

THE CENTRE POST



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

March 2024



**Thanks for voting Silver Harbour your
Favourite North Shore Seniors' Service
in the Readers' Choice Awards!**

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for helping to fund the
operations of Silver Harbour.



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that fools no one.

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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.

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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 70 programs and services. If you have questions about programs or would just like to connect, we'd love to hear from you by phone, in person or by email!

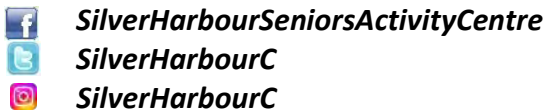


144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



Centre Opening Hours

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

Our Code of Conduct

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

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

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

Silver Harbour gratefully operates on the traditional and unceded territory of the, *Sḵw̱x̱wú7mesh* *Úxwumixw* (Squamish), *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

Silver Harbour Bulletin Board

Spring Program Registration

Registration for Spring arts programs (starting in April) will begin at 9 am on Tuesday, March 12th. Registration for all other Spring programs (starting in April) will begin at 9 am on Thursday, March 14th. You may register by phone or in-person. All the program details are listed in this newsletter.

Holiday Closing

Silver Harbour will be closed on Friday, March 29th and Monday, April 1st for the Easter long weekend, re-opening at 9 am on Tuesday, April 2nd.

Volunteers Needed

The ElderCollege Program Planning Committee is inviting new and former members to join their regular meetings, to create new and thought-provoking learning experiences in a fun, collaborative environment. This group of facilitators meets several times a year to plan the next term of ElderCollege courses. Facilitators take the lead in developing and running interesting courses – everything from leading programs, to finding and scheduling speakers on a particular topic. If you would like to find out more about this, please come to our next meeting – Monday, March 11th at 10 am in the Card Room.

Spring Forward!

Daylight Savings Time begins on Sunday, March 10th – remember to put your clocks forward.

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www.AdvancedMedicalBC.ca

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.

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.

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.

Bingo Volunteers Needed

We are looking for volunteers to check bingo card wins, and as bingo callers. Please ask for a Volunteer Application form at the front desk.

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.



Daily Menu for March

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$9 Full Meal Combo: \$12				1 Lamb Shank (max 2 meals per person)
4 Olympic Sausages	5 Cod Nuggets	6 Turkey Schnitzel	7 Meat Patty	8 Roast of Pork Loin
11 Salmon with Shrimp	12 Cabbage Rolls	13 Meatloaf	14 Cottage Pie	15 Barbecue Chicken & Ribs (max 2 meals per person)
18 Cod Loin With Prawns	19 Lasagna	20 Chicken Breast A la King	21 Beef Stew	22 Nasi Goreng
25 Pork Stew	26 Fish & Chips	27 Meatballs Milanaise	28 Chicken Cordon Bleu	29 Good Friday - Silver Harbour CLOSED

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.





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or online at:
agelessadventures.com




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, March 6th

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, March 13th

10:30 am – 12:00 pm

Silver Harbour Library



Bayshore
Home Health

What does remaining at home mean to you?

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

LET'S TALK.

604.873.2545

northshore@bayshore.ca

PERSONAL CARE | HOME SUPPORT | NURSING

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

Easter Egg Decorating Workshop

Discover the centuries-old Czech tradition of decorating Easter eggs in this immersive workshop! Dive into the intricate art of "kraslice", where you will learn the delicate craft of embellishing eggs using wax-resist dyeing. Our skilled instructor will demonstrate the meticulous process of applying beeswax designs onto eggs, followed by a series of vibrant dye baths to create stunning and detailed patterns. Immerse yourself in this cultural experience, and leave with beautifully adorned eggs, each a unique masterpiece to cherish and display during the festive season.

Friday, March 15th

10:00 am – 12:00 pm

Sewing Room

\$15

Tech Connect:

Privacy & Security for Scam and Identity Theft Prevention

This introductory class will look at the basics of online privacy and security, and how to keep yourself and your information safe. Topics will include social media, passwords, malware, scams and fraud. Come and learn some strategies for protecting yourself.

