

THE CENTRE POST



July 2024

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



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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!

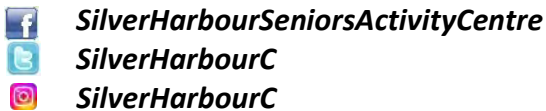


144 East 22nd Street
North Vancouver, BC
V7L 4L5

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),
səlilwətaŋ (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 |
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| Ron Needham, Director | Shideh Shadfar, Director |
| Virginia Baldwin, Director | Wayne Hanna, Director |

Silver Harbour Bulletin Board

Delicious Cold Plates Return

It's summer, and that means that our delicious Cold Plates have returned. At \$9 for a plate, our Cold Plates offer a changing variety of tasty chilled items such as fruit, veggies, salad, hard-boiled egg, cheese, crackers, and muffin.

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.

Please Be Scent Free

When we talk about scents, we mean fragrances, aromas or perfumes – anything that adds a smell to something else. Scents can usually be found in personal-care products such as perfume, aftershave, cologne, shampoo and conditioner, soap, body lotion and deodorant. Some people have severe reactions to scents, so we ask you to be scent free while you are at Silver Harbour or when you take a bus trip.

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.

Tulip & Daffodil Bulbs

The City of North Vancouver has, once again, made a generous donation of repurposed tulip bulbs as a fundraiser for Silver Harbour. These bulbs usually result in very big, showy flowers in the spring as they are very good quality bulbs that have been put into the City plantings. Starting around Monday July 15th, this year's 18 varieties will be ready to purchase. Only \$3 a dozen (or 2 dozen for \$5) – pay at the front desk, Monday to Friday, 9 am to 4 pm.

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 4 to see which days have a limit.

Live Music at Lunch


We are excited to have musicians coming to play during lunch service – on Monday, July 8th and Monday, July 22nd from 12 to 12:30 pm.

Become a Bingo Volunteer

We are looking for volunteers to check bingo card wins and be bingo callers on Thursday afternoons. Please ask for a Volunteer Application form at the front desk.

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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all taxes

Daily Menu for July

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 1 Canada Day - Silver Harbour CLOSED | 2 Salmon with Shrimp Sauce | 3 Cottage Pie | 4 Roast Pork | 5 Barbecue Chicken & Ribs (max 2 per person) |
| 8 Garlic Prawns (with Music) | 9 Shepherd's Pie | 10 Nasi Goreng (prawns & chicken over rice) | 11 Meat Patty | 12 Lasagna |
| 15 Fish & Chips | 16 Meat Balls Milanaise | 17 Turkey Schnitzel | 18 Cabbage Rolls | 19 Duck Breast (max 2 per person) |
| 22 Cod Loin with Tiger Prawns (with Music) | 23 Beef Stew | 24 Chicken Cordon Bleu | 25 Bami Goreng (prawns & chicken over noodles) | 26 Lamb Shank (max 2 per person) |
| 29 Cod Nuggets | 30 Chicken a la King | 31 Meat Loaf | Entrée: \$9 Full Meal Combo: \$12 | |

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**

EXTREME HEAT

Some people are more affected by the heat than other people. Those who may need extra care include people over age 60, people who live alone, people with certain health conditions or disabilities, people who use substances, people on certain medicines, people who are pregnant, and young children.



Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

Signs of Heat Stroke

- High Body Temperature
- Drowsy or Fainting
- Confused
- Less Coordinated
- Very Hot and Red Skin

Anyone with these signs:

- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

Anyone with these signs: **Call 9-1-1**

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.



The best way to prevent a heat-related illness is to spend time in a **cool space**.



Cool Off

- Go somewhere with air conditioning such as a library, community centre, café, or someone else's home.
- Cool off with water. Take a cool shower. Sit in or put your feet and legs in a cool bath. Wear a wet shirt. Put damp towels on your skin.
- Never rely on fans as the only way of cooling your body during extreme heat. Fans cannot directly lower your body temperature or prevent heat illnesses.



Keep the space cool

- Keep shades and blinds closed during the day.
- If you have air conditioning, keep windows closed to trap cooler air inside.
- If you don't have air conditioning, open windows at night to let cooler air in. Use fans in front of open windows to pull cooler air from outside into your home.



