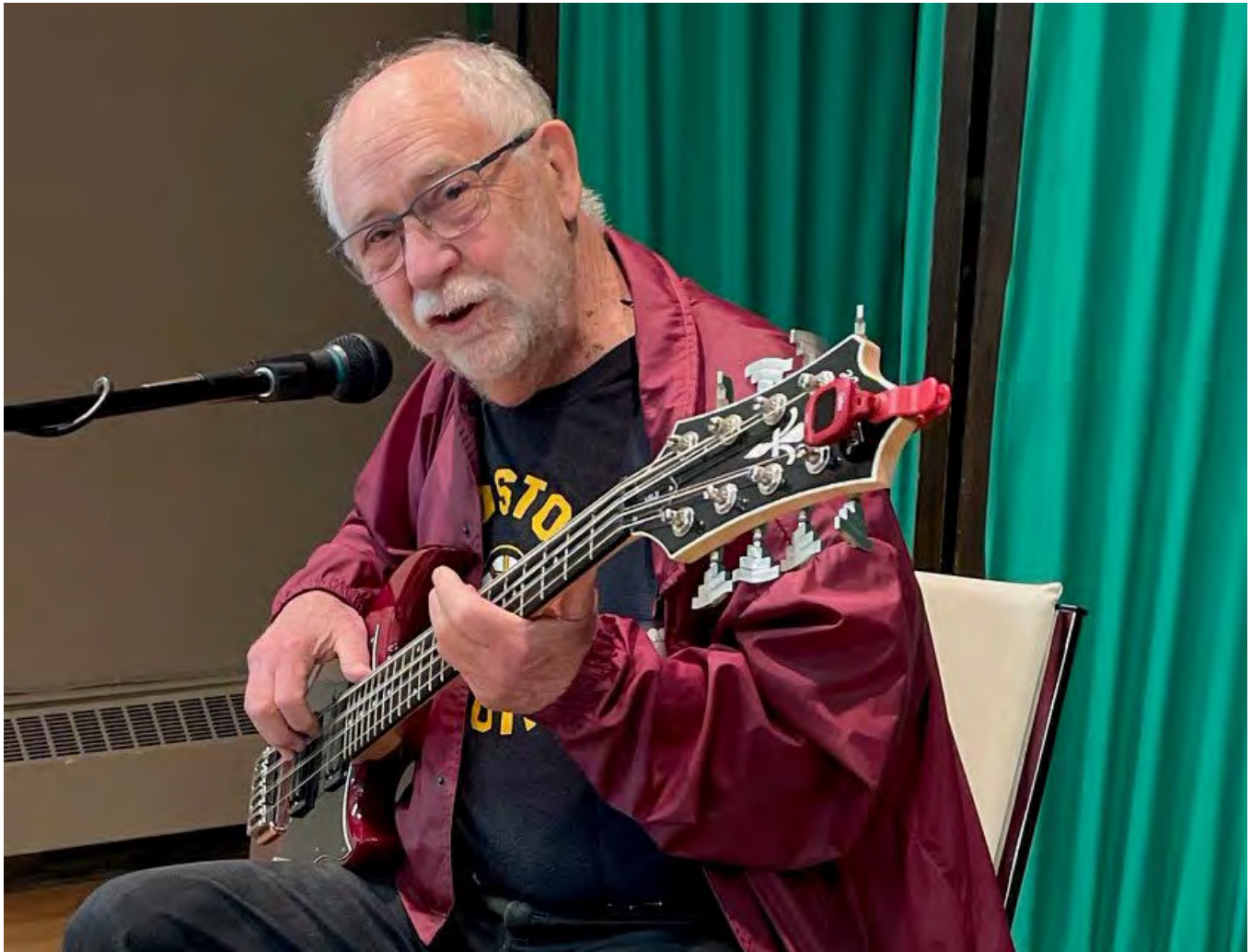


# THE CENTRE POST



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

## August 2024



### Join us for Musical Mondays: Aug 12<sup>th</sup> & 26<sup>th</sup>

Thank you to  
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living

official sponsor of the Centre Post  
and our website.

Thank you to the



and



for helping to fund the  
operations of Silver Harbour.



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135 15th Street West, North Vancouver

# 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](#)

 [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, Słwɔxwú7mesh Úxwumixw (Squamish), səliłwətał (Tseil-Waututh) and xʷməθkʷəjəm (Musqueam) Nations.**

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## Our Vision

A Diverse Community that Celebrates Aging

## Our Mission

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

## Our Values

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

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

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

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

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

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

## Staff

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

## Board of Directors

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

# Silver Harbour Bulletin Board

## Fall Program Registration

Registration for Arts Programs will begin at 9 am on Tuesday, August 20<sup>th</sup>. Registration for all other programs, including ElderCollege, will begin at 9 am on Thursday, August 22<sup>nd</sup>.

