

# THE CENTRE POST



Silver Harbour Seniors' Activity Centre  
144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com) tel: 604-980-2474

May 2024



## Spring Market Sat May 4

Thank you to

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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 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

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

[info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)

 [SilverHarbourSeniorsActivityCentre](#)

 [SilverHarbourC](#)

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## 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 (Tseilil-Waututh) and  
xʷməθkʷəy̓əm (Musqueam) Nations.**

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## Our Vision

A Diverse Community that Celebrates Aging

## Our Mission

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

## Our Values

**Respect:** We honour the dignity, worth and independence of  
everyone.

**Excellence:** We strive to do our best and to be a model for others  
in everything we do.

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

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

**Responsiveness:** We welcome new ideas, possibilities and  
approaches.

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

## Staff

Andrea Picchi	Admin. & Program Assistant
Annwen Loverin	Executive Director
Don Do	Assistant Cook
Holly Gagnier	Program & Services Manager
Simran Likhari	Arts Program Coordinator
Zoltan Csapkay	Head Cook

## Board of Directors

Brenda Harrison, Director	Doug Blakeney, Treasurer
Elizabeth Jones, Vice-President	Leanne Roy, Director
Naseem Amarshi, Director	Margaret Coates, Secretary
Richard Gauntlett, President	Ritch Seeley, Director
Ron Needham, Director	Shideh Shadfar, Director
Virginia Baldwin, Director	Wayne Hanna, Director

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# Notes From The Executive Director

This month, join us on Saturday May 4<sup>th</sup> for our annual Spring Market! It takes place from 10:30 am to 2:00 pm on the main floor of Silver Harbour, 144 East 22<sup>nd</sup> Street, North Vancouver. Shop a wonderful selection of handcrafted items, lovingly made by Silver Harbour volunteers, as well as fabulous second hand items. And, this year, indulge in a High Tea experience filled with sweet and savory delights. We hope to see you there!



We'd also like to share that Lana P., our head kitchen volunteer, a member of our outreach team, an arts workshop instructor and more, has won a 2024 North Shore Community Volunteer Spirit Award. Congratulations, Lana, and thank you for all you do for Silver Harbour.

*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 Marina**



"When I started taking my first painting class, I didn't speak a word of English which made the classes hard. I started studying English and everybody helped me with my homework. This became my second home and I found my community here."

*In celebration of Silver Harbour's 50th Anniversary*

50 Amazing Stories

**Have You Made a Plan yet?**

If not, give our family a call




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# Silver Harbour Bulletin Board

## Holiday Closing

Silver Harbour will be closed on Monday, May 20<sup>th</sup> for the Victoria Day long weekend, reopening at 9 am on Tuesday, May 21<sup>st</sup>.

## Daytime Dance Cancelled – Tuesday, May 28<sup>th</sup> only

There will be no Daytime Dance program on Tuesday, May 28<sup>th</sup>, when the Silver Harbour Choir will be presenting their Spring concert.



**Bayshore**<sup>®</sup>  
Home Health

### What does remaining at home mean to you?

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

LET'S TALK.

**604.873.2545**

northshore@bayshore.ca

PERSONAL CARE | HOME SUPPORT | NURSING

## Updated Waiver

Silver Harbour has revised our waiver recently, so everyone will be asked to sign this when you buy or renew your membership. For those renewing, you would have already signed our original waiver when you bought your membership for the first time. We took the steps to revise our waiver to make sure that it was up to date, including around communicable illnesses, such as COVID.

## Donations Wanted

Cleaning out your closets? The Boutique is looking for donations of good quality, very clean, gently-used small household items and treasures. No sheets, blankets, towels or toiletries please.

## 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.

## 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 most of the parking spots on East 22<sup>nd</sup> Street have been changed to **2-hour parking**. Please give yourself extra time to find parking.

## Become a Bingo Volunteer

We are looking for volunteers to check bingo card wins, and be 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.