Tuesday, March 19th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Kizuna – Sashiko **SORRY, FULL**

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

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

50 Amazing Stories



Meet Peg and Ken

"Without Silver Harbour, seniors in our community wouldn't have nearly the social, physical, mental resources they have here" - Peg McIsaac

"The biggest change I've seen at the centre is a recognition of the diversity that is North Van with the attempts to make our membership more reflective of the community it sits in." - Ken McIsaac

In celebration of Silver Harbour's 50th Anniversary

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, March 25th

10:00 – 11:30 am

Card Room

Free drop-in

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)



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Seniors and Technology Workshop

As technology becomes more and more integrated into our daily lives, it brings with it both benefits and challenges. Ethical design is essential to ensure that technology avoids harm, respects people's privacy, and has a positive impact on individuals and society.

The purpose of this workshop is to explore the ethical concerns that older people have regarding technology. Participants will get the chance to talk about their lived experience and knowledge of new and emerging technologies while discussing how, despite the potential technology might offer, technology sometimes overlooks the needs of older people. The workshop aims to identify effective ways to involve older people in the design and development of technology. We welcome participation from everyone, including those less confident with technology or those who use it occasionally or not at all. As a token of appreciation, you will be provided with lunch and receive a \$25 gift card for your valuable time and insights.

Tuesday, March 26th

11:00 am – 1:00 pm

(if you're less confident with technology)

or

1:00 – 3:00 pm

(if you're more confident with technology)

Multi-Purpose Room

Free of charge, but you must pre-register

Speaker at Keep Well

Following Keep Well exercises, Linda Chu from "Out of Chaos" will speak on downsizing and decluttering, focusing on "my children don't want my stuff".

Wednesday, March 27th

10:30 – 11:00 am

Free of charge, everyone welcome

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

Sock Knitting Workshop

Learn the basics of sock construction, including selecting the right yarn and needles, understanding sock anatomy, and essential knitting techniques. Get hands-on experience as you start knitting a pair of socks from cuff to toe. Bring your own yarn and 4 sock knitting needles. Experienced knitters only.

2 Thursdays, March 28th & April 4th

10:00 am – 12:00 pm

Sewing Room

\$15

Spring Wreath Making Workshop

Join us for a delightful 2-hour session, where you'll learn how to create your own beautiful and vibrant wreath to welcome the season of renewal. This workshop is perfect for beginners and seasoned crafters alike, as our experienced instructors will guide you through each step of the process. All materials provided. Please bring your glue gun if you have one (some will be available if you do not have your own).

Friday, April 12th
10:00 am – 12:00 pm
 Sewing Room
 \$20

Volunteer Appreciation Drop-In

Sponsored by
PARC Retirement Living

April 14 to 20 is Volunteer Week in Canada and Silver Harbour is an excellent example of volunteers in action! If you have volunteered for Silver Harbour over the last year, in any capacity, we encourage you to come to our Volunteer Appreciation Drop-In. There will be tea, coffee and cake, as well as a special gift, all thanks to a sponsorship by PARC Retirement Living. Thank you for being a Silver Harbour volunteer!

Monday, April 15th
2:00 – 3:30 pm
 Auditorium

Have You Made a Plan yet?

If not, give our family a call

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Tech Connect: Phone Photography and File Management

This introductory class will cover the basics of phone photography – from taking a picture to some quick editing techniques. After exploring the camera we'll look at the gallery where photos are stored, and how you can better manage them on your device. Bring your device so you can follow along.

Wednesday, April 17th
1:00 – 2:30 pm
 Card Room

Free of charge, but you must pre-register

Writing Life Stories

Embark on a journey of self-discovery in this "Writing Life Stories" course tailored for seniors. Harness the power of AI tools, aiding you in the writing process and ensuring that your stories are eloquently captured and preserved for generations to come. Stories to tell? Lack confidence in your writing? Join us for this one-hour introduction.

