

# 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

January 2024



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Thank you to the  
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for helping to fund the  
operations of Silver Harbour.





# Designed by *Nature*

There's a lot to be said for designing a community that brings together the best of all worlds—the tranquility of nature and the vibrant energy of urban living. This is Cedar Springs PARC: a mix of modern comforts, beautiful outdoor spaces and proximity to a friendly walkable community.

**For a limited time, we have spacious 2-bedroom suites with 1.5 bathrooms and a full kitchen.\*** These beautiful homes offer stunning north-facing mountain views and have thoughtfully selected interiors. All suites come packaged with our exclusive PARC Active Living™ program including a state-of-the-art seniors gym, fitness classes, art and cultural programs, delicious chef-prepared cuisine, an onsite Wellness Nurse, complimentary transportation and more.

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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!

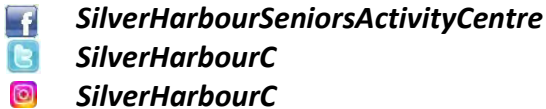


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V7L 4L5

Tel: 604-980-2474

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

[info@silverharbourcentre.com](mailto: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, *Sḵw̱wú7mesh* *Úxwumixw* (Squamish), *səlilwətaʔ* (Tseil-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	

# Silver Harbour Bulletin Board

## Holiday Closing

Silver Harbour will be closed from December 23<sup>rd</sup> to January 1<sup>st</sup>, reopening at 9 am on Tuesday, January 2<sup>nd</sup>.

## 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 have been changed to **2-hour parking**. Please give yourself extra time to find parking.

## Ice or Snow, We Don't Go!

If there is snow falling, or there is snow or ice on the ground, we've probably cancelled your program at Silver Harbour. While we try to stay open during bad weather and offer our food services, we frequently cancel programs on these days. If in doubt, please call Silver Harbour at 604-980-2474 before coming to the centre on a snowy or icy day. And remember the great saying used by the North Shore Keep Well Society – "ice or snow, we don't go!"

## Cards Needed

We are looking for donations of used Birthday, Get Well and Sympathy cards. Please leave them at the front desk.

## Thank You Julie & Barb

We're shouting out a big thank you to Julie and Barb who have led our Current Conversations and Circle of Friends programs over the years. They have retired from their positions and we are so grateful for their leadership.

## Limited Numbers of Meals

As you might know, Silver Harbour prices our meals well below the cost of producing them. Due to the cost and popularity of certain entrees, we will be restricting the number of meals purchased to 2 per person on those days. This will ensure that many seniors can access our meals. Please check the menu on page 7 to see which days have a limit.

## Clothing Donations Wanted

After the fabulous turnout at the Christmas Market, the Clothes Closet is now looking for new donations of gently used ladies winter clothing and accessories including shoes, boots, scarves, sweaters, and jewellery.



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## 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. So far we are following through on your suggestions to serve sandwiches, increase the variety of soups and baked goods, provide amplification at more of our informational workshops, and provide better shelving for our boutique.

## Documentary Screening

Dying With Dignity Canada invites you to a screening of "In My Own Time", a documentary about medical assistance in dying (MAID). The screening will take place on Saturday, January 27<sup>th</sup> at 1 pm at the Rio Theatre, 1660 East Broadway (near the Broadway-Commercial Skytrain station). Tickets cost \$6.50, and must be purchased online at

<https://www.dyingwithdignity.ca/upcoming-events/vancouver-in-my-own-time-documentary-screening/>

The screening will be followed by a panel discussion on current MAID issues



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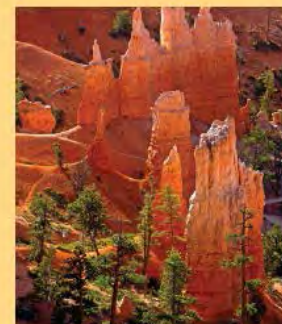
Many included meals, showcasing local cuisine

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or online at:  
[agelessadventures.com](http://agelessadventures.com)



## Workshops & Special Events

### Stand Strong

Stand Strong is a program that teaches assertiveness, self-defense and fitness, to inspire confidence, wellness and self-awareness in participants. In this multi-faceted program you will learn simple self-defense techniques, improve posture, balance, flexibility and strength, as well as develop assertive communication skills, and learn how to avoid internet and social media frauds.