## Renew Your Membership – BEFORE Fall Registration

Registration for Fall programs will begin on Tuesday, August 20<sup>th</sup>, and you must have a current membership in order to register in most programs. Please check the expiry date on your membership card – renewing in advance of registration will streamline the process on that day, and make it a more pleasant experience for everyone.

## Musical Mondays

We are excited to have musicians coming to play during lunch service – on Monday, August 12<sup>th</sup> and Monday, August 26<sup>th</sup>, 12:00 – 12:45 pm.

## Holiday Closing

Silver Harbour will be closed on Monday, August 5<sup>th</sup> for the B.C. Day long weekend, reopening at 9 am on Tuesday, August 6<sup>th</sup>.

## Used Birthday Cards

Thank you for donating your used greeting cards. We are currently looking for donations of used 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 member-ship. 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.

## 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 15<sup>th</sup>, 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.

## Parking at Silver Harbour

In addition to designated parking spots on the west side of Silver Harbour, 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.



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## Daily Menu for August

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée: \$9</b> <b>Full Meal Combo: \$12</b>			<b>1</b>  Cabbage Rolls	<b>2</b>  BBQ Ribs & Chicken (max 2 per person)
<b>5</b>  BC Day * Silver Harbour CLOSED	<b>6</b>  Turkey Breast with Stuffing	<b>7</b>  Lasagna	<b>8</b>  Chicken a la King	<b>9</b>  Cod Nuggets
<b>12</b>  Duck Breast (max 2 per person)	<b>13</b>  Shepherd's Pie	<b>14</b>  Cod with Tiger Prawns	<b>15</b>  Beef Stew	<b>16</b>  Nasi Goreng (Chicken & Shrimp w/Rice)
<b>19</b>  Turkey Schnitzel	<b>20</b>  Meat Loaf	<b>21</b>  Bami Goreng (Chicken & Shrimp w/Noodles)	<b>22</b>  Roast Pork	<b>23</b>  Garlic Prawns
<b>26</b>  Salisbury Steak	<b>27</b>  Chicken Cordon Bleu	<b>28</b>  Meatballs Bolognese	<b>29</b>  Salmon with Shrimp	<b>30</b>  Lamb Shank (max 2 per person)

*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.



### 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.



### 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.



### 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](http://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](http://vch.ca/wildfiresmoke)



The views expressed herein do not necessarily represent the views of Health Canada.

## In The Community

### Free Tech Training for Seniors

Lionsview Seniors Planning is once again offering free tech training for seniors here at Silver Harbour. The workshop format will offer small group instruction and provide seniors with the opportunity to work on their own technology challenges directly with the instructors. Bring your laptop, table or smartphone along to your session. Participants may register in 2 one-hour sessions.

The workshops will be offered in the Silver Harbour Computer Lab, on Tuesdays from 1 to 2 pm, or 2:15 to 3:15 pm – September 24, October 1, 8, 22 and 29.

To register: Leave a message for Joni at Lionsview Seniors Planning Society, 604-988-7115, ext. 4001, or email [joni.v@shaw.ca](mailto:joni.v@shaw.ca).

### 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, August 29<sup>th</sup> to Saturday, August 31<sup>st</sup> 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/>.

### North Vancouver City Library Book Bike

Once again North Vancouver City Library's Book Bike is coming to Silver Harbour! Users can check out library books and materials, get a library card, and receive information about library programs and services. You don't need to register in advance but do bring your City Library card (or get one at the Book Bike).

**Wednesday, August 28<sup>th</sup>**

**10:15 am – 12:00 pm**

**In the garden**



www.keepwellsociety.ca



# NORTH SHORE KEEP WELL SOCIETY WALK

Dedicated to Bette Rumble  
long time NSKWS member & benefactor



**DATE: SUNDAY,  
SEPTEMBER 8TH**

**TIME: 10:30-12:30  
BBQ: 12:30-1:30**

**LOCATION: JOHN  
LAWSON PARK  
1686 ARGYLE AVENUE**



**TO REGISTER  
CALL OUR OFFICE:  
604-988-7115  
EXT:3001**

## 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 "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 14<sup>th</sup>**

**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, August 14<sup>th</sup>**

**10:30 am – 12:00 pm**

**Silver Harbour Library**

**No charge**

### Discover "Musical Journey"

**Demo Day:**

**Experience the Joy of Music and  
Social Connection**

Curious about how music can enhance your well-being and foster meaningful connections? Join us for our special Demo Day and immerse yourself in the transformative experience of our Musical Journey program. You'll find out all about Musical Journey, which will be held on Monday mornings starting Sept 9<sup>th</sup>.

