

# 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

September 2024



**Silver Harbour's got BINGO - come join us!**

Thank you to  
**parc**  
retirement  
living  
official sponsor of the Centre Post  
and our website.

Thank you to the  
**city**  
of north  
vancouver and  
**DISTRICT OF**  
**NORTH VANCOUVER**  
for helping to fund the  
operations of Silver Harbour.



## Try a Taste of *the Good Life*

Come and experience PARC for yourself – with no cost or commitment. Come and gaze at our beautiful views, taste our flavour-packed, chef-made cuisine and experience the freedom of having your every need taken care of. You'll feel at home from the moment you walk through our doors.

Your experience stay comes packaged with our exclusive PARC Active Living™ program including a state-of-the-art seniors' gym, fitness classes, art and cultural programs, complimentary transportation and more. And unlike experience stays offered at other senior living communities, the PARC Experience is immersive, lasting up to two weeks.

*Explore life at Summerhill. Call Jackie Reid at 604.980.6525 to book your personalized tour and experience stay today.*

summerhill  
parc

[parcliving.ca/summerhill](http://parcliving.ca/summerhill)  
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 seniors' 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, Słwłxwú7mesh Úxwumixw (Squamish), səlılwətał (Tseil-Waututh) and x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam) Nations.**

## In this Issue...

Silver Harbour Bulletin Board..... pp.2-3  
Daily Menu..... p.4  
In the Community..... pp.5-6  
Workshops & Events..... pp.7-13

## 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

Trips & Tours..... p.14  
Programs & Services..... pp.16-32  
Program Schedule..... p.33

## Silver Harbour Bulletin Board

### Musical Mondays

We are excited to have musicians coming to play during lunch service – on Monday, September 16<sup>th</sup>, from 11:45 am to 12:30 pm; and Monday, September 23<sup>rd</sup> 11:45 am to 12:30 pm.

### Holiday Closing

Silver Harbour will be closed on Monday, September 2<sup>nd</sup> for the Labour Day long weekend, and also on Monday, September 30<sup>th</sup> for Truth and Reconciliation Day.

### 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 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.

### Bus Update

We have recently sold our large passenger bus, due to decreased use, more frequent costly repairs, difficulty securing drivers, and insurance changes – but we will still be able to offer some bus trips and are working with community partners on transportation options for local seniors.

Have You Made  
a Plan yet?

If not, give our family a call

 **McKenzie**  
FUNERAL SERVICES



George & Mildred McKenzie

604-926-5121

200-100 Park Royal S  
West Vancouver, BC

[mckenziefuneralservices.com](http://mckenziefuneralservices.com)

Our Family Serving Yours  
For Over 70 Years

## 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.

## 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. 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.



## Please Note: We Do Not Accept the Following Donations:

- Electronics
- CDs and DVDs
- Children's clothing and toys
- Gift bags and wrapping paper
- Men's clothing
- Furniture
- Bedding, pillows, cushions and towels

We DO appreciate donations of other small household goods as well as ladies clothing and accessories, that are good quality and in good condition. Thank you for supporting the Boutique and Clothes Closet!

## 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.

## Daily Menu for September

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Labour Day * Silver Harbour CLOSED	<b>3</b>  Cod Loin with Shrimp	<b>4</b>  BBQ Ribs & Chicken (max 2 per person)	<b>5</b>  Meat Patty	<b>6</b>  Cabbage Rolls
<b>9</b>  Turkey Schnitzel	<b>10</b>  Nasi Goreng (chicken & prawn with rice)	<b>11</b>  Meatballs	<b>12</b>  Lasagna	<b>13</b>  Salmon with Shrimp
<b>16</b>  Garlic Prawns	<b>17</b>  Roast Pork	<b>18</b>  Shepherd's Pie	<b>19</b>  Beef Stew	<b>20</b>  Cod Nuggets
<b>23</b>  Chicken a la King	<b>24</b>  Chicken Cordon Bleu	<b>25</b>  Bami Goreng (chicken & prawn with noodles)	<b>26</b>  Meat Loaf	<b>27</b>  Lamb Shank (max 2 per person)
<b>30</b>  Truth & Reconciliation Day Silver Harbour CLOSED	<p><b>Entrée: \$9</b></p> <p><b>Full Meal Combo: \$12</b></p>			

*Management reserves the right to change the menu without notice.*

### Food Services Available Monday through Friday

Drinks & Refreshments    10:00 am – 1:00 pm  
Hot Full Course Lunch    11:30 am – 12:45 pm

## In The Community

### 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 Room, 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).

### Culture Days

Culture Days is a national celebration of Arts and Culture. This year Silver Harbour is collaborating with Harry Jerome recCentre to present two free workshops for Culture Days. See the descriptions on pages 10-11.

### North Vancouver City Library Book Wagon

The North Vancouver City Library's Book Wagon 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 Wagon).

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

**10:15 am – 12:00 pm**

**In the Silver Harbour garden**

### XOXO Fibre Event

Celebrate diversity, foster equality and community, and form friendships, all over fibre arts. Enjoy short talks and workshops, collaborate on our community art project and hang out in our Crafters Hangout Space. Tickets and more details at: <https://ponnster.wixsite.com/mysite/team-1>.