**Tuesdays, January 9<sup>th</sup> – 30<sup>th</sup>**

**1:00 – 2:15 pm**

**Fitness Room**

**\$10**

**Space is limited;**  
**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, January 10<sup>th</sup>**

**10:15 am**

**Meet in the Silver Harbour library**

**Free of 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, January 10<sup>th</sup>**

**10:30 am – 12:00 pm**

**Silver Harbour Library**



**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](mailto:northshore@bayshore.ca)

PERSONAL CARE | HOME SUPPORT | NURSING

## **Tech Connect: Device Clinic**

Need help with your device? Register for a small group device clinic with NVCL's Tech Connect staff. Bring your own device (mobile phone, tablet or e-reader) and your technology questions.

**Tuesday, January 16<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## **Speaker at Keep Well**

Following Keep Well exercises, a representative from the Peer Assisted Care Team will make a presentation about this alternative emergency response service which provides trauma-informed and culturally safe support to people experiencing mental health, substance use and other challenges.

**Wednesday, January 17<sup>th</sup>**

**10:30 – 11:00 am**

**Free of charge, everyone welcome**

## **Bone Health 101**

Presented by the Osteoporosis Society of Canada, Bone Health 101 will give you information on what osteoporosis is, risk factors, bone health, the impact of nutrition and physical activity, and fall prevention.

**Wednesday, January 24<sup>th</sup>**

**1:00 – 2:00 pm**

**Card Room**

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

## **Beeswax Wrap Workshop**

Join us for an exciting workshop where you can delve into the world of sustainability by creating your own beeswax wraps. Beeswax wraps are a fantastic eco-friendly alternative to plastic wrap, perfect for preserving food and reducing waste in your kitchen. This hands-on workshop will guide you through the process of making these reusable, versatile wraps. You will go home with your own set of wraps to use at home. All materials provided.

**Wednesday, January 24<sup>th</sup>**

**10:00 am – 12:00 pm**

**Multipurpose Room**

**\$15**

## **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, January 29<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free drop-in**

## Travel Presentation: Ageless Adventure Tours

Ageless Adventure Tours is a BC family owned and operated Tour Company specializing in escorted tours of Canada, the US, and beyond for over 35 years. Come have a look at what they're offering in 2024.

**Monday, January 29<sup>th</sup>**

**1:15 – 2:15 pm**

**Auditorium**

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

## OASIS Arthritis: Hip & Knee Osteoarthritis

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about osteoarthritis in these commonly affected joints, ways of managing your osteoarthritis without surgery, and what happens if you need joint replacement surgery.

**Wednesday, January 31<sup>st</sup>**

**1:00 – 3:00 pm**

**Card Room**

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



## Spotlight on Ageism

Presented by the BC Community Response Network. Ageism is highly prevalent and is the most socially accepted and tolerated form of discrimination in Canada. Ageism can occur at any point in our lifespan – regardless of how old we are – and may lead to others making judgements about our background, capability, mental or physical status, based only on their impression of our age. Learn more about this topic, and what can be done to change these perceptions.