**Monday, August 26<sup>th</sup>**

**11:00 am – 12:00 pm**

**Multipurpose Room**

**Free of charge,  
but please let us know if you're coming**



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## Lunch & Learn: **SORRY, FULL** Medication & Vaccines

Registration began on Tuesday, July 2<sup>nd</sup>

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.

**Wednesday, August 28<sup>th</sup>**

**11:00 am – 12:00 pm**

**Card Room**

## Silver Harbour Annual General Meeting

Mark your calendar for the Silver Harbour Annual General Meeting – everyone with a current membership is invited to attend. You'll

- hear about Silver Harbour's successes and challenges of the past year
- get an update on our new building
- review our financial statements and appoint our auditor; and
- elect our Board of Directors.

If you want to your name stand for our Board of Directors, please ask for a nomination form at the front desk, due by Mon Aug 26<sup>th</sup> at 4 pm. An AGM information package will be available to pick up at the Silver Harbour front desk starting Tuesday August 27<sup>th</sup>, during operating hours (Mon to Fri 9 am to 4 pm) or you can ask us to email it to you.

**Monday, September 9<sup>th</sup>**

**1:00 pm**

**Auditorium**

## 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 "Wildfires", bringing a personal perspective to a wildfire using a few stories from people who were impacted by the Elephant Hill Fire in 2017. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

**Wednesday, September 11<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free of charge,**

**but you must pre-register**

## Seniors Advocate

Join us for a presentation and question and answer session with BC's new Seniors Advocate, Dan Levitt. Dan has championed the rights of seniors for 30 years at the provincial, national and international levels, including in leadership positions in senior-living and long-term care homes in the Lower Mainland. He is also an adjunct professor of gerontology at Simon Fraser University. Dan's presentation will cover the work of the Office of the Seniors Advocate, seniors' issues around the province, and intergenerational connectedness.

**Friday, September 13<sup>th</sup>**

**9:30 – 11:00 am**

**Auditorium**

## Navigating Road Safety As We Age

ICBC Road Safety Coordinator Louisa Mendonca will be providing tips to help aging drivers stay safe on the road. She will provide valuable driver safety information including:

- Driving today
- Self-assessment
- Assessing driver fitness
- The Enhanced Road Assessment (ERA)
- Tips for seniors & refresher of rules of the road

**Wednesday, September 18<sup>th</sup>**

**10:00 – 11:30 am**

**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, September 23<sup>rd</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free drop-in**

## Medical Assistance In Dying

Presented by a representative from Dying with Dignity, this workshop will explain how MAID legislation came to pass, discuss changes which have already been made, and those which are anticipated, as well as MAID eligibility and process.

**Tuesday, September 24<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**Free of charge,**

**but you must pre-register.**



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## Lunch & Learn:

### Safe and Independent at Home

**Registration will begin on Thursday, Aug. 1st**

Janice Boudreau from Aging at Home will help you identify safety risks in and around your home, and provide information about potential equipment and home set-up to minimize risk of injury and encourage independence. Darryl Hobbs of Tranquility Landscaping will discuss some tips to make the exterior of your home accessible and easy to maintain. 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, September 25<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 September 20<sup>th</sup>**

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## Trips and Tours

### Grand Villa Casino

Registration began on July 2<sup>nd</sup>

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 9<sup>th</sup>**

**9:15 am – 2:30 pm**

**\$20 members; \$30 non-members**

**Please buy your tickets before July 29<sup>th</sup>**  
**or the trip may be cancelled.**

### Lynn Canyon Suspension Bridge & End of the Line Café

Registration began on July 2<sup>nd</sup>

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 14<sup>th</sup>**

**9:45 am – 12:00 pm**

**No charge**

**Please buy your tickets before August 7<sup>th</sup>**  
**or the trip may be cancelled.**

### Lakeland Flower Festival

**With Enjoy Tours**

Registration began on July 2<sup>nd</sup>

Unfortunately, the Harrison Sunflower Festival will not happen this year. In its place, Enjoy Tours is offering a tour to the Lakeland Flower Festival in Abbotsford, where you can enjoy sunflowers, lavender and flower meadows. You will enjoy a delicious lunch (included in price) at the Greek Island Restaurant, and a stop for fresh ice cream (included in price) at Birchwood Dairy Farm. Activity level: easy.

**Thursday, August 22<sup>nd</sup>**

**8:00 am – 5:00 pm**

**\$119 members; \$129 non-members**

**Please buy your tickets before August 12<sup>th</sup>**  
**or the trip may be cancelled.**

### "Discover the Fraser" Lunch Cruise With Enjoy Tours

Registration begins on August 1<sup>st</sup>

Discover the Mighty Fraser and see the working river at its finest. Enjoy a delicious lunch while on a 2.5 hour voyage up to the Douglas Island Wildlife Preserve, as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour.

