

THE CENTRE POST



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

June 2024



Happy BC Seniors' Week!

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Silver Harbour Seniors' Activity Centre

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



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

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



SilverHarbourSeniorsActivityCentre



SilverHarbourC



SilverHarbourC

Centre Opening Hours

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

Our Code of Conduct

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

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

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

**Silver Harbour gratefully operates on the
traditional and unceded territory of the,
Sḵw̓xwú7mesh Úxwumixw (Squamish),
səlilwətaʔ (Tsleil-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

Welcome Back Jordan

We're pleased to welcome back Jordan as our Canada Summer Jobs-funded Program Assistant. Jordan will be working on completing our 50 Amazing Stories project, organizing and digitizing our photo collection, supporting our fundraising efforts, and preparing promotional materials for Silver Harbour. If you see Jordan around the Centre, please say hello!

Used Greeting Cards

Thank you for donating your used greeting cards. There is a continuous need for sympathy cards, get well cards and birthday cards for this fund-raising project. You can also donate unused envelopes that fit a greeting card.

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.

Holiday Closing

Silver Harbour will be closed on Monday, July 1st for the Canada Day long weekend, reopening at 9 am on Tuesday, July 2nd.

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.



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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.

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 22nd Street have been changed to **2-hour parking**. Please give yourself extra time to find parking.

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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 Mary

50 Amazing Stories

"I began teaching arthritis and osteoporosis classes at Silver Harbour about 20 years ago. I'm a really firm believer that physical activity can help seniors maintain their independence and quality of life in aging."

In celebration of Silver Harbour's 50th Anniversary

Daily Menu for June

Monday	Tuesday	Wednesday	Thursday	Friday
3 Salmon with Shrimp Sauce	4 Perogies with Sausages	5 Nasi Goreng (prawns and chicken over rice)	6 Roast Pork	7 Lamb Shank (max 2 per person)
10 Cod Loin With Prawns	11 Duck Breast	12 Meatballs	13 Shepherd's Pie	14 Barbecue Chicken & Ribs (max 2 per person)
17 Fish & Chips	18 Cabbage Rolls	19 Cod Nuggets	20 Meat Patty	21 Chicken Cordon Bleu
24 Garlic Prawns	25 Chicken a la King	26 Meatloaf	27 Beef Stew	28 Lasagna
<p>Entrée: \$9</p> <p>Full Meal Combo: \$12</p>				

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...

Community Engagement Framework

The City of North Vancouver is developing a Community Engagement Framework so people who live, work and play within our city have meaningful opportunities to impact the decisions that affect their lives. They have been meeting with the community to listen and learn more about how the City can involve those who are impacted in the decision-making process. The first report on what they've learned will be available this summer, and the draft Framework document will be available for review and public input this fall. You can learn more about the City of North Vancouver community engagement project at www.letstalk.cnv.org/engagementframework.

SFU Housing Solutions Lab's New Resource Website

Explore seniorshousingnavigator.ca, the Housing Solutions Lab's user-friendly website tailored for homeowners, renters, organizations and governments interested in housing options such as home sharing, secondary suites and coach houses.

This interactive website offers a library of resources and reports outlining the benefits and costs of these housing options, along with road maps for the following audiences:

- Homeowners interested in adopting any of the housing options
- Renters looking for current home sharing programs
- Organizations looking to create a matchmaking program between homeowners and renters
- Local government staff and elected officials looking to enable uptake of these options



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). This will be the last Newcomers Tour until September.

Wednesday, June 5th

10:15 am

Meet in the Silver Harbour library

Free of charge, but you must pre-register

Climate Café **NEW!**

Presented by Ocean Ambassadors Canada, Climate Café is a new monthly program, where we will meet for a friendly discussion about issues relating to climate change. This month's topic is "Urban Reforestation", and we will discuss pioneer forests, pocket forests, invasive plants and more. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, June 12th

10:00 – 11:30 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, June 12th

10:30 am – 12:00 pm

Silver Harbour Library

Book Club

The Book Club meets monthly to discuss a pre-selected book. The next title is Indian Horse by Richard Wagamese. Participants are responsible for finding their own copy of the book. This will be the last book club meeting until September.

Monday, June 17th

2:30 – 3:30 pm

Multi-purpose Room

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. Please note: this will be the last meeting of Sound Advice until September.