**Tuesday, February 27<sup>th</sup>**

**1:00 – 2:00 pm**

**Auditorium**

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

## OASIS Arthritis: Arthritis & Exercise

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

**Wednesday, February 28<sup>th</sup>**

**1:00 – 3:00pm**

**Card Room**

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



## Daily Menu for January

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> New Years Day * Silver Harbour CLOSED	<b>2</b> Turkey Schnitzel	<b>3</b> Salmon with Tiger Prawns	<b>4</b> Meatloaf	<b>5</b> Lamb Shank (max 2 meals per person)
<b>8</b> Cod Loin with Shrimp	<b>9</b> Cottage Pie	<b>10</b> Chicken Breast with Mushrooms	<b>11</b> Pork Stew	<b>12</b> Olympic Sausages
<b>15</b> Tiger Prawns	<b>16</b> Cabbage Rolls	<b>17</b> Bami Goreng	<b>18</b> Salisbury Steak	<b>19</b> BBQ Chicken & Ribs (max 2 meals per person)
<b>22</b> Fish & chips	<b>23</b> Chicken a la King	<b>24</b> Beef Stew	<b>25</b> Lasagna Valenciana	<b>26</b> Chicken Cordon Bleu
<b>29</b> Salmon with Shrimp	<b>30</b> Turkey Breast a la Mode	<b>31</b> Meatballs Milanaise	<b>Entrée: \$9</b>  <b>Full Meal Combo: \$12</b>	

*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 & 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 Thursday, December 7<sup>th</sup>. Registration for all other programs, including ElderCollege, began on Thursday, December 14<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...

### Bollywood Dance

You asked and we answered! Following the success of our Bollywood Dance workshop in November, we are pleased to offer a 5-part program, where you can learn the vibrant and energetic moves of Bollywood Dance.

Mon 1:30 – 2:30 pm

Feb 5 – Mar 11 (no class Feb 19)

\$25/5 classes

### 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

Jan 3 – Feb 28

\$67.50/9 classes

### Chair Yoga – Standing Options

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

Masks required.

Wed 2:15 – 3:15 pm

Jan 3 – Feb 28

\$67.50/9 classes

### Daytime Dance

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

Tue 1:00 – 2:30 pm

No charge

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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

Jan 8 – Feb 26 (no class Feb 19)

\$64.75/7classes

## 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

Jan 4 – Feb 29

\$83.25/9 classes

## Hula for Health

Did you know that Hula has health benefits as an alternative form of mild exercise? Taught by an experienced instructor, the gentle moves to relaxing music can improve strength, flexibility, balance and coordination, even while seated. Masks required.

Mon 1:00 – 2:00 pm

Jan 8 – Mar 11 (no class Feb 12 & 19)

\$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

Jan 4 – Feb 29 (no class Feb 19)

\$148/16 classes

## Keep Well

Exercise to music. Silver Harbour membership not required.

Wed & Fri 9:30 – 10:30 am

By donation

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## Line Dance – Level 1

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

Wed 1:30 – 2:30 pm

Jan 10 – Mar 20

\$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

Jan 12 – Mar 22

\$55/11 classes

Level 3 (formerly Improvers)

Fri 2:30 – 3:30 pm

Jan 12 – Mar 22

\$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

Jan 19 – Mar 15 (no class Feb 16)

\$64/8 classes

(Rate is for one person and their care partner)

## Osteofit 1

Designed for those with osteoporosis, the class goal is to improve 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

Jan 4 – Feb 29 (no class Feb 19)

\$148/16 classes

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## 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

Jan 4 – Feb 29 (no class Feb 19)

\$148/16 classes

## Snooker

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

Mon through Fri, 9 am to 4 pm

\$25/season

## Stand Strong

Stand Strong is a program that teaches assertiveness, self-defense and fitness, to inspire confidence, wellness and self-awareness in participants. In this multi-faceted program you will learn simple self-defense techniques, improve posture, balance, flexibility and strength, as well as develop assertive communication skills, and learn how to avoid internet and social media frauds. Silver Harbour membership not required.

Tues 1:00 – 2:15 pm

Jan 9 – 30

Fitness Room

\$10

## Table Tennis

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

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

\$25/season

## 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

Jan 8 – Feb 26 (no class Feb 19)

\$35/7 classes

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## 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

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## 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
- Champions of the Environment Lecture Series
- Mythos – The Shaping Of Our Mythic Tradition
- Outdoor Learning – Lighthouse Park Guided Walk
- What's News

Detailed descriptions of these programs are available on pages 16 and 17.