Tuesday, April 23rd

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

OASIS Arthritis: Spine Arthritis

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

Wednesday, April 24th

1:00 – 3:00 pm

Card Room

Free of charge, but you must pre-register

Discover the World with Travel Specialist Ron Booman 38 Years	
Kenya - June 01 / 24	Sold Out
Famous Masai Mara, Samburu, Ol Pejeta, Lakes Nakuru & Naivasha Email or Call regarding our June 02, 2025 Kenya Safari	
Kenya & Tanzania - Oct. 02 / 24	Book Now
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 / 24	Books Now
Enjoy the wonderful Autumn Colours of Central Europe Tour includes Guide/Driver Gratuities & Hotel Portage Numerous Meals, All Sightseeing as per Tour Itineraries	
Peru - Nov. 07 / 24	Book Now
Experience iconic Machu Picchu & Flight over the Famous Nasca Lines Includes Guide/Driver Gratuities & Hotel Portage, Peru Domestic Flights Numerous Meals, All Sightseeing as per Tour Itineraries	
Republic of India - Jan 25 / 25	Book Now
Delhi, Varanasi, Khajuraho, Agra Taj Mahal, Jaipur, Udaipur, Mumbai	
Tanzania & Amboseli Safari - May 17 / 25	
Wonderful New Safari, Visiting Amboseli, Tarangire Lake Manyara, Ngorongoro Crater & Famous Serengeti	
Rwanda Mountain Gorillas Experience - May 31 / 25	
Join Ron, visit the Mountain Gorillas / Gorilla Permits Start Soon	
TravelWithRon.ca ron@travelwithron.ca The Travel Group Call for Details: 604.575.7788 / 1.800.946.0091 <small>CPBC #1873 CPBC # 8188</small>	

Dying Well

Presented by End Of Life Doula, Tracy Chalmers, this one hour workshop will focus on dying - what our culture tells us it is, what it really is, and how to meet it prepared and with intention. Tracy will also cover the benefits of considering your own death, planning for it, and having conversations with those closest to you about your beliefs, values, and end of life wishes. At the end of this presentation you will be understand how you can take action now to prepare to die well when the time comes. There will be time for a Q&A following the workshop.

Tuesday, April 30th

10:00 – 11:30 am

Card Room

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

Trips and Tours

The following trips for March are sold out (tickets for these trips went on sale February 1st). Please add your name to the waitlist.

- Lunch at the Sylvia and Stanley Park Scenic Drive – March 11th
- Cascades Casino Delta – March 19th
- Fraser River Discovery Trip (with Enjoy Tours) – March 22nd

Lunch at the Flying Beaver

Registration begins on March 1st

Our next “Drive and Dine” trip takes us to Richmond, for lunch (not included in price, 18% gratuity will be added) at the Flying Beaver Bar and Grill, overlooking the Fraser River near the YVR South Terminal. The restaurant has windows galore, where you can enjoy your lunch while watching the Harbour Air seaplanes land and take off on the Fraser River.

Friday, April 5th

10:00 am – 2:30 pm

\$20 members; \$30 non-members

**Please buy your tickets before March 25th
or the trip may be cancelled.**

Reifel Bird Sanctuary

Registration begins on March 1st

The George Reifel Bird Sanctuary consists of nearly 300 hectares of managed wetlands, natural marshes and low dykes, in the heart of Fraser River Estuary. It is a protected area for the millions of migrating birds which stop there to rest and feed each year, and is one of the Top 10 birdwatching sites in Canada. We will have a 1-hour guided tour of the sanctuary, then the bus will take for lunch (not included in price) at Sharkey's Bar & Grill in Ladner. Dress for wet weather and wear sturdy shoes. Lots of walking; some uneven ground. Not suitable for those with walkers.