Check-In

- Notice how you feel and watch for signs of heat illness in those around you.
- Monitor the indoor temperature.
- At least 2 times a day, check in on those at risk for heat illness.



Dress for the heat

- Wear clothing that is loose-fitting, light-colored, and breathable.



Hydrate

- Drink plenty of water.
- Offer water often to those in your care.



Plan ahead and stay informed

- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.



Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: vch.ca/heat

During the summer months both heat and wildfire smoke can be a health concern. Find out more about air quality: vch.ca/wildfiresmoke

In The Community

Cycling Without Age North Shore – Forest Ride Invitation

Cycling Without Age North Shore offers free trishaw rides for mobility challenged people. There will be upcoming rides in the Lower Seymour Conservation Area (LSCR) and in the Lynn Creek Forest at Bridgeman Park. A typical ride would take 30 minutes, between 10:30 am and 3:00 pm on the following dates:

- Thursday, July 4th – Saturday, July 6th at Bridgeman Park
- Wednesday, July 24th to Saturday, July 27th at LSCR
- Thursday, August 29th to Saturday, August 31st at Bridgeman Park

To book your ride, call Silver Harbour at 604-980-2474. You can find out more about Cycling Without Age by visiting their website at <https://cyclingwithoutage.ca/northshore/>.



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The Travel Group

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Workshops & Special Events

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**

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, July 10th

10:30 am – 12:00 pm

Silver Harbour Library

**SORRY,
FULL**

Seniors on the Move

In honour of turning 50 years old, Silver Harbour is collecting the stories of 50 seniors connected with Silver Harbour.

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.

Workshop: Tuesday, July 16th

10:00 – 11:30 am

Card Room

Excursion: Thursday, July 18th

10:00 am

50 Amazing Stories

Meet Diana



"Silver Harbour is like a family. A place where anyone can feel free to open up and talk about their feelings or if they are experiencing any troubles in some way without feeling judged."

In celebration of Silver Harbour's 50th Anniversary

**Lunch & Learn: *SORRY,
FULL*
Downsizing &
Real Estate Planning**

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 program 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**

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 "Oxygen From the Ocean". Have you heard the saying "every second breath we breathe comes from the ocean? It's true. Phytoplankton create oxygen right in the ocean. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, August 14th

10:00 – 11:30 am

Card Room

Free of charge,

but you must pre-register

**Have You Made
a Plan yet?**

If not, give our family a call

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Lunch & Learn: Medication & Vaccines

Registration will begin on Tuesday, July 2nd

Pegah Arasteh from Wellness Pharmacy will discuss managing medication and vaccines for seniors, with information on a specialty medication management device and vaccines for protecting seniors during the upcoming fall and winter months. 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 program is made possible by a grant from the Government of Canada's New Horizons for Seniors program.

Wednesday, August 28th

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

**Free of charge,
but you must pre-register
before August 23rd**





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Trips and Tours

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

- Squamish Drive & Dine – July 9th
- Hell's Gate – July 15th
- Cypress Pop-Up Village – July 30th

Polygon Gallery

Registration began 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

Burnaby Village Museum

Registration began 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**

Grand Villa Casino

Registration begins on July 2nd

We're off to the Grand Villa Casino in Burnaby, where you can try your luck playing the slots and all your favourite table games, and enjoy lunch (not included in price) at one of the many restaurants. Minimal walking.

Friday, August 9th

9:15 am – 2:30 pm

\$20 members; \$30 non-members

Please buy your tickets before July 29th

or the trip may be cancelled.

Lynn Canyon Suspension Bridge & End of the Line Café

Registration begins on July 2nd

For the last "Explore the North Shore" trip of the season, we will drive to the Lynn Canyon Suspension Bridge, where you can admire the views, and even walk across the bridge if you're feeling like an adventure. After spending a short time at the bridge, we will drive to the End of the Line Café for coffee and a snack, before returning to Silver Harbour. Some walking and uneven paths.

Wednesday, August 14th

9:45 am – 12:00 pm

No charge

Please register before August 7th

or the trip may be cancelled.