**Wednesday, September 25<sup>th</sup>**

**9:45 am – 4:15 pm**

**\$169**

**Please buy your tickets before Sept 16<sup>th</sup>**  
**or the trip may be cancelled**

## Programs & Services

### Boutique

The boutique sells household goods and other treasures, with bargains galore. Donations of small, saleable merchandise welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon – Fri

10:00 am – 1:00 pm

### Clothes Closet

The Clothes Closet sells stylish and good quality new and used women's clothing at bargain prices. Drop by to check on the new ladies wear, as well as the \$1.00 rack. Donations of ladieswear and accessories are always welcome. Silver Harbour membership not required to shop, donate or volunteer.

Mon-Fri 10:00 am – 1:00 pm

#### ***Program Registration Information:***

- ***Registration*** for Arts Programs will begin on Tuesday, August 20th. Registration for all other programs, will begin on Thursday, August 22<sup>nd</sup>.
- ***Membership*** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some ***financial assistance*** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

### Legal Advice and Referral Clinic

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

### Library

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

### Meal Program

Silver Harbour offers delicious full meals, entrées, soup, drinks and refreshments. The menu of daily entrees is on page 4 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required.

## Keep Fit...

### Chair Yoga – Fully Seated

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

Wed 1:00 – 2:00 pm

Sept 4 – Oct 30

Fitness Room

\$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

Sept 4 – Oct 30

Fitness Room

\$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

Auditorium

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

Sept 9 – Oct 28 (no class Sept 30, Oct 14)

Fitness Room

\$55.50/6 classes

#### **Program Registration Information:**

- **Registration for Arts Programs** will begin on Tuesday, August 20th. Registration for **all other programs**, will begin on Thursday, August 22<sup>nd</sup>.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.



## 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

Sept 5 – Oct 31

Fitness Room

\$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.

Mon 1:00 – 2:00 pm

Sept 16 – Dec 9 (no class Sept 30, Oct 14, Nov 11)

Multipurpose Room

\$25

## Jointmoves

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

Mon and/or Thu 8:15 – 9:15 am

Sept 5 – Oct 31 (no class Sept 30, Oct 14)

\$138.75/15 classes

Fitness Room

## Keep Well

Exercise to music. Silver Harbour membership not required.

Wed and/or Fri 9:30 – 10:30 am

Auditorium

By donation

## Line Dance

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

### Line Dance – Level 1 (Wed)

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

Wed 1:30 – 2:30 pm

Sept 4 – Dec 11

Auditorium

\$75/15 classes

### Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Sept 4 – Dec 11

Auditorium

\$75/15 classes

### Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Sept 6 – Dec 13 (no class Nov 15)

Auditorium

\$70/14 classes

### Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Sept 6 – Dec 13 (no class Nov 15)

Auditorium

\$70/14 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 August 22.**

Fri 9:45 – 11:15 am

Sept 13 – Oct 18

Multipurpose

\$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 and/or Thu 11:45 am – 12:45 pm

Sept 5 – Oct 31 (no class Sept 30, Oct 14)

Fitness Room

\$138.75/15 classes

## Osteofit For Life

For graduates of Osteofit 1, this class is an ongoing exercise maintenance program that continues to foster participants' quality of life and physical abilities. Small class sizes. If you are new to this series of programs, please call Silver Harbour to arrange an introductory placement assessment with the instructor.

Mon and/or Thu 10:00 – 11:00 am

Sept 5 – Oct 31 (no class Sept 30, Oct 14)

Fitness Room

\$138.75/15 classes

\$55.50/6 classes (Mon only)

\$83.25/9 classes (Thurs only)

## Snooker

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

Mon through Fri, 9 am to 4 pm

Billiards Room

\$25/season

## Table Tennis

Get a great workout with this popular sport. Equipment provided.

Wed 10:00 am – 12:00 pm

Fri 1:00 – 3:00 pm

Fitness Room

\$25/season

## Yoga

Gentle stretches and breathing exercises to help increase your flexibility and relax your mind. No drop-ins.

Mon 9:00 – 10:00 am

Auditorium

Oct 7 – Dec 16 (no class Oct 14, Nov 11)

\$45/9 classes

## Expand Your Mind...

### Bingo

Open to the public! Silver Harbour membership not required.

Thu 1:00 - 4:00 pm

Auditorium

### Book Club

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

4<sup>th</sup> Monday of the month

2:30 pm

Multipurpose Room

No charge, but you must pre-register

### Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

Card Room

\$3 drop-in

**Circle of Friends** **CURRENTLY WAITLISTING**  
 The gathering begins with gentle chair exercises, followed by stimulating conversation and lots of laughter. An afternoon to share and make new friends. Silver Harbour membership not required. Please leave your name and number with the front desk and the leader will contact you. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Wed 1:00-2:30 pm

\$3 per session

### Computer Club

The Computer Club meets twice a week, either in person or by Zoom, to exchange information about technology, software and applications. Members can use the in-house computers provided, or bring their own devices. Note: If you are looking for computer instruction, please contact your local library or see page 6 for tech learning happening at Silver Harbour.