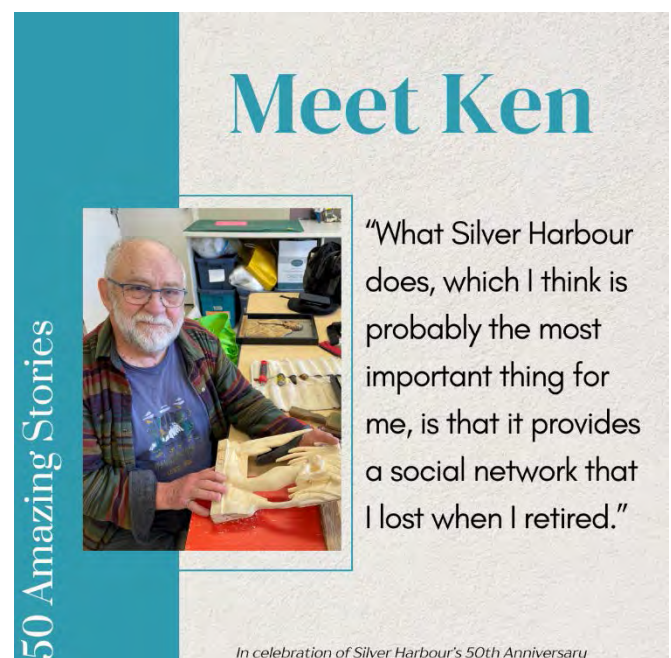
Monday, June 24th

10:00 – 11:30 am

Card Room

Free drop-in

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.



Lunch & Learn: **SORRY, FULL** 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. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, June 26th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

Free of charge,

but you must pre-register before June 21st

Climate Café

Presented by Ocean Ambassadors Canada, Climate Café is a new monthly program, where we will meet for a friendly discussion about issues relating to climate change. This month's topic is "Recycling Reusable Containers", specifically paper cups. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, July 10th

10:00 – 11:30 am

Card Room

Free of charge,

but you must pre-register




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Seniors on the Move Workshop & Excursion

Transitioning from driving a car to using alternative forms of transportation such as public transit, shuttle services, or volunteer driving programs, doesn't have to be daunting! Presented by BEST (Better Environmentally Sound Transportation), this workshop will inform you about accessible, affordable, and convenient transportation options in BC for those who don't drive. Then you can put your skills to use at a "Seniors on the Move" excursion on Thursday, July 18th.

Tuesday, July 16th

10:00 – 11:30 am

Card Room

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

Seniors on the Move Excursion

For those who participated in the "Seniors on the Move" workshop, detailed above.

Thursday, July 18th

Leaves Silver Harbour at 10:00 am

Lunch & Learn: Downsizing & Real Estate Planning **Registration will begin on Monday, June 3rd**

Julie Dahl of Your Moving Concierge will explore the process of how to plan, downsize, declutter, sell, repurpose, pack, clean, move, unpack and settle. Gary Born of Royal LePage Sussex will discuss real estate options, market trends and massive upcoming government changes that will affect housing affordability. 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. This trip is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, July 24th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

**Free of charge,
but you must pre-register before July 19th**

Trips and Tours

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

- Steveston – June 5th
- Whistler – June 14th

Horseshoe Bay

Registration began on May 1st

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 10th

1:00 – 3:30pm

No charge

Please buy your tickets before June 3rd
or the trip may be cancelled

Malahat Skywalk

with Enjoy Tours

Registration began 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 25th

7:00 am – 8:00pm

\$159 members; \$169 non-members

Please buy your tickets before June 14th
or the trip may be cancelled

Polygon Gallery

Registration begins on June 3rd

This free "Explore the North Shore" bus trip will take us to the Polygon Gallery in Lower Lonsdale, for their monthly seniors' gathering "Meet Me At The Gallery", where they host an activity relating to the gallery's current exhibits, followed by social time. A small donation to the gallery is appreciated. 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.

Wednesday, July 3rd

9:45 am – 12:15 pm

No charge

Please register before June 24th
or the trip may be cancelled

Squamish Valley Drive & Dine

Registration begins on June 3rd

Join us as we drive the scenic Sea to Sky Highway to Squamish, where we will have lunch (not included in price) at the Squamish Valley Golf Course (restaurant was not confirmed at the time of publication). Minimal walking.

Tuesday, July 9th

11:00 am – 3:30 pm

\$20 members; \$30 non-members

Please buy your tickets before June 28th
or the trip may be cancelled

Hell's Gate & Green Point

With Enjoy Tours

Registration begins on June 3rd

The Fraser Canyon is filled with natural scenic beauty, highlighted by the Hell's Gate Tram and onsite Gorge attractions. Our visit to Hell's Gate include the tram ride and lunch (included in price). After leaving Hell's Gate we will visit picturesque Green Point in Sasquatch Provincial Park for afternoon refreshments (included in price). Activity level: easy.