Wednesday, April 10th

8:30 am – 2:45 pm

\$28 members; \$38 non-members

**Please buy your tickets before April 3rd
or the trip may be cancelled.**

Skagit Valley Tulip Festival with Enjoy Tours

Registration begins on March 1st

Every spring the Skagit Valley comes alive with a blaze of colour. Tiptoe through the tulips at Roozengarde in Mount Vernon, and visit the charming seaside town of LaConner for lunch (included in price) and exploration. NOTE: You must bring a valid passport; travel medical insurance is recommended. Some walking.

Monday, April 22nd

7:30 am – 6:15 pm

\$129 members; \$139 non-members

Please buy your tickets before April 15th or the trip may be cancelled.

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

Meet Mae

"Being a member of Silver Harbour is like going back to school. It feels like a real education. I've learned a tremendous amount at the centre and have thoroughly enjoyed that experience of learning later in life."

50 Amazing Stories

In celebration of Silver Harbour's 50th Anniversary

Important Information About Bus Trips

This information will be very helpful to anyone interested in joining our bus trips...

1. Please note that return times are approximate, as there is no way to predict traffic or other possible timing issues which may arise. We recommend that you do not schedule any appointments directly following the trip.
2. Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
3. Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
4. Some drivers will appreciate a tip and others prefer not to be tipped. If you would like to tip the driver, please bring a small amount of money for this purpose. If a driver accepts tips, it is still your choice whether you want to give one or not.
5. Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
6. We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Silver Harbour will be refunded in full.
7. If a trip is full, please put your name on the waitlist. We will attempt to accommodate substantial waitlists by creating second trips when possible and people on the waitlist will have the first opportunity to buy tickets for the second trip.
8. If you are driving to Silver Harbour for your bus trip, please park on the street or in the parking lot to the east of our building. Anyone may park in these areas for any length of time.
9. Please limit your use of scented products like hairsprays and perfumes when going on bus trips. Some people can be very sensitive to these scents, especially in enclosed spaces. We very much appreciate your consideration.
10. Enjoy your trip!

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 will begin on Tuesday, March 12th. Registration for all other programs, will begin on Thursday, March 14th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Legal Advice and Referral Clinic

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

Library

The Silver Harbour library has a great selection of books and jigsaw puzzles to borrow. Silver Harbour membership not required.

Meal Program

Silver Harbour offers delicious full meals, entrées, soup, drinks and refreshments. The menu of daily entrees is on page 12 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

Keep Fit...

Chair Yoga – Fully Seated

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

Masks required.

Wed 1:00 – 2:00 pm

Mar 13 – Apr 24

\$52.50/7 classes

Chair Yoga – Standing Options

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

Masks required.

Wed 2:15 – 3:15 pm

Mar 13 – Apr 24

\$52.50/7 classes

Daytime Dance

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

Tue 1:00 – 2:30 pm

No charge

Flexibly Fit

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

Mon 1:30 – 2:30 pm

Mar 4 – Apr 29 (no class Apr 1)

\$74/8 classes

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- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Get Up & Go

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

Thu 1:30 – 2:30 pm

Mar 14 – Apr 25

\$64.75/7 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

Apr 8 – June 10 (no class May 20)

\$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

Mar 7 – Apr 29 (no class Apr 1)

\$138.75/15 classes

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed & Fri 9:30 – 10:30 am

By donation

Line Dance – Level 1

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

Wed 1:30 – 2:30 pm

May 1 – June 19

\$40/8 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

Fri 1:30 – 2:30 pm

Apr 5 – June 21

\$60/12 classes

Level 3

Fri 2:30 – 3:30 pm

Apr 5 – June 21

\$60/12 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. **Registration for this series will begin on March 22.**

Fri 9:45 – 11:15 am

Apr 5 to May 10

\$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

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

Snooker

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

Mon through Fri, 9 am to 4 pm

\$25/season

Table Tennis

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

Mar 4 – Apr 29 (no class Apr 1)

\$40/8 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

Book Club meets monthly to discuss a pre-selected book. Masks required.

3rd 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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- 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.

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 winter and 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 22 and 23.

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

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

Meet Trish

"Prior to discovering Silver Harbour, work dominated my life. I really needed some me time. I love being able to share ideas with the people in pottery and it's helped open a door to a creative joy I had set aside in my life for a long time."