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 <p style="font-weight: bold; font-size: small;">Historic Barkerville &amp; the South Thompson Inn</p> <p style="font-size: small;">June 26 - 29 7 incl. meals Dbl: \$1,516.<sup>00</sup></p>	 <p style="font-weight: bold; font-size: small;">Cruising the West Coast Waterways</p> <p style="font-size: small;">July 5 - 10 &amp; 12 - 17 13 incl. meals Dbl: \$2,646.<sup>00</sup></p>	 <p style="font-weight: bold; font-size: small;">St. Lawrence Seaway Cruise</p> <p style="font-size: small;">July 10 - 19 22 incl. meals from Dbl: \$7,436.<sup>00</sup></p>
 <p style="font-weight: bold; font-size: small;">Haida Gwaii Tour</p> <p style="font-size: small;">July 26 - Aug. 1 &amp; Aug. 10 - 16 16 incl. meals Dbl: \$4,839.<sup>00</sup></p>	 <p style="font-weight: bold; font-size: small;">Desert Canyons, Arizona &amp; Utah</p> <p style="font-size: small;">October 11 - 21 22 incl. meals from Dbl: \$7,454.<sup>00</sup></p>	

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## Daily Menu for May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée: \$9</b>  <b>Full Meal Combo: \$12</b>		<b>1</b>  Turkey Schnitzel	<b>2</b>  Shepherd's Pie	<b>3</b>  Lamb Shank (max 2 per person)
<b>6</b>  Cod Loin With Prawns	<b>7</b>  Duck Breast	<b>8</b>  Meat Patty	<b>9</b>  Roast Pork	<b>10</b>  Meatloaf
<b>13</b>  Salmon with Shrimp	<b>14</b>  Cabbage Rolls	<b>15</b>  Chicken Thigh Milanese	<b>16</b>  Pork Stew	<b>17</b>  Barbecue Chicken & Ribs (max 2 per person)
<b>20</b>  Victoria Day * Silver Harbour CLOSED	<b>21</b>  Nasi Goreng (Shrimp and chicken over rice)	<b>22</b>  Meatballs	<b>23</b>  Cod Nuggets	<b>24</b>  Lasagna
<b>27</b>  Garlic Prawns	<b>28</b>  Sausages	<b>29</b>  Cottage Pie	<b>30</b>  Beef Stew	<b>31</b>  Chicken Cordon Bleu

*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...

### Japanese Canadian Survivors Health & Wellness Fund

On May 21, 2022 the BC Government acknowledged the historical wrongs perpetuated against Japanese Canadians in BC during the 1940s and made a pledge to support a community built \$100 million legacy initiatives package, administered by the Japanese Canadian Survivor Health & Wellness Fund, which will be used to support Japanese Canadian Survivors through individual health support grants. To be eligible for these grants, applicants must:

- Be of Japanese descent
- Be born before April 1, 1949
- Have lived in BC before April 1, 1949 OR had parents or grandparents who lived in BC before April 1, 1949
- Have been directly impacted by the actions of the BC government between 1942-1949

More information on these grants and how to apply can be found at [www.jcwellness.org](http://www.jcwellness.org).

### North Shore Artists Guild Spring Show & Sale (Online)

The North Shore Artists Guild invite you to their online show of one-of-a-kind original art by talented North Shore artists. A wide selection of styles are showcased featuring landscapes, florals and animals and still life. You can view the show online at [www.nsartists.ca/show](http://www.nsartists.ca/show).

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# 6<sup>TH</sup> ANNUAL CAREGIVER SENIOR EXPO

## SATURDAY MAY 11, 2024 • 12-4PM

SILVER HARBOUR CENTRE, 144 EAST 22ND ST, NORTH VAN

Self-care, support and resources for unpaid caregivers is crucial to helping them navigate the difficulties of caring for loved ones. North Shore Community Resources is proud to present the following speakers:



**Lorna Harding** *North Shore Neighbourhood House*  
Lorna is the Seniors Peer Support Program Coordinator, and will speak about these topics: *Let's Talk Ageism: Recognize it When You See it*; and *"It's Not Right!": Recognizing Warning Signs of Elder Abuse.*

12:15PM



**Chantal Bourke** *Registered Clinical Counsellor*  
Chantal's presentation is called *Self-care, Caregiver Burnout and Coping with Difficult Emotions in our Loved Ones.* She will discuss the importance of being your loved one's 'emotion coach' while being in the difficult role of their caregiver.