## Intermediate ESL for Seniors

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

Thur 9:30 – 11:30 am

No charge

Starts Jan 4

## Mandarin Chinese for Beginners

**NEW!**

In this introductory class you will learn some practical conversational phrases and how to read and write some simplified Chinese characters. You will also learn about fascinating Chinese festivals and traditions, as well as interesting cultural and etiquette tips.

Wed 1:00-2:30 pm

Computer Room

Feb 7 – Mar 27

\$25

## Meditation

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

Wed 10:00-11:00 am

\$25/season

Starts Jan 10

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## Tea & Talk

**CURRENTLY  
WAITLISTING**

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

10:00 - 11:30 am

Card Room

\$3 per session

## Tile Rummy

This tile-based game combines elements of mah jong and the card game rummy. Newcomers welcome – instruction will be provided.

Wed

11:00 am – 12:00 pm

\$1 drop-in

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## ElderCollege at Silver Harbour

### Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book. (Titles for this session were not yet available at the time of publication).

Wed 1:30 – 3:00 pm

Jan 24, Feb 14, Mar 6, Mar 27, Apr 17

\$25

### Champions of the Environment

Our selected speakers for this program will challenge us to look at environmental issues through their knowledge of the difficulties climate change presents to us in our land, sea and air. Topics will include:

- Sustainable Urban Futures: Adapting to Climate Change Through Innovative Water Management
- Unprecedented Wildfires – The Role of Global Warming
- We Are Drowning in Plastic Waste: The Plastics Conundrum
- Three Waters
- A Scientific Case For Climate Courage
- Living Architecture and Stormwater Management Considerations in Cascadia

Mon 1:00 – 2:30 pm

Card Room

Mar 4 – Apr 15 (no class Apr 1)

\$25

### “Mythos: The Shaping Of Our Mythic Traditions” by Joseph Campbell

This is an opportunity to enrich your life with the excitement of powerful ideas and masterful storytelling. Each class will begin with a 50-minute viewing of a recorded presentation by Joseph Campbell, who spent his life examining the relationship between mythology and religion. The video will be followed by a facilitated discussion of the ideas presented.

Wed 10:00 am – 12:00 pm

Card Room

Feb 21 – Mar 20

\$25

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

- **Registration** for Arts Programs began on Thursday, December 7<sup>th</sup>. Registration for all other programs, including ElderCollege, began on Thursday, December 14<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.

## 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 spring we are offering the following:

### Lighthouse Park

Come join author Stephen Hui, writer of "Best Hikes and Nature Walks for Kids" for a guided walk through Lighthouse Park. In this 90-minute walk, you will learn about historical and botanical topics of interest at Lighthouse Park. We will meet in the parking lot at Lighthouse Park, by the trail sign. A reasonable level of mobility is required.

Tues, Apr 9<sup>th</sup>

1:00 – 2:30 pm

\$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 1:30 - 3:00 pm

Card Room

Jan 18 – Apr 25

\$25



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## Arts Programs (Volunteers)

### Craft & Knitting Volunteers

Supported, non-instructional environment  
All levels

Join this creative volunteer group of crafters in making handmade items for our craft markets. Explore Crafting, Knitting, Crochet, Felting, Sewing and Painting within a supportive, community environment. No previous experience needed, enthusiasm will be an asset. All new volunteers must book an orientation with the Arts Program Coordinator before registering.

Mon & Fri 9:30 am - 12:00 pm

No charge. Materials provided.

### Quilting Volunteers

Supported, non-instructional environment  
Intermediate+

Join this volunteer group of quilters to help make handmade items for our Craft Markets. Come have fun solving enormous geometry problems!