In celebration of Silver Harbour's 50th Anniversary

Mandarin Chinese for Beginners (Level 2)

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

Apr 10 – May 29

\$25

Meditation

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

Wed 10:00-11:00 am

\$25/season

Starts Apr 3

Program Registration Information:

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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

ElderCollege at Silver Harbour

Volunteers Needed

The ElderCollege Program Planning Committee is inviting new and former members to join their regular meetings, to create new and thought-provoking learning experiences in a fun, collaborative environment. This group of facilitators meets several times a year to plan the next term of ElderCollege courses. Facilitators take the lead in developing and running interesting courses – everything from leading programs, to finding and scheduling speakers on a particular topic. If you would like to find out more about this, please come to our next meeting – Monday, March 11th at 10 am in the Card Room.

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. If you would like more information on Books Unlimited, please email info@silverharbourcentre.com, and we will have the facilitator contact you.

Wed 1:30 – 3:00 pm

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

\$25

Champions of the Environment

**SORRY,
FULL**

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

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

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

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

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+

Passionate about quilting?

Join us weekly to craft beautiful quilted items sold at our craft markets. Showcase your skills and connect with other enthusiasts.

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 Apr 5

\$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.

Wed 1:00 – 3:30 pm Starts Apr 3

OR

Thu 1:00 - 3:30 pm Starts Apr 4

\$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 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 Starts Apr 3

\$25

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Arts Programs (Instructed)

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

Apr 4 – June 20 (no class May 9 or 16)

\$25

Dressmaking

Expert instruction in all aspects of sewing including tailoring, cutting, sewing and fitting. Sewing machines and sergers available to use, but bring your own materials

Wed 1:00 – 3:03 pm

Apr 3 – June 5

\$25

Easter Egg Decorating Workshop

Discover the centuries-old Czech tradition of decorating Easter eggs in this immersive workshop! Dive into the intricate art of “kraslice”, where you will learn the delicate craft of embellishing eggs using wax-resist dyeing. Our skilled instructor will demonstrate the meticulous process of applying beeswax designs onto eggs, followed by a series of vibrant dye baths to create stunning and detailed patterns. Immerse yourself in this cultural experience, and leave with beautifully adorned eggs, each a unique masterpiece to cherish and display during the festive season.

Friday, March 15th

10:00 am – 12:00 pm

Sewing Room

\$15

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

No Drop ins.

2 sessions a month

Apr 15, May 6, June 3, 17

10:00 am – 12:00 pm

No charge

Kizuna – Sashiko **SORRY, FULL**

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

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 10:15 am – 12:15 pm

\$25/season

Apr 3 – June 5

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 Apr 8

Silk Painting

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

Apr 8 – June 3 (no class May 20)

\$25

Sock Knitting Workshop

Learn the basics of sock construction, including selecting the right yarn and needles, understanding sock anatomy, and essential knitting techniques. Get hands-on experience as you start knitting your own pair of socks from cuff to toe, guided by our experienced instructor every step of the way. Bring your own yarn and 4 sock knitting needles. Experienced knitters only

Thurs 10am-12pm

March 28 & April 4

Sewing Room

\$15

Spring Wreath Making Workshop

Join us for a delightful 2-hour session, where you'll learn how to create your own beautiful and vibrant wreath to welcome the season of renewal. This workshop is perfect for beginners and seasoned crafters alike, as our experienced instructors will guide you through each step of the process. All materials provided. Please bring your glue gun if you have one (some will be available if you do not have your own).

Friday, April 12th

10:00 am – 12:00 pm

Sewing Room

\$20

Stained Glass

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 Apr 4

Tapestry

Create your own masterpiece using the magnificent medieval craft of tapestry, with our expert instructor. No experience necessary; pay as you go for materials

Tue 9:30 am – 3:00 pm

\$25

Starts Apr 2

Ukulele

Come join us for a fun and rewarding ukulele experience. Whether you're a seasoned player looking to refine your skills or an intermediate player ready to take your abilities to the next level, this class is designed to challenge and inspire you.