1:15PM



**Paul Magennis** *Vancouver Coastal Health; Palliative & Hospice Care, MAID*  
Paul is a Clinical Resource Nurse and Educator who will present *The Importance and Role of High-Quality Palliative Care in the Medical Assistance in Dying (MAID) Process.*

2:15PM



**Sally-Anne Stelling & Alisa Hashimoto** *BC Brain Wellness*  
Together, Sally-Anne and Alisa will talk about the BC Brain Wellness Program and will present on the *Importance of Brain Health for Caregivers and the Ones They Care For.*

3:15PM

Be sure to visit all of the expo booths and meet local business owners who offer products and services that can help you in your caregiving journey.



SCAN FOR MORE INFO



## Workshops & Special Events

### Spring Market & High Tea

Whether you're celebrating with family, friends, or enjoying a solo day out, everyone is welcome at our Spring Market and High Tea. Shop our curated selection of handcrafted treasures, lovingly crafted by Silver Harbour seniors – everything from exquisite stained glass pieces to intricate woodwork, unique pottery creations, elegant hand-painted silk scarves, woven scarves and more. Indulge in a splendid High Tea experience filled with sweet and savory delights, paired with fragrant teas, in our charmingly adorned tea room.

**Saturday, May 4<sup>th</sup>**

**10:30 am – 2:00 pm**

**Free Admission**



### Canada Dental Care Plan

A representative from Service Canada will provide information about the new Canada Dental Care Plan. Bring your questions.

**Tuesday, May 7<sup>th</sup>**

**10:00 – 11:00 am**

**Card Room**

**Free of charge,**

**but you must pre-register**

### Newcomers Tea and Tour

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

**Wednesday, May 8<sup>th</sup>**

**10:15 am**

**Meet in the Silver Harbour library**

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

### Therapy Dogs

Once a month two volunteer therapy dog teams from St. John Ambulance come to Silver Harbour. These specially trained dogs offer comfort and companionship. Interacting with a therapy dog has many health benefits – both mental and physical. If you like dogs, please drop by and say hello.

**Wednesday, May 8<sup>th</sup>**

**10:30 am – 12:00 pm**

**Silver Harbour Library**



## Tech Connect: Introduction to iPad

Do you have an iPad you'd like to learn how to use or use better? Join us for this introductory class all about iPad. We'll cover an overview of settings, touch navigation options, apps and a couple of cool tools.

**Tuesday, May 14<sup>th</sup>**  
**10:00 – 11:30 am**  
**Card Room**  
**Free of charge,**  
**but you must pre-register**

## Lunch & Learn: Celebrating Life's Milestones

Celebrant Abegael Fisher-Lang of LifeThreads will discuss creating your own ceremony around important events in your life, and how they can be enhanced, deepened or healed with a ceremony. Jefferson Lee of Dignity Memorial will discuss funeral pre-planning, as a way to lessen the stress for your loved ones. Following the presentation, each participant will be given a certificate for lunch (entrée, soup, salad, small dessert and tea or coffee) valid on that day only. You'll also receive 2 packed take-away entrees (you're welcome to share one with a friend or neighbour who couldn't attend the session). Only registered participants will be admitted and you must attend the presentation in order to get lunch.

**Wednesday, May 22<sup>nd</sup>**  
**11:00 am – 12:00 pm**  
**Card Room**  
**Followed by lunch in the Auditorium**  
**Free of charge,**  
**but you must pre-register by May 17<sup>th</sup>**

