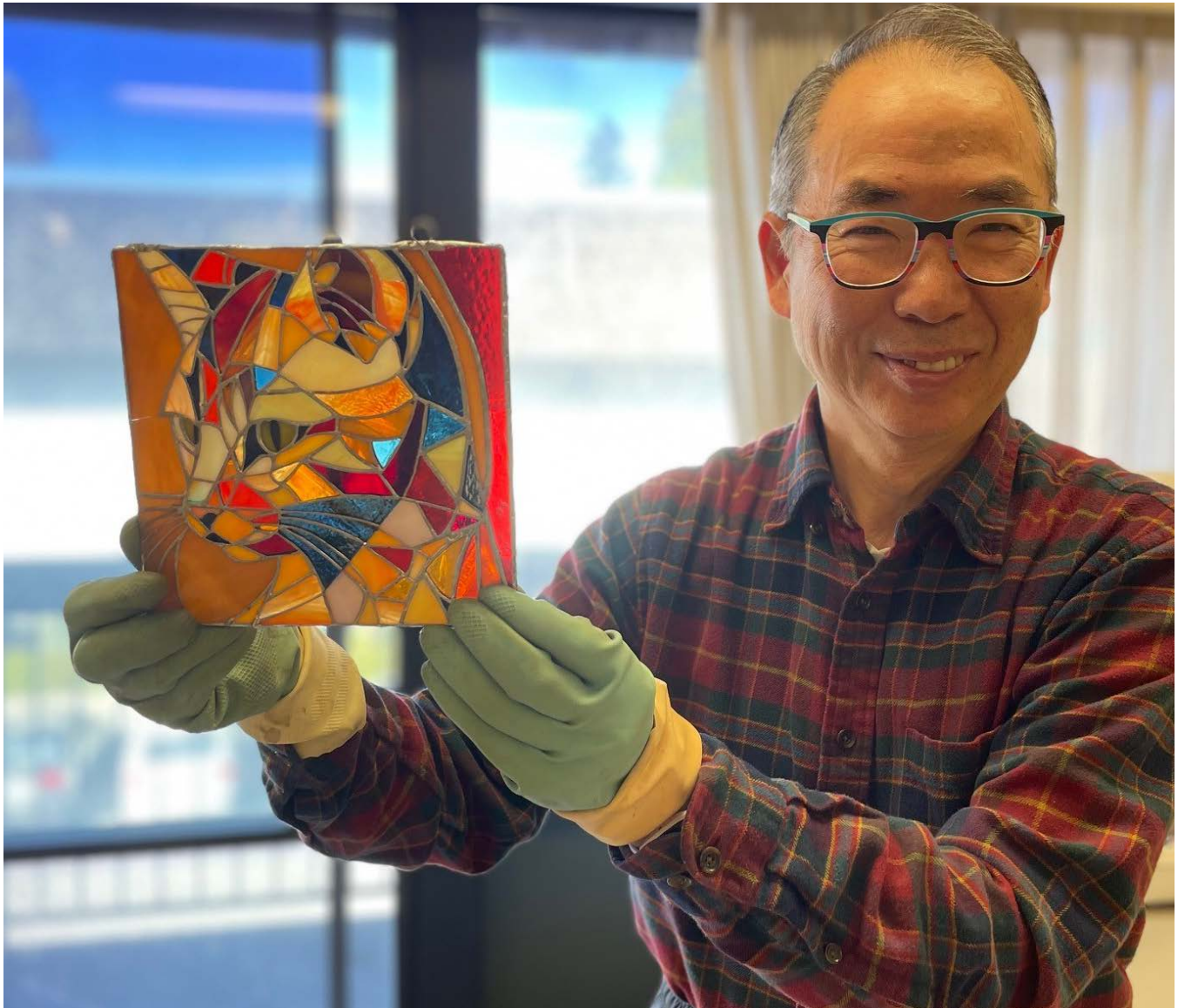


THE CENTRE POST



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

February 2024



Unleash your creativity at Silver Harbour!

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and

DISTRICT OF
NORTH
VANCOUVER

for helping to fund the
operations of Silver Harbour.



Telling a story
they've all heard 5 times.

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parcliving.ca

Being a senior has its moments. Life at PARC embraces this, whether those moments are funny, over the top or just relatable. Best of all, you get to share them with like-minded people at the same stage of life. You also get to choose from a variety of activities, accommodation options and meals. Live your best years in the best company.