Mon & Fri 9:00 am – 12:00 pm

Computer Room

\$25/season

### Conversational Chinese (Simplified) in Mandarin

In this introductory class you will learn some practical conversational phrases and how to read and write some simplified Chinese characters. You will also learn about fascinating Chinese festivals and traditions, as well as interesting cultural and etiquette tips.

Wed 1:00-2:30 pm

Sept 11 – Oct 30

Computer Room

\$25

### Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$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 BC Ministry of Health through the United Way of BC.

Fri 1:00-2:30 pm

Multipurpose Room

\$3 per session

## ElderCollege

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

- Books Unlimited Book Club
- Changing Demographics of Canada
- Geological Rambles
- Healthy People, Healthy Planet
- History From A to Z in 3
- Meet Our Local Authors
- Mythos: Eastern Religions
- What's News

Detailed descriptions of these programs are available on pages 20-22.

## Intermediate ESL for Seniors

For participants with prior knowledge of English – enhance your spoken and written English.

Thur 9:30 – 11:30 am

Starts Sept 5

Multipurpose Room

No charge





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### ***Program Registration Information:***

- **Registration** for Arts Programs will begin on Tuesday, August 20th. Registration for all other programs, will begin on Thursday, August 22<sup>nd</sup>.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

## Meditation

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

Wed 10:00-11:00 am

Starts Sept 18

Computer Room

\$25/season

## 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. Light refreshments will be served. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Thurs

10:00 - 11:30 am

Card Room

\$3 per session

## Tile Rummy

This tile-based game combines elements of mah jong and the card game rummy. Newcomers welcome – instruction will be provided.

Wed

11:00 am – 12:00 pm

Auditorium

\$1 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.***

50 Amazing Stories

Meet Erica



"My daughter passed away, and shortly after, my friends introduced me to Silver Harbour. They wanted me to go to take my mind off things. Silver Harbor has benefited immensely in this part of my life."

In celebration of Silver Harbour's 50th Anniversary

## ElderCollege at Silver Harbour

### Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book. If you would like more information on Books Unlimited, please email [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com), and we will have the facilitator contact you.

Wed 1:30 – 3:00 pm

Sept 18, Oct 9, Oct 30, Nov 20, Dec 11  
\$25

### The Changing Demographics of Canada: 1945-2045

This course follows Canadian demographics from the 1941 census to 2041. It looks at the social, economic and political impacts of various demographic cohorts during that century, especially the Baby Boomers, and the emergence of multiculturalism through expanded immigration since the 1970s. Attention is paid to Indigenous demographics, especially in the 21<sup>st</sup> century. Demographic trends from the 2020s to the 2040s are based on Statistics Canada projections.

Fri 10:00 am – 12:00 pm

Oct 4 – 25

Card Room

\$25

### Geological Rambles

This course consists of 4 field trips to locations within local parks or nature areas containing interesting and significant rock exposures. Lead by Lindsay Bottomer P. Geo, who has over 45 years experience working in mineral exploration worldwide, the last 30 years in Vancouver, participants will learn about the history and geological evolution of the region. Participants must provide their own transportation. A moderate level of fitness and mobility is required, as the course takes place on natural terrain with some steep, uneven ground. The course will proceed regardless of weather conditions, so please dress accordingly. Walking poles and sturdy footwear are recommended. Exact locations and directions will be emailed to registrants in September.

Thu 9:50 am – 12:00 pm

Oct 3 – 24

\$25

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

## Healthy People, Healthy Planet Lecture Series

Our hope this fall is that you will be inspired to take action in your own lives to restore equilibrium in our environment locally. The relationship between the health of all life on earth and the health of the planet, and the fact that this relationship crosses every part of our lives – from food to fashion – is the vision behind this series of 3 lectures. The first will focus on “RegenerateBC” a non-profit focused on solutions to climate change; the second will discuss key shifts we can make to our agriculture and food systems more supportive of a stable climate; and finally the “Cosmetics Conundrum”, with a panel discussion on the cosmetics industry and its effects.

Mon 1:00 – 2:30 pm

Sept 16 – Oct 7 (no class Sept 30)

Card Room

\$25

## History from A to Z in Three

Three well-known and knowledgeable past ElderCollege speakers will cover a wide a variety of topics in history – from turning points in history, such as the asteroid that killed the dinosaurs, to the development of the first vaccine; the history of liquor policy in BC from 1920 – 2020; and close notable U.S. elections over the past 200 years, and the consequences of these (a timely topic for November). Long-time contributors Allan Orr, Ed Kry and Bob Fuhr will enlighten us.