Monday, July 15th

7:45 am – 5:30 pm

\$139 members; \$149 non-members

Please buy your tickets before July 5th
or the trip may be cancelled

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Burnaby Village Museum

Registration begins on June 3rd

We're off to the Burnaby Village Museum, where history comes to life! You can stroll down the streets of this 1920's community, where townsfolk in period costumes will greet you and give demonstrations of different activities. You can see the blacksmith at the forge, watch the printing press in action, smell the freshly ground coffee in the General Store, or take a ride on the 1912 Carousel (not included in price). Lunch (not included in price) is available at Mai's Restaurant. Lots of walking.

Thursday, July 25th

10:30 am – 2:45 pm

\$20 members; \$30 non-members

Please buy your tickets before July 15th

or the trip may be cancelled

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.

Cypress Pop-Up Village

Registration begins on June 3rd

We will "Explore the North Shore" with a trip up Cypress Mountain to the Cypress Pop-Up Village, where you can enjoy the spectacular view while sipping a coffee or other beverage, or even order a pizza if you're hungry. Some walking and gravel paths. 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.

Tuesday, July 30th

1:45 – 3:45 pm

No charge

Please register before July 22nd

or the trip may be cancelled

50 Amazing Stories

Meet Marg



"When you're here, somebody's always got a joke to tell you, or they might just be passing by the door and see that you're in there, so they'll stop and make a little comment. It's the company, all the little connections. I think that is what I enjoy the most."

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

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 4 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

Program Registration Information:

- ***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.

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.

Wed 1:00 – 2:00 pm

July 3 – Aug 28

\$67.50/9 classes

Chair Yoga – Standing Options

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

Wed 2:15 – 3:15 pm

July 3 – Aug 28

\$67.50/9 classes

Daytime Dance

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

Tue 1:00 – 2:30 pm

No charge

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

July 8 – Aug 26 (no class Aug 5)

\$64.75/7 classes

Program Registration Information:

- **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.

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

July 4 – Aug 29

\$83.25/9 classes

Hula for Health

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

Mon 1:00 – 2:00 pm

July 8 – Aug 19 (no class Aug 5)

\$12.50


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Kenya - June 01 / 24	Sold Out
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Slovenia & Croatia - Oct 16 / 24	Books Now
Enjoy the wonderful Autumn Colours of Central Europe Tour includes Guide/Driver Gratuities & Hotel Porterage 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 Porterage, 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	

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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

July 4 – Aug 29 (no class Aug 5)

\$148/16 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

July 3 – Aug 7

\$30/6 classes

Line Dance – Levels 2 & 3

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required. Sorry, no drop-ins.

Level 2

Fri 1:30 – 2:30 pm

July 5 – Aug 9

\$30/6 classes

Level 3

Fri 2:30 – 3:30 pm

July 5 – Aug 9

\$30/6 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 June 28th.**

Fri 9:45 – 11:15 am

July 5 – Aug 23

\$64/8 classes

(Rate is for one person and their care partner)

Osteofit 1

Designed for those with osteoporosis, the class goal is to improve spinal stability and abilities of daily living, reduce the risk of falls and improve confidence. Small class size ensures personalized attention. A stepping stone to Osteofit for Life. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon & Thu 11:45 am – 12:45 pm

July 4 – Aug 29 (no class Aug 5)

\$148/16 classes

Program Registration Information:

- **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.

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

July 4 – Aug 29 (no class Aug 5)

\$148/16 classes

Snooker

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

Mon through Fri, 9 am to 4 pm

\$12.50/July-August

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

\$12.50/July-August

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

July 8 - 29

\$20/4 classes

Expand Your Mind...

Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

\$3 drop-in

Circle of Friends

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 Government of BC managed by the United Way of BC.

Wed 1:00-2:30 pm

\$3 per session

**CURRENTLY
WAITLISTING**

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.

Mon & Fri 9:00 am – 12:00 pm

\$12.50/July-August

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

\$3 drop-in

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 Government of BC managed by the United Way of BC.

Fri 1:00-2:30 pm

\$3 per session

Program Registration Information:

- **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.

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 Levy



"I just don't know what would happen if there was no Silver Harbour because there's such a big community of seniors in North Vancouver. Somebody once said, "Do you live here?", and I said, "Just about!", because the centre is just so helpful to me."

In celebration of Silver Harbour's 50th Anniversary

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 Government of BC managed by the United Way of BC.

Light refreshments will be served.

Thurs

10:00 - 11:30 am

Card Room

\$3 per session

Program Registration Information:

- **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.

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

Have You Made a Plan yet?

If not, give our family a call

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Arts Programs (Volunteers)

Craft & Knitting Volunteers

Supported, non-instructional environment
All levels

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

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

No charge. Materials provided.

Quilting Volunteers

Supported, non-instructional environment
Intermediate+

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.

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 Anne



"I felt adrift until I discovered the warmth and community at Silver Harbour. The field trips have brought joy and purpose back into my life."