Westerleigh: 604.922.9888 | **Summerhill:** 604.980.6525

Cedar Springs: 604.986.3633

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),
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	Shideh Shadfar, Director
Virginia Baldwin, Director	Wayne Hanna, Director

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Silver Harbour Bulletin Board

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

Holiday Closing

Silver Harbour will be closed on Monday, February 19th for the Family Day Stat Holiday, re-opening at 9 am on Tuesday, February 20th.

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!"


Discover the World
 with Travel Specialist **Ron Booman** 35+ Years

Kenya - June 01, 2024 Limited Space
 Famous Masai Mara, Samburu, Ol Pejeta, Lakes Nakuru & Naivasha
 All Meals & Guide & Driver Gratuities Are Included

Kenya & Tanzania - Oct. 02, 2024 Books Underway
 Serengeti, Masai Mara, Amboseli, Lake Manyara & Ngorongoro Crater
 Five incredible wildlife areas each offering unique experiences.
 All Meals & Guide & Driver Gratuities Are Included

Slovenia & Croatia - Oct 16, 2024 Books Underway
 Enjoy the wonderful Autumn Colours of Central Europe
 Dalmatian Coastline on the beautiful Adriatic Sea
 Dubrovnik, Ljubljana, Zagreb, Sarajevo Mostar, Spit, Bled,
 Lipizzaner Horses, Wine Tasting, Kornati Boat Cruise
 Tour include Guide/Driver Gratuities & Hotel Porterage
 Numerous Meals, All Sightseeing as per Tour Itineraries

Peru - Nov. 07, 2024 Books Underway
 Experience iconic Machu Picchu & Flight over the Famous Nasca Lines
 Arequipa's Ice Princess Juanita & see Misti Volcano
 Lake Titicaca Floating Villages, Folklore Entertainment & much more
 Included Guide/Driver Gratuities & Hotel Porterage, Peru Domestic Flights
 Numerous Meals, All Sightseeing as per Tour Itineraries

Rwanda Safari including **Gorilla Trek**
 Rwanda Game Reserves + Endangered Golden Monkeys & Chimpanzees Trek

Tanzania Safari including **Famous Zanzibar**
 Serengeti, Ngorongoro Crater, Tarangire, Lake Manyara

TravelWithRon.ca ron@travelwithron.ca The Travel Group
 Call for Details: 604.575.7788 / 1.800.946.0091

Daytime Dance Cancelled – Tuesday, February 27th

The Daytime Dance program will be cancelled on Tuesday, February 27th, as the Auditorium will be in use for an important presentation on Ageism. Please see page 11 for information on how to attend the presentation.

Thank You, Ginny!

We would like to thank Ginny C. for her years volunteering as Chair of the ElderCollege Program Planning Committee. She has done a great job leading the team of ElderCollege volunteers in making the transition to Silver Harbour, and back to in-person programming. Thank you, Ginny!

Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$35,000 or less per person and \$45,000 or less per couple, and interest income of \$1000 or less). Specially trained volunteers can help you complete your income tax and benefit return if your income is low and your tax situation is simple. Volunteers do not complete income tax and benefit returns for past years, deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. If you would like us to assist in completing your income tax forms, we are here to help.

Call 604-980-2474 for information and an appointment.

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.

Limited Numbers of Meals

Silver Harbour prices our meals well below the cost of producing them. Due to the cost and popularity of certain entrees, we restrict 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 5 to see which days have a limit.

50 Stories

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour. We will be posting an excerpt from each of the stories in our newsletters and on our social media channels. You can see them on Facebook, Instagram or Twitter/X. And please let the front desk know if you would like to be interviewed for the project.

<https://www.facebook.com/profile.php?id=100023338393667>

<https://www.instagram.com/silverharbour/>
<https://twitter.com/SilverHarbourC>

Meet Ming

"The sense of fulfillment and purpose I experience while contributing to Silver Harbour is immeasurable. This centre has become more than just a place to give my time; it's a community where I've found a unique sense of belonging."

50 Amazing Stories

In celebration of Silver Harbour's 50th Anniversary

Baby Yarn and Sock Yarn, Please

We have some dedicated knitters at Silver Harbour who produce beautiful knitted items for our sales. If you specifically have baby yarn and/or sock yarn to donate for this knitting (no other kinds of yarn, please), you can drop it off at the front desk. Thank you!