Tue 1:00 - 3:00 pm

No charge. Materials provided.

### Woodworking Volunteers

Supported, non-instructional environment  
Intermediate+

Supervisors: Neil and Robert

Join this volunteer group of woodworkers to help make handmade items for our Craft Markets. Full range of electric and manual equipment. All new volunteers must book in an orientation with Neil before registering. For experienced woodworkers only.

Mon – Fri mornings

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

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## Arts Programs (Studio)

### 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 Starts Jan 12

\$25/season

Bring your own materials. Some printmaking supplies, watercolour paper and brushes are available for purchase.

### 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 Jan 11

\$25/season

Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre. All participants must review and sign off on the pottery guidelines, which will be provided at the first session.

### Wood Carving – Open Studio

A haven for beginners and experienced carvers alike. Whether you're new to the craft or refining your skills, our space offers personalized guidance for newcomers and a supportive environment for seasoned artisans. Unleash your creativity, sculpt intricate designs, and join us in the transformative art of wood carving.

Wed 10:00 am -12:00 pm

\$25

## Arts Programs (Instructed)

### Beeswax Wrap Workshop

Join us for an exciting workshop where you can delve into the world of sustainability by creating your own beeswax wraps. Beeswax wraps are a fantastic eco-friendly alternative to plastic wrap, perfect for preserving food and reducing waste in your kitchen. This hands-on workshop will guide you through the process of making these reusable, versatile wraps.

All materials provided.

Wed Jan 24 10:00 am – 12:00 pm

Multipurpose Room

\$15

### 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, Jan 31

9:00 am – 12:00 pm

\$15, all materials provided (one ceramic tile included in price, additional tiles will be available for purchase)

## Arts Programs (Instructed)

### Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

\$35/season

Starts Jan 5

### Creative Journey

Join us on an enriching journey of self-discovery and personal growth as we explore the transformative power of art making. We will experiment with a variety of creative mediums, techniques, and insight focused art projects, with a view to deepening the enjoyment of our own creative journey. Whether you're a seasoned artist or a complete beginner, this class welcomes all skills levels. This course is led by a professional art educator and art therapist.

Thur 1:00 – 3:00 pm

Jan 11 – Mar 14

\$25

### 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 – 3:00 pm

Jan 17 – Mar 20

\$25

### Golden Fireflies **JUST ADDED!**

Using humour and fun acting games in a safe, lighthearted environment, we'll awaken our senses and explore the world of storytelling. Guaranteed to be fun, freeing and stimulating for your mind. Everyone is welcome, no experience necessary. Golden Fireflies is facilitated by professional theatre artists from Presentation House Theatre.

Thur 1:00-3:00 pm

Feb 1 – Apr 4

Multi-purpose Room

Free of charge but you must register

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## Juicy Wordplay

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

No Drop-ins.

2 sessions a month

Jan 15, Feb 5, March 4 & 18, April 15

10:00 am – 12:00 pm

No charge

## Knit & Crochet Circle

The Knit and Crochet Circle is a welcoming gathering where enthusiasts of all skill levels come together to indulge in the artistry of yarn crafting. Whether you're a novice seeking guidance, or a knitter eager to revive your skills, our circle offers a supportive and inclusive space. Join us to explore the soothing rhythm of needles or hooks, engage in creative patterns, and bond with fellow knitters. Our sessions encourage camaraderie, learning, and the joy of crafting handmade treasures while fostering a sense of community and connection.

Wed 10am-12pm

\$25/season

Starts Jan 10

## 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

Starts Jan 8

## 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

Jan 22 – April 18 (no class Feb 19, Apr 4)

\$25

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## 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

Starts Jan 4

## 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

Starts Jan 9

## 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

Starts Jan 8

\$25

### Advanced

Mon 10:00 – 10:50 am

Starts Jan 8

\$25

**SORRY, ADVANCED  
IS FULL**

## Beginners

### Watercolor Painting

**SORRY, FULL**

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

Jan 15 - 29

\$15/3 classes

Please collect the materials list when you register.