	Discover the World with Travel Specialist <b>Ron Booiman</b> 38 Years	
<b>Kenya - June 01 / 24</b>	<b>Sold Out</b>	Famous Masai Mara, Samburu, Ol Pejeta, Lakes Nakuru & Naivasha Email or Call regarding our June 02, 2025 Kenya Safari
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<b>Slovenia &amp; Croatia - Oct 16 / 24</b>	<a href="#">Books Now</a>	Enjoy the wonderful Autumn Colours of Central Europe Tour includes Guide/Driver Gratuities & Hotel Porterage Numerous Meals, All Sightseeing as per Tour Itineraries
<b>Peru - Nov. 07 / 24</b>	<a href="#">Book Now</a>	Experience iconic Machu Picchu & Flight over the Famous Nasca Lines Includes Guide/Driver Gratuities & Hotel Porterage, Peru Domestic Flights Numerous Meals, All Sightseeing as per Tour Itineraries
<b>Republic of India - Jan 25 / 25</b>	<a href="#">Book Now</a>	Delhi, Varanasi, Khajuraho, Agra Taj Mahal, Jaipur, Udaipur, Mumbai
<b>Tanzania &amp; Amboseli Safari - May 17 / 25</b>		Wonderful New Safari, Visiting Amboseli, Tarangire Lake Manyara, Ngorongoro Crater & Famous Serengeti
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## Navigating the Senior Living Journey

**JUST ADDED!**

Presented by Sunrise at Lonsdale Square, this workshop will help you to understand the terminologies, processes and current situations of senior living and our healthcare system.

**Wednesday, May 22<sup>nd</sup>**  
**1:30 – 2:30 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, May 27<sup>th</sup>**  
**10:00 – 11:30 am**  
**Card Room**  
**Free drop-in**

## Book Club

The Book Club meets monthly to discuss a pre-selected book. The next title to be discussed will be "Swann" by Carol Shields. Participants are responsible for finding their own copy of the book.

**Monday, May 27<sup>th</sup>**  
**2:30 – 3:30 pm**  
**Multi-purpose Room**



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## Spring Choir Concert

The Silver Harbour Choir presents "Love is in the Air," a programme of songs about many different aspects of love: people, places, animals and even food and drink! It includes old favourites such as "*Sunrise, Sunset*", "*Java Jive*" and "*Food, Glorious Food*", as well as newer songs that quickly became favourites of the choir. Please join them for their final concert of the season.

**Tuesday, May 28<sup>th</sup>**

**2:00 – 3:15 pm**

**(includes 20-minute intermission)**

**Auditorium**

**Free of charge**

## OASIS Arthritis: Hand Arthritis

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

**Wednesday, May 29<sup>th</sup>**

**1:00 – 3:00 pm**

**Card Room**

**Free of charge,**

**but you must pre-register**

## Lunch & Learn: Technology and Devices for Seniors

Amir Mohammadi from Advanced Medical will discuss equipment that can assist seniors to stay safe and independent, as well as provide some important tips and techniques for seniors. Cherian Itty of Comfort Keepers Home Care will talk about the new technological devices which are a critical and cost-effective way to maintain safety, independence and wellness at home. Following the presentation, each participant will be given a certificate for lunch (entrée, soup, salad, small dessert and tea or coffee) valid on that day only. You'll also receive 2 packed take-away entrees (you're welcome to share one with a friend or neighbour who couldn't attend the session). Only registered participants will be admitted and you must attend the presentation in order to get lunch.

**Wednesday, June 26<sup>th</sup>**

**11:00 am – 12:00 pm**

**Card Room**

**Followed by lunch in the Auditorium**

**Free of charge,**

**but you must pre-register before June 21<sup>st</sup>**

## Trips and Tours

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

- SFU Drive/Fish & Chips Lunch – May 2<sup>nd</sup>
- Van Dusen Gardens – May 10<sup>th</sup>
- Butchart Gardens High Tea – May 21<sup>st</sup>

### Steveston

**Registration begins on May 1st**

We're off to Steveston, a lovely fishing village on the Fraser River. You will have 3 hours to wander the village, walk the waterfront and enjoy your lunch (not included in price) at one of the many restaurants. Lots of walking.

**Wednesday, June 5<sup>th</sup>**

**10:00 am – 3:00 pm**

**\$22 members; \$32 non-members**

**Please buy your tickets before May 20<sup>th</sup>  
or the trip may be cancelled.**

### Horseshoe Bay

**Registration begins on May 1<sup>st</sup>**

This year's first free "Explore the North Shore" bus trip will take us to Horseshoe Bay, where you will have 1.5 hours to watch the ferries come and go, enjoy a coffee or an ice cream, or do a little window shopping. Lots of walking. In order to be fair to everyone, you may register for yourself and one friend only. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

**Monday, June 10<sup>th</sup>**

**1:00 – 3:30pm**

**No charge**

**Please buy your tickets before June 3<sup>rd</sup>  
or the trip may be cancelled**





## Whistler

**Registration begins on May 1<sup>st</sup>**

Enjoy a scenic drive to Whistler, then spend 3 hours of free time in Whistler Village for lunch (not included in price), sightseeing and shopping. Lots of walking.