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.

We're Looking for a Volunteer Printmaking Instructor

We are reaching out to the creative community in hopes of finding a passionate individual interested in sharing their expertise in printmaking. If you are interested, please contact our Arts Program Coordinator, Simran (simran@silverharbourcentre.com).

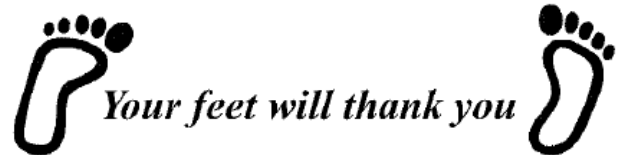
Tax Preparation Volunteers

We are looking for volunteers to assist low income seniors with tax preparation at our Tax Clinics in March and April. Some experience with tax preparation software is preferred, computer experience is essential, and volunteers will be asked to provide a Criminal Records check. Training is provided through the Canada Volunteer Income Tax Program. Volunteers are expected to be available for one weekly 3-hour shift in March and April. If you are interested in learning more about this, please contact Holly, our Program & Services Manager at holly@silverharbourcentre.com.

Total Toe Care

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Call Diane @ 604-649-1624



Serving the North Shore for 17 years

Daily Menu for February

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12			1 Meat Loaf	2 Lamb Shank (max 2 meals per person)
5 Cod Loin With Shrimp	6 Pork Stew	7 Turkey Schnitzel	8 Olympic Sausages	9 BBQ Chicken & Ribs (max 2 meals per person)
12 Salmon with Shrimp	13 Fish & Chips	14 Beef Stew	15 Cottage Pie	16 Bami Goreng
19 Family Day - Silver Harbour CLOSED	20 Salisbury Steak	21 Chicken Breast a la King	22 Pork Roast	23 Lasagna
26 Garlic Prawns	27 Chicken Cordon Bleu	28 Meat Balls Bolognese	29 Cabbage Rolls	

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

In The Community....

Free Tech Training For Seniors

Lionsview Seniors Planning is once again offering free tech training for seniors, here at Silver Harbour. The workshop format will offer instruction to 4 participants at a time, giving them the opportunity to work on their own technology challenges directly with the instructors. Bring your laptop, tablet or smartphone along to your session. The workshops will be offered on Tuesdays, from 1 to 2 pm or 2:15 to 3:15 pm – February 13th, 27th, March 5th, 12th and 26th. To register: leave a message for Joni at Lionsview Seniors Planning Society, 604-988-7115, ext 4001, or email joni.v@shaw.ca.

9-8-8 Suicide Crisis Helpline

Help spread the word about 9-8-8, the new national suicide crisis helpline. Suicide and crisis affect people of all ages and backgrounds. This life-saving service provides support by phone or text to people in every province and territory across Canada, 24/7 and 365 days a year.



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Canadian Dental Care Plan



Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The CDCP will help ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.



How to Apply

CDCP Application Phases	
Group	Applications open
Invitation to apply by mail	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
Application online	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.



Canada.ca/dental

Workshops & Special Events

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, February 7th

10:15 am

Meet in the Silver Harbour library

Free of charge, but you must pre-register

Speaker at Keep Well

Postponed from January. 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, February 7th

10:30 – 11:00 am

Free of charge, everyone welcome

Decoupage Workshop

Join us for an immersive decoupage workshop where you'll unlock the art of transforming ordinary objects into exquisite works of art. Learn the delicate technique of layering decorative paper onto various surfaces such as wooden boxes, frames or pottery. Our experienced instructor will guide you through the process, offering tips on design, pattern selection and sealing methods. Unleash your creativity and take home a unique, personalized creation that reflects your artistic flair. All materials provided.

Monday, February 12th

10:00 am – 12:00 pm

Sewing Room

\$15





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Use It Or Lose It!

Presented by Mary Wilson, this workshop will give you some information on the benefits of exercise. Does exercise improve your brain health, or reduce the risk of disease? Does it strengthen bones and muscles? Does exercise improve your ability to do everyday activities? What other benefits might it have for you? Come and find out! Mary teaches the Osteofit, Jointworks, Get Up & Go and Flexibly Fit programs here at Silver Harbour.