Fri 10:00 – 11:30 am

Nov 1 – 15

Card Room

\$25

## Meet Our Local Authors

This fall six authors will discuss their very diverse stories, including a writer of historical novels; a doctor who spent time helping in the rebuilding of Afghanistan’s troubled health care system; an adventurous woman who has written about her experiences travelling one of the routes of the Camino de Santiago; a writer who will advise us on tips for effective public speaking; an author who will give us the behind the scenes view of some of North America’s riskiest search and rescue operations; and ending with a former premier and MP who has traced his fascinating journey from life in rural India to the Canadian political scene.

Tues 10:00 – 11:30 am

Oct 29 – Dec 3

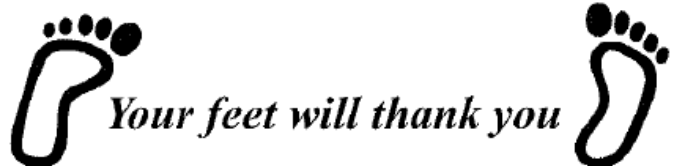
Card Room

\$25

## Total Toe Care

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## “Mythos: Eastern Religions” by Joseph Campbell

In this 5-part series, Joseph Campbell will take us through the shaping of the Eastern Tradition and examine spirituality through the mythic images of Hinduism and Buddhism. The course will explore the core ideas at the heart of the Eastern and Western traditions, discover the systems of yoga that grew out of the mainstream of the Indian spirituality, learn the chakr, and journey through the Tibetan Book of the Dead.

Each session will begin with a 50-minute recorded presentation by Joseph Campbell, followed by a facilitated discussion of the ideas presented in the video

Wed 1:00 – 3:00 pm

Sept 25 – Oct 30

Card Room

\$25

## What's News?

Are you interested in following current events? What's News is a discussion group that focuses on current topics in local, national and international news. Meeting once a week, this group offers you an opportunity to be informed, get caught up to date, and express your opinions about the significant stories of the day.

Thur 1:30 – 3:00 pm

Sept 26 – Dec 12

Card Room

\$25

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## Meet Roberta



“It may sound trivial but when you look at it as a whole you see how transformative a place like this is. It gives seniors somewhere to come to, to get up in the morning and get out of the house, to meet people, to have a social life.”

50 Amazing Stories

In celebration of Silver Harbour's 50th Anniversary



## 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 **SORRY, FULL** 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 & Crafts Room

\$15 per person

### Artful Connections - **SORRY, FULL** 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.

## 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

Arts & Crafts Room

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

Sewing Room

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

Woodshop

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 Sept 6

Sewing Room

\$25/season

Bring your own materials. Some printmaking supplies, watercolour paper and brushes are available for purchase.

### Pottery – Open Studio

Supported, non-instructional, co-operative studio environment

Intermediate+

Explore the world of clay within a co-operative studio environment. New participants: Call to book an orientation with the Arts Coordinator.

Thu 1:00 - 3:30 pm

Starts Sept 12

Arts & Crafts Room

\$25/season

Cost includes kiln and wheel use, slab rollers, glazes and tools. All clay must be purchased at the centre. All participants must review and sign off on the pottery guidelines, which will be provided at the first session.

### Wood Carving – Open Studio

A haven for beginners and experienced carvers alike. Whether you're new to the craft or refining your skills, our space offers guidance for newcomers and a supportive environment for seasoned artisans. Unleash your creativity, sculpt intricate designs, and join us in the transformative art of wood carving.

Wed 10:00 am -12:00 pm

Starts Sept 4


Sewing Room

\$25

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50 Amazing Stories

## Meet Mo



“Since I don’t work anymore I need something to do and somewhere to go to keep me in touch with the world and keep my mind sharp.”

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

## Arts Programs (Instructed)

### Basket Weaving

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.

Fri 10:00 am – 12:00 pm

Oct 18 – Nov 8

Sewing Room

\$35

Supplies provided (bring tools)

### Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

Starts Sept 6

Fitness Room

\$35/season

### Creative Journey

Join us on an enriching journey of self-discovery and personal growth as we explore the transformative power of art making. Experiment with a variety of creative mediums, techniques, and insight focused art projects, to deepen the enjoyment of our own creative journey. Whether you're a seasoned artist or a complete beginner, this class welcomes all skills levels. This course is led by a professional art educator. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Thur 1:00 – 3:00 pm

Sept 5 – Nov 7

Sewing Room

\$25

### Dressmaking

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

Wed 1:00 – 3:00 pm

Sept 4 – Nov 6

Sewing Room

\$25

#### **Program Registration Information:**

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## Golden Fireflies

Release your creativity and free your imagination to create stories. Using humour, fun acting games and professional theatre techniques in a safe, lighthearted environment, we'll awaken our senses, learn acting and writing skills, and explore the world of storytelling. Guaranteed to be fun, freeing and stimulating for your mind. Everyone is welcome, no experience necessary. Golden Fireflies is facilitated by professional theatre artists from Presentation House Theatre.