Harrison Sunflower Festival

With Enjoy Tours

Registration begins on July 2nd

With 5 acres of show gardens featuring 15 varieties of sunflower, some reaching over 12 feet tall, the Harrison Sunflower Festival does not disappoint. You will enjoy a delicious lunch (included in price) at the picturesque River's Edge Restaurant, a stop at a cheese farm and fresh ice cream (included in price) at Birchwood Dairy Farm. Activity level: easy.

Thursday, August 22nd

8:00 am – 5:00 pm

\$119 members; \$129 non-members

Please buy your tickets before August 12th

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.

Meet Norm



"The center has given me a reason to get out of the house and connect with people my age. I have learned lots by talking to people at the centre and hearing a variety of different life stories and opinions."

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. 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.
9. 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

Please note: Daytime Dance will be cancelled on days when the temperature is above 27 degrees.

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

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

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.

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 began 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

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

**CURRENTLY
WAITLISTING**

Current Conversations

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.

Tea & Talk

**CURRENTLY
WAITLISTING**

Members of this program gather weekly to enjoy positive, interesting and fun conversation while meeting and making new friends! The Silver Harbour LINKS Volunteer Team will help participants navigate transportation options to and from the centre, provide weekly reminder phone calls, and offer 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

Some members stay on and enjoy lunch with friends after the program.

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

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.



50 Amazing Stories

Meet Ursula



“A lot of us ladies are widows. We would have coffee here at the centre and then exchange phone numbers and invite them over to my house. I’ve been here for over 20 years now so I’ve formed a lot of friendships.”

In celebration of Silver Harbour's 50th Anniversary

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 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.

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.

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

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 Crystal

"I love the easy flow between teaching and learning here."

In celebration of Silver Harbour's 50th Anniversary



Arts Programs (Instructed)

Doodle Art Workshop

Unleash your creative spirit! Join our Doodling Workshop for a playful exploration of spontaneous drawing. Discover the joy of doodling, express your unique style, and let your imagination run wild. Embrace the freedom of lines and shapes. No experience needed.

Wed, Aug 21

1:00 – 3:00 pm

\$10

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

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

July 29 – Aug 25 (no class Aug 5)

\$12.50

Understand Your Sewing Machine

Join us for an informative workshop designed to demystify your sewing machine. Whether you're a beginner or looking to refresh your skills, this session will cover essential techniques to optimize your sewing experience. You will learn to troubleshoot common sewing machine problems, such as thread jamming, uneven and skipped stitches, while learning how to maintain your sewing machine.

Mon, Aug 12

10:00 – 11:00 am

\$5

Weaving - Loom

With Toby

Learn all about cloth weaving using a variety of looms, including; floor, table and rigid heddle looms. Pay as you go for materials

Tue 9:30 am - 3:00 pm

\$12.50/July-Aug Starts July 2

**CURRENTLY
WAITLISTING**

Watercolour Painting Workshop

Join us for a full-day journey into the captivating world of watercolour, where creativity knows no bounds. Whether you're a seasoned painter or just starting your artistic journey, this workshop offers the perfect opportunity to learn, experiment and create. Bring your own supplies, and get ready to breathe life into a stunning watercolour composition.

Monday, July 22nd

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

\$10

Artful Connections

Introducing our exciting new series of workshops for school-aged kids and their grandparents! This summer join us for a journey of creativity, connection and endless fun. Our workshops are designed to bridge generational gaps while fostering creativity in a vibrant environment. From pottery painting to weaving, macramé and origami, there's something for everyone to explore and enjoy. Come bond with your grandchild over arts and crafts, creating memories that last a lifetime. Let's make this summer a masterpiece together! Sign up now to secure your spot in our unforgettable workshops.

Artful Connections – 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, all supplies provided

Artful Connections – Macrame Workshop

Come join our macramé workshop where grandparents and grandkids create together! Learn the art of knotting and weave beautiful patterns under the guidance of expert instructors. Let's craft memories, laughter and lasting bonds as we create personalized masterpieces.

Wed, July 24

10:00 am – 12:00 pm

Arts & Crafts Room

\$10 per person, all supplies provided

Artful Connections – Origami

Discover the joy of origami at our workshop! With expert guidance, grandparents and grandkids create intricate designs together, from elegant cranes to playful animals. Share laughter, make memories and let creativity soar, as paper becomes a bridge between generations.