Tuesday, February 13th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

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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, February 14th

10:30 am – 12:00 pm

Silver Harbour Library

Tech Connect:

Introduction to Robotics & Coding

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

Tuesday, February 20th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Plant University: A Plant-Based Beginners Guide

Plant University is a program created by the Vancouver Humane Society. This presentation will give you an introduction to plant-based diets, why adding more plant-based foods can be beneficial, and tips for getting started.

Wednesday, February 21st

1:00 – 2:00 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, February 26th

10:00 – 11:30 am

Card Room

Free drop-in

Book Club **SORRY, FULL**

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be “Women Talking” by Miriam Toews.

Monday, February 26th

2:30 - 3:30 pm

Multi-Purpose Room

Free of charge



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604.873.2545

northshore@bayshore.ca

PERSONAL CARE | HOME SUPPORT | NURSING

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 27th

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 28th

1:00 – 3:00pm

Card Room

Free of charge, but you must pre-register

Kizuna - Chigiri-e

Celebrate the art of Chigiri-e in our immersive 2 hour workshop. Join us as we delve into the ancient Japanese craft of torn paper collage. Learn the delicate techniques of tearing and layering washi paper to create stunning textured masterpieces. Guided by experienced instructors, you will discover the harmony between colours and textures, and unleash your creativity to craft your unique Chigiri-e artwork.

Thursday, February 29th

10:00 am – 12:00 pm

Computer Room

\$10

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour (more details on page 3). We hope you enjoy the excerpts from these in our newsletter and on social media.

Meet Betty

50 Amazing Stories



"Silver Harbour has helped me exercise my brain more by learning new things all the time with technology and challenging my perspectives which is really good for you!"

In celebration of Silver Harbour's 50th Anniversary

Getting Unstuck: Finish your Life Story or Family History Book

If you would like to finish a book, either about your own life or members of your family, this is the workshop for you. Join this workshop for tips, resources, and inspiration to finish your book project. Instructor Mila Bain will take you through some steps, from "I've got a lot of (potential) content" to "messy first draft".

Wednesday, March 13th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

Kizuna – Sashiko

Step into the world of Sashiko in this engaging 4-hour class. Discover the timeless art of Japanese decorative stitching as you learn the fundamentals of this beautiful and functional embroidery. Guided by a skilled instructor, you will learn about the history and principles of Sashiko while mastering essential stitching techniques. This hands-on class caters to all skill levels, providing a relaxing and educational experience where you'll create your own Sashiko masterpiece to take home.

Thursday, March 21st

10:00 am - 3:00 pm (1 hour break at 12 pm)

Computer Room

\$15

Dance Before Dark

Welcome spring by dancing to the music of Greg Hampson. Ticket price includes a cup of coffee or tea, and a slice of cake. Tickets must be purchased in person – no phone orders.

Monday, March 25th

1:30 – 3:30 pm

\$10/ticket

(must be purchased in advance)

OASIS Arthritis: Nutrition & Supplements

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.

Wednesday, March 27th

1:00 – 3:00pm

Card Room

Free of charge, but you must pre-register



Trips and Tours

Lunch at The Sylvia and Stanley Park Scenic Drive

Registration begins on February 1st

Join us for lunch (not included in price, 18% gratuity for groups will be added to your bill) at the historic Sylvia Hotel overlooking English Bay. After a leisurely lunch, the bus will take us on a scenic drive through Stanley Park before crossing the Lions Gate Bridge to return to the North Shore. Limited walking; some stairs.

Monday, March 11th

10:45 am – 3:15 pm

\$20 members; \$30 non-members

**Please register before March 1st
or the trip may be cancelled.**

Cascades Casino Delta

Registration begins on February 1st

We will travel to Cascades Casino in Delta, Vancouver's newest casino. Try your luck at live table games, electronic table games, or more than 500 slot machines. Have lunch (not included in price) at one of the restaurants, before returning to the North Shore. Please note: everyone must show government-issued ID to enter casinos in B.C.

Registration begins on February 1st

Tuesday, March 19th

9:00 am – 3:15 pm

\$20 members; \$30 non-members

**Please register before March 12th
or the trip may be cancelled.**

Fraser River Discovery Trip with Enjoy Tours

Registration begins on February 1st

Discover the mighty Fraser and see the working river at its finest. Our day begins with an informational stop at the Fraser River Discover Centre. We will then board a paddlewheeler for a 2.5 hour voyage up to the Douglas Island Wildlife Preserve and the mouth of the Pitt River. Lunch (included in price) will be served on board. Get your cameras ready for this narrated educational tour!