Tues 1:00 – 3:00 pm  
Sept 10 – Dec 3  
Multipurpose Room  
No charge

## Inkle Loom Weaving

Inkle loom weaving is a traditional craft for creating colorful bands, straps, and belts. Using a compact loom with a continuous warp, you will learn to weave intricate patterns and designs, from geometric motifs to elaborate creations.

Tues 1:00 – 3:00 pm  
Starting Sept 3  
Arts & Crafts Room  
\$25

## Juicy Wordplay

Facilitated by writer Crystal Hurdle, this is a twice-monthly writers' group, in which members can exchange their work (memoir, travel writing, fiction, poetry, kiddie lit – whatever you like!) to help one another grown and develop as writers. Must be a registered participant (no drop-ins).

No Drop ins.

2 sessions a month

Sept 16, Oct 7, Oct 21, Nov 4, Nov 18, Dec 2, Dec 16

10:00 am – 12:00 pm

Sewing Room

No charge

## Knit & Crochet Circle

The Knit and Crochet Circle is a welcoming gathering where enthusiasts of all skill levels come together to indulge in the artistry of yarn crafting. Whether you're a novice seeking guidance, or a knitter eager to revive your skills, our circle offers a supportive and inclusive space. Join us to explore the soothing rhythm of needles or hooks, engage in creative patterns, and bond with fellow knitters. Our sessions encourage camaraderie, learning, and the joy of crafting handmade treasures while fostering a sense of community and connection.

Wed 10:15 am – 12:15 pm

Sept 4 – Nov 6

Arts & Crafts Room

\$25/season

## Musical Journey

Musical Journey is a social-wellbeing program for seniors and intentionally includes seniors who feel isolated and people living with an early-stage dementia and/or their care partners and friends. In a relaxed and safe environment, come reminisce, laugh and have fun to familiar tunes and explore the therapeutic benefits of making music together. Sessions may include rhythm activities, gentle movement to music, games, singing and supported conversations led by a certified music therapist. Activities are tailored to promote emotional well-being, cognitive vitality, creativity, social connection, and personal growth. Whether you're a seasoned musician or have never picked up an instrument before, 'Musical Journey' welcomes all levels of musical ability. Please join us for social time after the class. Refreshments will be available for purchase. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Mon 11:00 – 11:50 am

Sept 9 – Dec 2

Multipurpose Room

\$25

## Discover “Musical Journey” Demo Day: Experience the Joy of Music and Social Connection

Curious about how music can enhance your well-being and foster meaningful connections? Join us for our special Demo Day and immerse yourself in the transformative experience of our Musical Journey program.

Monday, August 26<sup>th</sup>

11:00 am – 12:00 pm

Multipurpose Room

Free of charge, but please let us know if you're coming

## Revive & Revamp: Creative Upcycling with Embroidery and Applique

Transform your wardrobe into a canvas of creativity with our new 3-part series on upcycling clothes using embroidery and applique. Join us as we breathe new life into your favourite garments, adding that extra oomph with personalized designs and unique embellishments. Whether you're refreshing an old favourite or creating entirely new looks, discover the joy of sustainable style and express your individuality through innovative textile techniques.

Fri 10:00 am – 12:00 pm

Sept 13 – 27

Sewing Room

\$15/3 classes

## 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

Sept 16 – Nov 18 (no class Sept 30, Oct 14)

Arts & Crafts Room

\$25

## Stained Glass

We all see beautiful stained glass décor in a large scale in cathedrals and museums, but here at Silver Harbour you can learn how to make your own. Skilled instructors are on hand for assistance with your project. Experience encouraged. Pay as you go for materials.

Thur 10:00 am – 12:00 pm

Sept 5 – Nov 7

Arts & Crafts Room

\$25

## Tapestry

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

Tue 9:30 am – 3:00 pm

Starts Sept 10

Sewing Room

\$25

## Beginners Ukulele

Whether you're picking up an instrument for the first time or revisiting an old passion, our gentle and supportive classes provide a nurturing environment to learn at your own pace. Join us as we strum through the basics of chords, melodies, and rhythms, fostering relaxation, cognitive stimulation, and a sense of community through the power of music. Please join us for social time after the class. Refreshments will be available for purchase.

