holiday gift baskets for people with low incomes. Details are at: <https://www.familyservices.bc.ca/ways-to-give/make-a-holiday-gift-to-the-christmas-bureau/>.

Please call the Family Services of the North Shore office at 604-984-9627 between 10:00am-4:00pm, Monday to Friday, for more information.

Lower Lonsdale Literacy Outreach Program

The Lower Lonsdale Literacy Outreach Program supports adults who want to improve their reading, writing, speaking and listening. The program is open to people aged 19+ including English language learners and newcomers to Canada, and any adult wanting to learn. Programs take place Wednesday and Friday, 11:30 am to 2:30 pm at the Shipyards, #250 – 125 Victory Ship Way. For more information email literacy@capilanou.ca or call 604-986-1911, ext. 5824.

CRA Webinars

The CRA has a number of Webinars scheduled for November and December, including:

- CRA Benefits and Credits for Newcomers – Wednesday, November 22nd, 1 to 2 pm
- CRAFT Benefits and Credits for Persons with Disabilities – Wednesday, December 6th, 1 to 2 pm
- CRA Benefits and Credits for Adults 65+ - Wednesday, December 13th, 1 to 2 pm

To register, email Outreach.BC2@cra-arc.gc.ca.

Workshops & Special Events

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

Newcomers Tea and Tour

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

Wednesday, November 8th
10:15 am
Meet in the Silver Harbour 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, November 8th
10:30 am – 12:00 pm
Silver Harbour Library





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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

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

Book Club **SORRY, FULL**

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be "How High We Go In The Dark" by Sequoia Nagamatsu.

Monday, November 20th

2:30 - 3:30 pm

Multi-Purpose Room

Free of charge

BC Seniors Advocate

Come hear a presentation by the BC Seniors Advocate, Isobel Mackenzie, who will be retiring from her position in March 2024 (please note: Daytime Dance is cancelled on this day.) Ms. Mackenzie will provide information about current and emerging issues that impact seniors in our province.

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 intro class discusses 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

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, November 27th

10:00 – 11:30 am

Card Room

Free drop-in

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Christmas Gift Tag Workshop

Get into the holiday spirit at our Christmas Gift Tag Making Workshop! We'll provide all the supplies you need to craft beautiful and personalized gift tags that will add a special touch to your presents. Don't miss this opportunity to add a handmade and heartfelt element to your holiday giving.

Monday, November 27th

1:00 – 3:00pm

\$10

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



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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

**Have You Made
a Plan yet?**

If not, give our family a call



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**Our Family Serving Yours
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Christmas Lunch

**Presenting Sponsor:
PARC Retirement Living**

Enjoy a traditional Christmas menu, festive entertainment by the Merry & Bright Christmas Trio and a draw for gifts. Thank you to PARC Retirement Living for sponsoring this event.

Wednesday, December 6th
(no other lunch served that day)

Doors at 12:15 pm

Lunch at 12:30 pm

\$15 Members; \$20 Non-members

Tickets must be purchased

in person from the front desk

Tickets on sale starting Monday, Nov. 6th

Holly Tea

A plate of Christmas sweets make this event a sheer delight! And our very own Silver Harbour Choir will present a beautiful program of Christmas music to help celebrate the holiday season.

Tuesday, December 12th

(lunch service will end at 12:30 pm that day)

Doors open at 1:45 pm

\$10.00 per ticket

Tickets must be purchased

in person from the front desk

Tickets on sale starting Monday, Nov. 6th

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Trips and Tours

Hard Rock Casino

Registration began 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

Christmas at Hycroft

With Enjoy Tours

Registration began 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

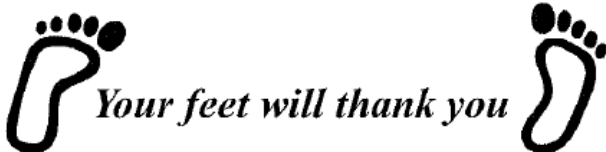
**West Coast
Christmas Show** **SORRY,
CANCELLED**

Sunday, November 19th

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Tsawassen Mills

**Registration begins on
Wednesday, November 1st**

Tsawassen Mills has a variety of premium retail and outlet stores. We will spend 3 hours at the mall, where you can shop, enjoy lunch (not included in price) at one of the many restaurants or the food court, or just enjoy the seasonal décor.

Friday, December 1st

9:15 am – 2:45 pm

\$21 members; \$31 non-members

**Please register before November 24th
or the trip may be cancelled.**

Heritage Christmas and Lights at Lafarge

**With Enjoy Tours
Registration begins on
Wednesday, November 1st**

Our trip begins with a step back in time at Burnaby Village Museum's Heritage Christmas. Stroll through the village and take a ride on the carousel. The bus will then take us for dinner (included in price) at the Saint Street Grill in Port Moody. After dinner we will take a walk around Lafarge Lake where the spectacular light displays make up the biggest Christmas display in the Lower Mainland. Lots of walking.

Thursday, December 7th

2:45 – 9:15 pm

\$139 members;

\$149 non-members

**Please register before
November 30th**

or the trip may be cancelled.