Friday, March 22nd

8:45 am – 4:15 pm

\$159 members; \$169 non-members

**Please register before March 15th
or the trip may be cancelled.**

Programs & Workshops (February-March sessions)

Our program sessions specifically scheduled for February-March are detailed here. For a full listing of our programs, please see the last page of this newsletter or visit us online at www.silverharbourcentre.com.

Bollywood Dance

ONLY A FEW SPOTS LEFT

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.

Wed 1:00 – 2:00 pm

Mar 13 – Apr 24

\$52.50/7 classes

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- 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.

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.

Wed 2:15 – 3:15 pm

Mar 13 – Apr 24

\$52.50/7 classes

Decoupage Workshop

Join us for an immersive decoupage workshop where you'll unlock the art of transforming ordinary objects into exquisite works of art. Learn the delicate technique of layering decorative paper onto various surfaces such as wooden boxes, frames or pottery. Our experienced instructor will guide you through the process, offering tips on design, pattern selection and sealing methods. Unleash your creativity and take home a unique, personalized creation that reflects your artistic flair. All materials provided.

Mon, Feb 12

10:00 am – 12:00 pm

\$15

ElderCollege

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

- Books Unlimited Book Club
- Champions of the Environment Lecture Series
- Mythos – The Shaping Of Our Mythic Tradition
- Outdoor Learning – Lighthouse Park Guided Walk
- To The Barricades – Revolution in Europe, 1789-1815
- What's News

Detailed descriptions of these programs are available on pages 18 and 19.

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

Mar 4 – Apr 29 (no class Apr 1)

\$74/8 classes



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1401 St. Georges Avenue, North Vancouver

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

Mar 14 – Apr 25

\$64.75/7 classes

Golden Firefly

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

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

Mar 7 - Apr 29 (no class Apr 1)

\$138.75/15 classes

Kizuna - Chigiri-e

Celebrate the art of Chigiri-e in our immersive 2 hour workshop. Join us as we delve into the ancient Japanese craft of torn paper collage. Learn the delicate techniques of tearing and layering washi paper to create stunning textured masterpieces. Guided by experienced instructors, you will discover the harmony between colours and textures, and unleash your creativity to craft your unique Chigiri-e artwork.

Thurs, Feb 29

10:00 am – 12:00 pm

\$10

Kizuna – Sashiko

Step into the world of Sashiko in this engaging 4-hour class. Discover the timeless art of Japanese decorative stitching as you learn the fundamentals of this beautiful and functional embroidery. Guided by a skilled instructor, you will learn about the history and principles of Sashiko while mastering essential stitching techniques. This hands-on class caters to all skill levels, providing a relaxing and educational experience where you'll create your own Sashiko masterpiece to take home.

Thurs, Mar 21

10:00 am - 3:00 pm (1 hour break at 12 pm)

\$15

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- 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.

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

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

Mar 7 - Apr 29 (no class Apr 1)

\$138.75/15 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

Mar 7 - Apr 29 (no class Apr 1)

\$138.75/15 classes

Portrait Drawing

This 4-session workshop series will cover the following topics:

- Introduction to portrait sketching; facial proportions
- Features and facial details – how to draw eyes, noses, mouths, etc
- Portrait sketching – lines, shading, colour
- Alternative portraiture – exploring the concept of likeness, abstraction and unconventional portraits.

Participants bring their own supplies: sketchbooks, pencils (2H and 2B), eraser and fine line marker.

Mon 1:00 – 3:00 pm

Mar 4 – 25

\$20

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

Mar 4 – Apr 29 (no class Apr 1)

\$40/8 classes



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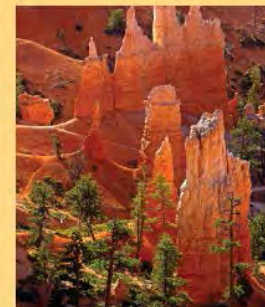
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ElderCollege at Silver Harbour

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.

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
- We Are Drowning in Plastic Waste: The Plastics Conundrum
- A Scientific Case For Climate Courage
- Three Waters
- Impacts of Everyday Life - Footprints
- 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

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour (more details on page 3). We hope you enjoy the excerpts from these in our newsletter and on social media.