This program is made possible with funding from the BC Ministry of Health through the United Way of BC. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 10:00 – 10:50 am

Sept 9 – Dec 2

Multipurpose Room

\$25

## Intermediate Ukulele

Come join us for a fun and rewarding ukulele experience. Whether you're a seasoned player looking to refine your skills or an intermediate player ready to take your abilities to the next level, this class is designed to challenge and inspire you. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 9:00 – 9:50 am

Sept 9 – Dec 2

Multipurpose Room

\$25

## Watercolor Painting

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

Mon 1:00 – 3:00 pm

Sept 16 – Oct 7 (no class Sept 30)

Sewing Room

\$15/3 classes

Please collect the materials list when you register.

## Advanced

## Watercolour Painting

This course is tailored for individuals who have some prior experience with watercolour painting and would like to advance their skills and technique. Throughout the course our dedicated instructor will provide guidance and constructive feedback, enabling your growth as an artist. Additionally you will have the opportunity to engage in invigorating group discussions, share your artistic progress, and learn from fellow participants in a creative, stress-free environment. Students must bring their own supplies, including pencils, paper, brushes and watercolour paints.

Thur 10 am – 12 pm

Sept 5 – Oct 24

Sewing Room

\$25/8 classes

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**Kenya & Tanzania - Oct. 02 / 24** Book Now  
 Serengeti, Masai Mara, Amboseli, Lake Manyara & Ngorongoro Crater  
 Five incredible wildlife areas each offering unique experiences.  
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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

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**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

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**Republic of India – Jan 25 / 25** Book Now  
 Delhi, Varanasi, Khajuraho, Agra Taj Mahal, Jaipur, Udaipur, Mumbai

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**Tanzania & Amboseli Safari – May 17 / 25**  
 Wonderful New Safari, Visiting Amboseli, Tarangire  
 Lake Manyara, Ngorongoro Crater & Famous Serengeti

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**Rwanda Mountain Gorillas Experience – May 31 / 25**  
 Join Ron, visit the Mountain Gorillas / Gorilla Permits Start Soon

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## Weaving – Loom

**CURRENTLY  
WAITLISTING**

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 – 3:30 pm

Starts Sept 3

Arts & Crafts Room

\$25/season

## Wheel Throwing

### Pottery Class for Beginners

Dive into the art of wheel throwing as our skilled instructor guides you through clay basics, wheel mechanics, and shaping techniques. Discover the joy of crafting functional pottery like mugs, vases, and bowls while exploring your creative style. No prior experience needed—just bring your enthusiasm! Join us for a hands-on, therapeutic journey turning clay into unique, beautiful pieces of art.

Wed 1:00 – 3:00 pm

Sept 11 – Oct 30

Arts & Crafts Room

\$35/8 classes

Clay to be purchased at the centre.

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50 Amazing Stories

## Meet Irma



"If you don't have contact with other people, especially older people, your mental capacity diminishes without stimulation. A lot of seniors are lonely, and this is a safe place for them."

In celebration of Silver Harbour's 50th Anniversary

### **Program Registration Information:**

- **Registration** for Arts Programs will begin on Tuesday, August 20th. Registration for all other programs, will begin on Thursday, August 22<sup>nd</sup>.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

# Arts Programs – Workshops

## 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

Sewing Room

\$10

## 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

Sewing Room

\$5

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## Silver Harbour Program Schedule - August

	<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
					Woodworking
<b>9:30 am</b>	Craft & Knit Volunteers		Keep Well		Craft & Knit Volunteers
		Weaving			Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>	Osteofit For Life		Table Tennis	Osteofit For Life	
			Woodcarving		
				Tea & Talk	
<b>11:00 am</b>			Tile Rummy		
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>12:30 pm</b>					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
					Open Studio
		Daytime Dance	Pottery: Open Studio		Weaving
<b>1:30 pm</b>	Flexibly Fit		Line 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).

## Silver Harbour Program Schedule - September

	<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
	Int. Ukulele				Woodworking
<b>9:30 am</b>	Craft & Knit Volunteers		Keep Well	Intermediate ESL	Craft & Knit Volunteers
		Weaving			Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>	Beg. Ukulele		Meditation	Stained Glass	Choir
	Osteofit For Life		Table Tennis	Osteofit For Life	Revive & Revamp
			Woodcarving	Tea & Talk	
				Advanced Watercolour	
<b>10:15 am</b>			Knit & Crochet		
<b>11:00 am</b>	Musical Journey		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
	Watercolour	Daytime Dance	Circle of Friends	Bingo	Weaving
		Golden Fireflies	Mandarin		Open Studio
	Healthy People, Healthy Planet	Quilting Volunteers	Pottery: Wheelthrowing	Creative Journey	Current Conversations
			Mythos		
			Dressmaking		
<b>1:30 pm</b>	Flexibly Fit		Line Dance – Level 1	Get Up & Go	Line Dance – Level 2
				What's News	
<b>2:15 pm</b>			Chair Yoga – Stand Options		
<b>2:30 pm</b>					Line Dance – Level 3

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