In celebration of Silver Harbour's 50th Anniversary

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 July 5

\$12.50/July-Aug

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 July 3

OR

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

\$12.50/July-Aug

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 July 3

\$12.50/July-Aug

Program Registration Information:

- **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.

Arts Programs (Instructed)

Artful Connections – **NEW!** Weaving

Join us for 'Artful Connections,' a special workshop designed to bring grandparents and grandchildren together through the timeless art of weaving! Discover the joy of card weaving as older kids and grandparents create charming coin purses, while younger ones (aged 5-10) explore the magic of spool knitting. Share laughter, stories, and skills as generations intertwine in a creative bond. Let's weave memories and connections that last a lifetime.

2 Fridays, July 19 & 26

1:00 – 3:00 pm

Sewing Room

\$20 per person

Artful Connections – **NEW!** Pottery Painting

Embark on a colorful journey of bonding and creativity with 'Artful Connections' – our pottery painting workshop tailored for grandparents and grandchildren! Join us for a memorable experience where generations come together to paint pieces of pottery. From playful designs to cherished memories, unleash your imagination as you decorate your chosen pieces side by side. Connect through art, laughter, and shared moments, creating keepsakes that reflect the beauty of your relationship.

Monday, Aug 12

1:00 – 3:00 pm

Arts & Craft Room

\$15 per person

Jewellery Making Workshop – Bracelets

Discover the art of jewelry making at our workshop! Learn to craft two beautiful bracelets with expert guidance and provided materials. Just bring your basic jewelry tools and unleash your creativity. Join us for this hands-on experience in design and self-expression!

Tuesday & Thursday

July 9 & 11

10:00 am -12pm

\$20

Weaving - Loom **CURRENTLY WAITLISTING**

With Toby

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

Tue 9:30 am - 3:00 pm

\$12.50/July-Aug

Starts July 2

A Moment to Respect Local Caregivers

Just recently I saw a caregiver in action as he took care of his brother in the last month of his life. While this transition time was extremely intense, the caregiver had been looking out for his brother for several years as the brother fought a long-term health condition. This situation inspired me to give a shout out to all those people who provide an unpaid caregiving service to a loved one, whether a relative or close friend.

As the April 24 McMaster University's Optimal Aging Portal edition says "In the intricate web of healthcare, a group of unsung heroes often remain unnoticed: caregivers. In Canada, almost a quarter of people aged 15 and over are unpaid caregivers for an adult living with a long-term condition or disability."

Caregiving is essential in our society.

According to a 2021 Canadian Association of Retired People survey, caregivers provide hundreds of unpaid hours to the tune of 25 billion annually in Canada. CARP says, "this unpaid labour is being shouldered by millions of Canadians, over one million of whom are over age 65." Women are the most likely to provide support, often having to leave the work force or change their lives considerably to provide care.

The role of a caregiver is varied and exhausting. Caregivers might provide personal care, provide supports like phone check-ins, companionship, and emotional care, provide light housekeeping, prepare meals, run errands, and transport people to appointments. Some caregivers might provide financial aid and support.

Often, this exhausting and unpaid work can have serious impacts on caregivers such as stress, reduced time spent on self-care, burnout, and decreased quality of life. It can be physically, emotionally, and mentally taxing, so it is imperative that we provide care for the caregivers. The Optimal Age Portal says, "Caring for caregivers is not just a moral imperative; it's a strategic investment in the health and well-being of our communities. By recognizing, valuing, and supporting the invaluable work of caregivers, we create a more compassionate and resilient society for all".

So where can caregivers get support? The North Shore Community Resources Society's Caregiver Support Program hosts support groups and workshops, consultations and referrals to health care and community services. They offer stress management strategies, resources and more.

They can be reached at 604-982-3302, or on the North Shore Community Resources website at www.nscr.ca.


Family Services of the North Shore also offers counselling services for caregivers who are experiencing stress. Call them at 604-988-5281, ext. 226 or check out their website at www.familyservices.bc.ca.

Though caregiving can be rewarding, it can also be wearing. If you are a caregiver, I take my hat off to you and thank you for the wonderful role you play.

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.

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Silver Harbour Program Schedule

	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				
					Woodworking
9:30 am	Craft & Knit Volunteers		Keep Well	Intermediate ESL	Craft & Knit Volunteers
		Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Ukulele				
	Osteofit For Life		Table Tennis	Osteofit For Life	
			Woodcarving		
				Tea & Talk	
11:00 am	Music Therapy		Tile Rummy		
11:45 am	Osteofit 1			Osteofit 1	
12:30 pm					Duplicate Bridge
1:00 pm	Hula for Health	Cribbage	Chair Yoga – Fully Seated	Pottery: Open Studio	Table Tennis
		Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
					Open Studio
		Daytime Dance	Pottery: Open Studio	Creative Journey	Weaving
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.