**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

Jan 18 – Mar 7

\$25/8 classes

**Weaving - Loom****CURRENTLY  
WAITLISTING**

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

**Wheel Throwing****Pottery Class for Beginners****SORRY, FULL**

Dive into the art of wheel throwing as our skilled instructor guides you through clay basics, wheel mechanics, and shaping techniques. Discover the joy of crafting functional pottery like mugs, vases, and bowls while exploring your creative style. No prior experience needed—just bring your enthusiasm! Join us for a hands-on, therapeutic journey turning clay into unique, beautiful pieces of art.

Wed 1:00 – 3:00 pm

Jan 10 – Feb 28

\$35/8 sessions

Clay to be purchased at the centre.

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## Seniors Should Take These Steps To Prepare For Winter

As I was putting away my summer clothes, I was thinking about what else needed to be done to prepare for winter.

As a senior, I know thoughtful preparations for winter can keep older people from feeling isolated, lonely, and despondent on cold, rainy, or snowy days. When they're well prepared, seniors can be less susceptible to viruses and ready for any winter emergencies that might crop up.

Research has shown that in winter some seniors are at an increased risk of depression, social isolation, and other health related issues. Unfortunately, these factors can adversely affect a senior's well-being and independence.

In the winter, older people are at an increased risk of catching viruses, including the flu and the new COVID-19 variant. During the winter, older adults, especially those with some immune compromised conditions, are at risk of complications from these viruses, such as colds, flus, and pneumonia. In fact, older adults have a far higher risk of contracting infections than younger people.

In order to combat these risks, older people need to get vaccines for both flu and COVID. These will not only keep us safer, but will also protect our family, friends, and neighbours because we have protected ourselves from a virus or cold and thus are less likely to pass it on to others.

Seniors want to maintain their well-being, but during the winter, they may become socially isolated. Research has shown that social isolation is one of the highest risk factors for older people. Studies have shown that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline.

To prevent social isolation, you could try new activities, bond with others, connect with the community, and maintain your health and well-being through healthy activities such as exercise and eating a good diet.

To connect to the community, able-bodied seniors could go to their favourite seniors, recreation, and community centres for activities or to socialize with their peers. Less able-bodied seniors could keep in touch with friends and family by phone, sign up for a friendly phoning program run out of seniors centres, or sign up with an organization that provides pickup and delivery to their programs. Keeping up your exercise can be difficult during the winter months.

A recent article produced by McMaster University's Optimal Aging Portal suggests dancing at a centre or even at home – simply put on a record and boogie away for exercise and fun. Or, the article


suggests, start an indoor houseplant garden. "Caring for plants can be both therapeutic and physically beneficial," the article states. Other suggestions include going for walks or trying out a neighbourhood gym.

Over the last few years, winter emergencies such as fires, floods, and snowstorms seem to have increased. Unfortunately, these events can further isolate older people. However, there is much that a senior can do to prepare for emergencies. For example, you can prepare disaster kits and make evacuation plans. The province's website on emergency preparedness suggests a "grab and go" kit, which is a bit smaller than a stay-at-home emergency kit, but easy to take if you must leave your home quickly.

Though winter can be a daunting prospect, we can avoid risks by being prepared.

*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.


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## Silver Harbour Program Schedule – Winter 2023-24

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:15 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
	Yoga				
	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		Meditation	Stained Glass	Choir
	Osteofit For Life		Table Tennis	Osteofit For Life	
			Woodcarving	Intermediate Watercolour	
			Knit & Crochet Circle	Tea & Talk	
<b>11:00 am</b>	Music Therapy				
			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
	Beginner Watercolour	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
		Stand Strong	Dressmaking	What's News	Open Studio
		Daytime Dance	Wheel Throw Pottery	Creative Journey	Weaving
			Beginner Mandarin		
<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).