Wed, July 31

10:00 am – 12:00 pm

Arts & Crafts Room

\$10 per person, all supplies provided



Artful Connections – 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.

Mon, Aug 12

1:00 – 3:00 pm

Arts & Craft Room

\$15 per person

Artful Connections - Card Making Workshop

Join us for a heartwarming Card Making Workshop, where grandparents and grandchildren come together to craft cherished memories! In this delightful session, all supplies are provided, allowing you to dive straight into the joy of creating beautiful cards. Whether you're a seasoned crafter or just starting your journey, this workshop promises fun and bonding for all generations. Let your creativity flourish as you design heartfelt cards to treasure and share with loved ones.

Tues, Aug 20

10:00 am – 12:00 pm

Sewing Room

\$10 per person, all supplies provided.

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When to Get Help For Hearing Loss

While I was out with friends a while back, I noticed that one of the members of our group was unable to fully contribute to the conversations. His wife appeared to be patiently drawing him into our discussion with little luck. Recently I met him again at a gathering, and this time he had no trouble being an active part of the group, listening and talking avidly with us. The difference was that he had been tested for hearing loss and is now using hearing aids.

Hearing is one of our most important senses. Good hearing allows us to fully engage in community, with our friends and family. It supports mental wellbeing, and it contributes to physical health.

Unfortunately, many of us over the age of 65 experience hearing loss and this can negatively impact our lives. I know that my hearing is not what it was, nor is my spouse's, and this sometimes causes a little friction (both of us are unlike the patient spouse I mentioned above).

At a recent Healthy Aging Seminar at UBC, two hearing experts said that “up to 65% of adults in B.C. aged 60 and over have hearing loss. Untreated hearing loss affects communication and quality of life and is linked to social isolation and greater risk of falls”. Other serious impacts of unmanaged hearing loss, according to the Canadian Hearing Service website, “include an increased risk of cognitive decline and developing Alzheimer's disease and other forms of dementia”.

According to the May 2024 McMaster University's Optimal Aging Portal, knowing when to get help for hearing loss is dependent on several factors. It is probably time to get help when it is difficult to follow conversations, you do not want to participate in activities that are important to you, your family and friends have noticed your hearing loss, and they have trouble relating to you.

Older adults who are experiencing a hearing loss may become fearful about being alone because they are afraid they may not hear the phone, doorbell, and other household sounds or alarms.

So, what can you do? The Macmaster Aging portal suggests three things: talk to your health care professional about scheduling a hearing test, early intervention can make a difference. Utilize tools which may help with moderate to low hearing loss such as amplified phones and captioning devices. I personally have not watched TV without using closed captioning for a while – keeps the sound down to normal. Finally, stay socially connected even if hearing is difficult.

Though some hearing loss is irreversible, according to On Health, the November 2019 edition of Consumer Reports, some problems are related to conditions that could be fixed. These include too much earwax, clogged sinuses, side effects of some over the counter medications and ear infections.

If these problems are not the issue, getting properly fitted hearing aids works for many older people experiencing hearing loss.

Your health care provider might suggest a good hearing specialist, and seniors' centres often provide hearing clinics throughout the year.

The Canadian Hard of Hearing Association says, "with the help of hearing aids, assistive listening devices, the support of understanding family and friends, many older hard of hearing people continue to lead happy, independent and fulfilling lives."

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.

This column was published in the North Shore News. © 2024 North Shore News.



The advertisement features three staff members standing in front of a white background. On the left is a woman in a teal polo shirt. In the center is a man in a light blue button-down shirt. On the right is a woman in a dark blue polo shirt. To the left of the man is an orange vertical banner with the Comfort Keepers logo and the text "Elevating the Human Spirit™". To the right of the man is a circular seal for "ACCREDITATION PRIMER AWARD" and "ACCREDITATION AGREEMENT CANADA". At the bottom of the image, the text "Keeping seniors safe. At home." is written in large white letters.

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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 | | Craft & Knit Volunteers |
| | | Weaving | | | Keep Well |
| 9:45 am | | | | | Minds in Motion |
| 10:00 am | | | | | |
| | Osteofit For Life | | Table Tennis | Osteofit For Life | |
| | | | Woodcarving | | |
| | | | | Tea & Talk | |
| 11:00 am | | | 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 | | 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.