**Friday, June 14<sup>th</sup>**

**9:00 am – 4:00 pm**

**\$30 members; \$40 non-members**

**Please buy your tickets before June 4<sup>th</sup>**

**or the trip may be cancelled.**

## Malahat Skywalk with Enjoy Tours

**Registration begins on May 1st**

Experience the ultimate natural high at Vancouver Island's newest attraction! The Malahat Skywalk is an accessible 600 metre TreeWalk through a beautiful arbutus forest, leading to a spectacular sightseeing lookout. Price includes admission to Malahat Skywalk and Adventure Net, and lunch at Jack's Place at Bear Mountain. Note: there will be an additional ferry fare of \$36 for those aged 64 and under. Lots of walking on an ascending low gradient walkway.

**Tuesday, June 25<sup>th</sup>**

**7:00 am – 8:00pm**

**\$159 members; \$169 non-members**

**Please buy your tickets before June 14th or**

**the trip may be cancelled.**

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## Programs

Our program sessions specifically scheduled for May onwards 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](http://www.silverharbourcentre.com).

### Acrylic Painting **JUST ADDED!**

Discover the vibrant world of acrylic painting in our comprehensive 5-week course! Whether you're a beginner or seeking to refine your skills, this course offers a solid foundation in acrylic techniques and artistic expression. You will learn essential concepts such as colour theory, materials, painting process, brushwork techniques, composition, and more. Led by an experienced instructor, each 2-hour class blends hands-on practice with personalized guidance, fostering creativity and confidence in every stroke. All materials provided.

Mon 1:00 – 3:00 pm

June 3 – July 8 (no class July 1)

Sewing Room

\$25/5 classes

### Basket Weaving **JUST ADDED!**

Embark on a captivating journey into the world of basket making. Over the span of four weeks, participants will immerse themselves in the art of basket weaving, learning fundamental techniques and exploring a diverse array of materials and styles. Whether you're a novice or looking to enhance your existing skills, this course provides a warm and inclusive environment, suitable for all levels of experience. Please bring small garden snips or multi-purpose scissors, towel, spray bottle, a small packing tool or very small screwdriver with a flat blade. Reed will be provided.

Thur 10:00 am – 12:00 pm

June 6 – 27

Computer Room

\$25/4 classes



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## 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

May 15 – June 26

\$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.

Tues 9:00 – 10:00 am

May 14 – June 25

Auditorium

\$52.50/7 classes

OR

Wed 2:15 – 3:15 pm

May 15 – June 26

Fitness Room

\$52.50/7 classes

## 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

May 6 – June 24 (no class May 20)

\$64.75/7 classes

## Get Up & Go

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

Thu 1:30 – 2:30 pm

May 2 – June 27

\$83.25/9 classes

## Jointmoves

Combining Jointmasters and Jointworks II, you will learn appropriate, progressive and consistent joint-friendly ways to develop strength, balance and coordination. Small class size ensures personalized attention. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 8:15 – 9:15 am

May 2 – June 27 (no class May 20)

\$148/16 classes



## 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

*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 Virginia



“The Centre has given me an opportunity to pass on my knowledge of Tapestry Weaving to a remarkable group of weavers. I really enjoy the senior weavers who take on tapestries as I find that these mature crafters are fearless and creative and will try almost anything!”

In celebration of Silver Harbour's 50th Anniversary

## 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 May 10<sup>th</sup>.**

Fri 9:45 – 11:15 am

May 24 – June 28

\$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

May 2 – June 27 (no class May 20)

\$148/16 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

May 2 – June 27 (no class May 20)

\$148/16 classes

## Printmaking

Join our printmaking course and discover the art of carving botanical designs into rubber stamps! Learn how to create personalized greeting cards, bookmarks, gift tags and more, using your handmade stamps. From selecting designs, to carving and printing, this hands-on course will guide you through each step of the process. Perfect for beginners and enthusiasts alike, come and explore the world of printmaking with us. All supplies provided.