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Daily Menu for November

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12		1 Beef Patty	2 Cod with Prawns	3 Lamb Shank
6 Fish & Chips	7 Chicken Breast Milanaise	8 Turkey Schnitzel	9 Sausages with Mash	10 BBQ Ribs & Chicken
13 Silver Harbour CLOSED (For Remembrance Day)	14 Cottage Pie	15 Salmon with Shrimp	16 Pork Stew	17 Chicken Cordon Bleu
20 Cod Nuggets	21 Bami Goreng	22 Beef Stew	23 Meatballs	24 Lasagna Valenciana
27 Garlic Prawns	28 Meat Loaf	29 Chicken a la King	30 Shepherd's Pie	

Management reserves the right to change the menu without notice.

Food Services Available Monday through Friday

Drinks & Refreshments **10:00 am – 1:00 pm**
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.

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

Christmas Gift Tag Workshop

Get into the holiday spirit at our Christmas Gift Tag Making Workshop! We'll provide all the supplies you need to craft beautiful and personalized gift tags that will add a special touch to your presents. Don't miss this opportunity to add a handmade and heartfelt element to your holiday giving.

Mon 1:00 – 3:00pm

Nov.27

\$10



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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

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

Memory & Aging **SORRY, FULL**

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)

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

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 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

10:00 - 11:30 am

Card Room

\$3 drop-in per session

Yoga

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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Dense Bones Are Essential For Healthy Aging

Them bones, them bones, them ... dense bones.

For seniors, dense bones are essential to maintaining health and wellbeing. As we age, our bone density decreases, but there are some strategies we can take to keep our bones in the best possible shape. Our bones are constantly renewed through a natural process in which new bone cells replace old bone cells. As we age, however, this process becomes less efficient, and we begin to gradually lose bone tissue. This increases our risk for osteoporosis.

The Healthlink, BC website says that “osteoporosis is a disease that affects your bones. It means that you have [bones that are thin and brittle](#) with lots of holes inside them like a sponge. This makes them easy to break. Osteoporosis can lead to broken bones (fractures) in the hip, spine, and wrist. These fractures can be disabling and may make it hard for you to live on your own.”

According to Osteoporosis Canada, it is estimated that two million Canadians are affected by osteoporosis. Information provided by Osteoporosis Canada says that people living with osteoporosis face a reduced quality of life, lowered self-esteem, reduction or loss of mobility, disfigurement, a lack of independence, and, in some cases, death – 28 per cent of women and 37 per cent of men who suffer a hip fracture will die within the following year.

Unfortunately for women, we are twice as likely as men to break a bone because of osteoporosis. Research shows that while one in five men will break a bone due to osteoporosis in their lifetime, at least one in three women will suffer a break. Women start with a lower bone density and lose bone mass more rapidly as they age.

Others refer to bone deterioration as the “silent thief” because a person may not present any symptoms until they have a fracture, and by then the disease is already advanced. According to E. Michael Lewiecki, director of the New Mexico Clinical Research and Osteoporosis Centre, “we have reached a global crisis when it comes to the care of osteoporosis.”

So, what can we do?

The Public Health Agency of Canada says that “it is possible to prevent, delay or reduce bone loss through a healthy lifestyle. Assessing your risk for osteoporosis and related fractures can help you identify lifestyle factors that you can change.”

Risk factors include

- being over 65,
- having a parent who had a hip fracture,
- being a smoker or drinking more than two units of alcohol per day on a consistent basis,
- being underweight or overweight,
- having bones which break because of a minor accident,
- having a spine fracture (usually detected by loss of height), and having low bone mass identified on an X-ray.

A bone-healthy lifestyle includes regular [exercise and physical activity](#), and ensuring that you get the necessary [vitamins and minerals](#) to prevent, delay and/or reduce bone loss. Also, you may want to get your doctor to recommend a bone density test which can tell you how strong your bones are. Osteoporosis Canada advises routine bone density testing for all women and men who are age 65 or older. If you have a higher risk for fractures, it is best to start getting the test sooner.

Try a diet rich in produce, nuts, whole grain cereals, olive oil and fish. You could also try taking a supplement of calcium or vitamin D if you are not getting enough from the food you eat. A diet rich in calcium and vitamin D is essential for bone development. Your health practitioner can advise on the appropriate dosages of supplements.

Weight bearing exercises such as elliptical trainers, low impact aerobics, and walking most days of the week are recommended for older people. Muscle strengthening exercises such as using exercise bands, weightlifting, and yoga are suggested two to three times a week. Of course, if you have been reading this column regularly you know that healthy eating and regular exercise provide other wide- ranging health benefits for older people.

If you have been diagnosed with osteoporosis, it is important to reduce your risk of falling by making your home safer; avoiding taking risks in the outdoors, especially during icy weather; and making sure you take care of your vision, hearing, and feet. Remember falls are the principal reason for injury- related hospitalizations among Canadian older adults.

Consider getting out and about a bit more and move your body to stave off the worst effects of osteoporosis.

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

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Silver Harbour Program Schedule – 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		Meditation	Stained Glass	
	Osteofit For Life		Table Tennis	Osteofit For Life	Choir
			Woodcarving	Intermediate Watercolour	
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
		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.