50 Amazing Stories

Meet Pat



“Silver Harbour provides a variety of activities for people whether that’s classes, tours, or special events which adds a lot of excitement in the lives of seniors.”

In celebration of Silver Harbour's 50th Anniversary

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 9th

1:00 – 2:30 pm

\$10/1 class

- **Membership** is \$35/year and is required to register for all programs, except where specified.
- 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.

To the Barricades – Revolution in Europe

JUST ADDED!

From 1789 to 1815 Europe lived in a permanent state of turmoil. Sparked by the French Revolution, this period of conflict transformed Europe more profoundly than anything in the previous millennium. The rise of Napoleon, his unification of Europe under Imperial rule, and the continent-wide conflict that spilled over into the various colonies of the principal European powers shaped the politics and geography of the continent. Presented by Keith Maxwell, this course will look at this period of great transformation and its implications for the modern world.

Wed 1:00 – 3:00 pm

Auditorium

Apr 3 – 24

\$25

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

Taking Care of Our Eyes

If you have had the good fortune to have reasonable vision in your life, even if assisted by glasses or other aids, it's important to try to maintain and protect that vision as we age.

Good vision helps us to maintain our quality of life, our health, independence, mobility, mental health, and our social well-being. Conversely, vision loss has been linked to increased accidents, increased injuries, and poor physical, social, and cognitive functioning.

A loss of vision can affect our ability to work or care for ourselves and others. It can affect how we engage in casual activities such as reading, socializing, and pursuing hobbies, and it can affect our ability to perform self-care activities such as eating and dressing, or activities such as shopping, driving, and managing our finances.

As we age, we can probably expect changes to our vision, and it is important to recognize those changes. Some less serious, but possibly bothersome changes can include difficulty reading small print; taking longer to adjust from light to dark; more sensitivity to glare from sunlight or unshielded light bulbs; loss of depth perception, making it difficult to judge distances; difficulty in seeing contrasts and colour; dry eyes; and tearing or watery eyes.

Many of these normal age-related vision issues can be circumvented by seeing an eye doctor regularly, correcting vision problems through wearing glasses and keeping your eyeglass prescriptions up to date, taking medication, or in extreme cases, surgery. We can also make changes to our homes and routines to stay safe and independent, like getting rid of those throw rugs or brightening up the dark corners.

There are also many services available to help seniors adjust to vision loss including the [Canadian Ophthalmological Society](#), which is a national, recognized authority on eye and vision care in Canada and eye centres in your community.

There are, however, some serious conditions which will need more aggressive treatment, including: glaucoma, degeneration in parts of the eye such as macular degeneration, cataracts, floaters, diabetic retinopathy, and dry eye syndrome which occurs when the tear glands do not produce enough tears. If glaucoma and degeneration are not treated, they can lead to vision loss or even blindness. Floaters are early indicators that something more serious is happening to your eyes so they should be looked at by seeing a doctor.

We can protect our vision and possible accidents from poor vision by turning on the lights and getting higher wattage light bulbs, getting a humidifier, quitting smoking, wearing UVA and UVB

blocking sunglasses (research has shown that sunlight is a risk factor for cataracts and macular degeneration), reducing glare, and eating a healthy diet.

It is important to protect your eyes through common sense precautions and practices including safe distancing, washing your hands a lot, following good contact lens hygiene, and avoiding touching or rubbing your nose, mouth, and your eyes particularly after you have touched a surface.

Many of us are spending more time sitting reading and viewing screens. Itchiness, blurry vision, and headaches due to eye strain are being reported. To help protect your eyes, make sure you are getting up and taking short breaks at regular intervals, blinking, and looking into the distance and making sure your screens are appropriate for use.

Borrowing and paraphrasing from the words of an old Johnny Nash song: Let's keep seeing clearly now, and look forward to many bright, sunshiny days.

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 © 2021 North Shore News.



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Silver Harbour Program Schedule – Winter 2023-24

	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
	Yoga				
	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	Choir
	Osteofit For Life		Table Tennis	Osteofit For Life	
			Woodcarving	Intermediate Watercolour	
			Knit & Crochet Circle	Tea & Talk	
11:00 am	Music Therapy				
			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
	Beginner Watercolour	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
		Stand Strong	Dressmaking	What's News	Open Studio
	Bollywood Dance	Daytime Dance	Wheel Throw Pottery	Creative Journey	Weaving
			Beginner Mandarin		
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.