Fri 10:00 am – 12:00 pm

\$20

May 10 – 31

## 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

May 6 – June 24 (no class May 20)

\$35/7 classes

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## Avoid Falling For Scams

Well, another year has rolled by since I last wrote about frauds and scams. Here we are again and these problems are still negatively impacting people. But there is value in writing about this issue.

After all, the Canadian Anti-Fraud Centre says, “education and awareness are the strongest line of defense against fraud”. According to the CAFA there were 41,111 victims of fraud and \$554 million in losses in Canada.

Though people of all ages can be victims of fraud, older people get targeted more than others. In fact, fraud is the number one crime against older Canadians.

Older people may be getting scammed more because they are often seen as easy targets. They are often more trusting, are at home in the daytime to receive calls, may have few relatives or friends to help scrutinize a potential scam, and they may not be as tech savvy as younger people. Apparently though, younger people are getting scammed more often by AI scams, a growing consumer problem.

We are still seeing the usual (but odious) scams: Grandparent (fake nephew hitting up granduncle for bail money), Romance (online scam to extort money through a romantic liaison), Service (replacement of roof or furnace by bogus contractor), CRA (money incorrectly said to be owed to Canada Revenue Agency), and Charity (people pretending to collect for a charity, usually at the door).

A new one which has popped up is the Recovery Scam in which someone who has already been scammed is approached by a scammer who say they will recover the loss from the first scam.

In the case of most of these scams there are some tips to block these.

If you are a granduncle, override the scammers message not to call the parent, if you are online with a romantic liaison stop contact when they first ask you for money, do not do business with anyone calling at the door and do not respond to email messages from CRA or banks – they do not conduct business through email.

In general, take these steps to protect yourself:

- Never tell another person your PIN or account passwords and do not click on pop-up windows or respond to e-mails, open attachments, or go to website links sent by people you do not know.
- Never give out your credit card, bank account or personal information to someone over the phone, at the door or over the internet unless you know the person or organization well.



There are times when we are tired, distracted, or unwell and these times may make us more vulnerable to a scammer. So, stop and think before hitting a link in an email or engaging in a discussion with someone at the door or on the phone. Do not sign an agreement until you give yourself time to think it over, or better yet run it by a friend or family member.

If you suspect you've been the victim of cybercrime or fraud report it to your local police and to the CAFC's online reporting system or by phone at 1-888-495-8501. If not a victim, report it to the CAFC anyway.

Take seriously the following slogans "buyer beware" and "you don't get something for nothing" and you will increase your chances of avoiding a scam.

*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. Ideas for future columns are welcome. Email [lions\\_view@telus.net](mailto:lions_view@telus.net).*

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## Silver Harbour Program Schedule – Spring 2024

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:15 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
	Yoga	Chair Yoga			
					Woodworking
<b>9:30 am</b>	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
		Weaving			Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>	Ukulele		Meditation	Stained Glass	Choir
	Osteofit For Life		Table Tennis	Osteofit For Life	Printmaking
			Woodcarving	Intermediate Watercolour	
			Knit & Crochet Circle	Tea & Talk	
<b>11:00 am</b>	Music Therapy		Tile Rummy		
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>12:30 pm</b>	Silk Painting				Duplicate Bridge
<b>1:00 pm</b>	Hula for Health	Cribbage	Chair Yoga – Fully Seated	Pottery: Open Studio	Table Tennis
		Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
			Dressmaking		Open Studio
		Daytime Dance	Pottery: Open Studio	Creative Journey	Weaving
			Beg. Mandarin - Level 2		
<b>1:30 pm</b>	Flexibly Fit		Lined Dance – Level 1	Get Up & Go	Line Dance – Level 2
<b>2:15 pm</b>			Chair Yoga – Stand Options		
<b>2:30 pm</b>					Line Dance – Level 3

If you have any questions about programs or would just like to connect please give us a call at 604-980-2474 or email us at [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com).