Ukuleles are not provided, participants must bring their own ukulele

Mon 10:00 – 10:50 am

Starts Apr 8

\$25

Beginners Watercolor Painting

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

Mon 1:00 – 3:00 pm

Apr 15 - 29

\$15/3 classes

Please collect the materials list when you register.

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Intermediate Watercolour Painting

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

Apr 11 – May 30

\$25/8 classes

Weaving - Loom

With Toby

Learn all about cloth weaving using a variety of looms, including; floor, table and rigid heddle looms. This group is set within a supportive and dedicated environment with a skilled instructor. Pay as you go for materials

Tue 9:30 am - 3:00 pm

\$25/season

Starts Apr 2

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Calls For a Better Long-Term Care System

Over the last few years residential long-term care has been a focus of many articles in the news, mostly because of the devastating effects of the pandemic on residents in LTC facilities.

The reality of the negative aspects of the pandemic for residents brought attention to many of the problems often associated with long-term care. Many community groups and individuals have been working on improving the state of residential care in the province for years. Finally, the reporting of these issues is amplifying what these groups have been saying.

On the British Columbia government website (gov.bc.ca), there is a section called Long-Term Care Services - Province of British Columbia which describes LTC in the province, stating that long-term care services provide 24-hour professional supervision and care in a protective and supportive environment for people who have complex care needs and can no longer be cared for in their own homes or in an assisted living residence.

Unfortunately, long-term care provided in a residential facility has not always lived up to people's expectations about how an older person should live out their end-of-life years.

An organization called Action for Reform of Residential Care Association, which is dedicated to promoting quality of life in long-term care facilities in British Columbia through education and advocacy, has been critical of many features of LTC. The association is made up of clinicians, researchers, family members and other citizens concerned with the care provided in long-term care facilities.

This organization has noted several areas of concern which are mainly attributed to inadequate structures and resources. In their report, *Improving Quality of Life in LTC - A Way Forward*, they say, "systems with lean resources cannot adapt to stressors such as pandemics, and Band-Aids can no longer cover the wounds to the system illuminated by COVID-19."

Among many of the issues raised by ARRCBC is the fact that family members or councils are often the first to identify inadequate care, but perhaps do not know how to complain effectively or are intimidated by the system. The British Columbia government website says that a "family and/or resident council is a group of persons who either live in a long-term care home or are the contact persons, representatives, or relatives of long-term care home residents, and who meet regularly to

identify opportunities to maintain and enhance the quality of life for the care home clients, and to engage with staff to contribute a voice in decisions which affect the clients.”

Though individuals and groups have fought for years for the establishment of resident and family councils, not much was done about proactively supporting this strategy which many maintain works towards changing the negative aspects of the long-term care system.

An announcement was made recently that the province has revised regulations to strengthen the support and oversight of resident and family councils.

One of the initiatives is that government will strengthen support of individual councils through several measures, including requiring care-home operators or licensees to meet with a council twice a year or more frequently as required to promote the collective interests of persons in care.

Isobel Mackenzie, the BC Seniors Advocate who has been critical of many aspects of residential long-term care, has said that “these changes will give residents of long-term care, and the people who love them, a much stronger voice in shaping the quality of life for most frail seniors. It is an extremely positive step forward.”

The BC Care Providers Association have released a new guide called Supporting an Active Partnership: A Service Provider’s Guide to Family & Resident Councils. The guide is intended to “share learnings and best practices for supporting long-term care operators in the development and continuation of resident and family councils. Councils can ensure that input and feedback occur in a meaningful, respectful, and timely way.”

While you may not need long-term care in the future, but you may have a family member or friend that will need this type of care for their end-of-life years. A well resourced and highly functional long-term care system is in the interests of all of us. It provides older people with the best quality of life in the remaining years of their lives.

In a just and caring society, we should all work towards providing the best system possible.

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 © 2023 North Shore News.

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.