**Sunday, September 29<sup>th</sup>**

**10:00 am – 6:00 pm**

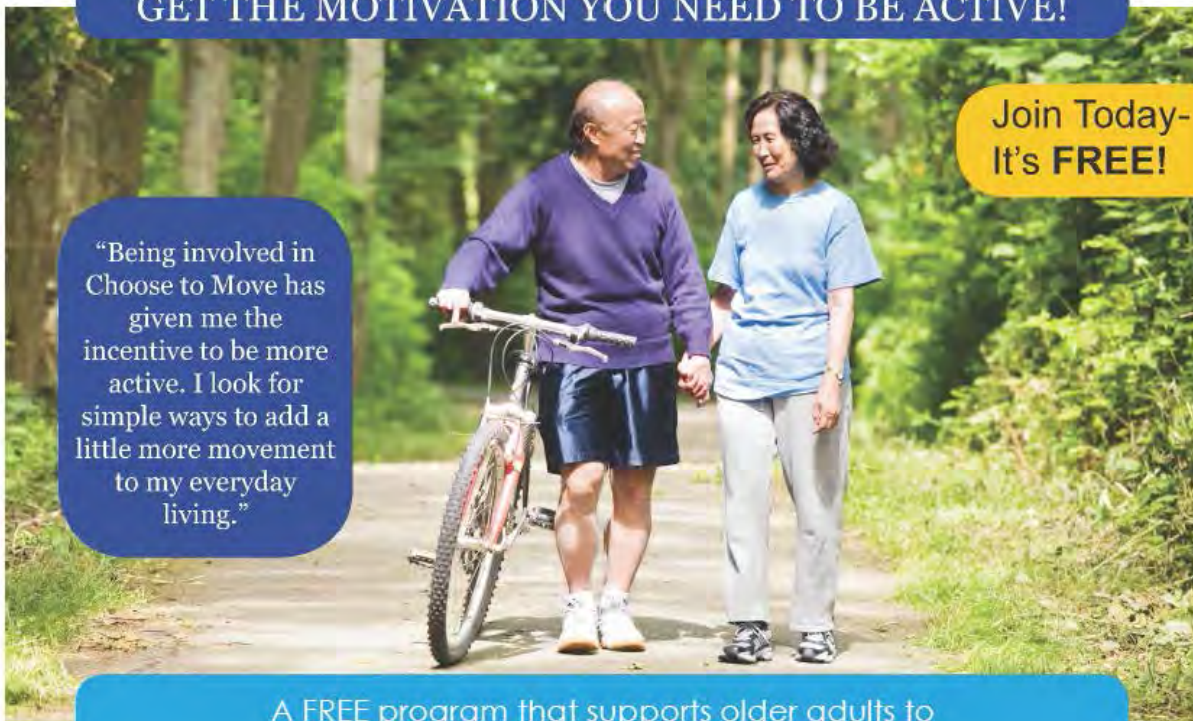
**Pipe Shop, 115 Victory Ship Way, North Vancouver**



# Choose to Move



GET THE MOTIVATION YOU NEED TO BE ACTIVE!



“Being involved in Choose to Move has given me the incentive to be more active. I look for simple ways to add a little more movement to my everyday living.”

Join Today-  
It's **FREE!**

A FREE program that supports older adults to  
BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
  - ✓ Choose activities you like
  - ✓ Receive 1-on-1 coaching and group support
  - ✓ Learn new ways to live a healthier, more active life

[www.choosetomove.ca](http://www.choosetomove.ca)



Program starts October 2<sup>nd</sup> at

Silver Harbour Seniors'

Activity Centre

604-980-2474

Call to Register today!



## Workshops & Special Events

### Silver Harbour Annual General Meeting

Join us for our AGM – 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.

You can pick up an AGM information package at the front desk or 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**

### Newcomers Tea and Tour

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

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

**10:15 am**

**Meet in the Silver Harbour library  
Free of charge, but you must pre-register**

### Therapy Dogs

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

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

**10:30 am – 12:00 pm**

**Silver Harbour Library**

**Free of charge**



**Davies**  
Prescription Pharmacy

*Serving the North Shore with quality medical supplies and pharmaceuticals for 30 years.*

**Tel: (604) 985-8771      [www.daviesrx.com](http://www.daviesrx.com)**  
**1401 St. Georges Avenue, North Vancouver**



**BC SENIORS  
ADVOCATE**

Join the BC Seniors Advocate, Dan Levitt, for a presentation on the value of *intergenerational programs* and other topics related to healthy aging on the North Shore.

**FRI. SEPTEMBER 13 | 9:30 - 11:00 AM**

SILVER HARBOUR SENIORS ACTIVITY CENTRE  
144 East 22nd St. North Vancouver

\* Free presentation \* Open to everyone \* Refreshments



## 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**

**Free of charge**

## 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 Healing Demonstration

**JUST  
ADDED**

Sound healing uses the vibrations of gongs, Tibetan and crystal singing bowls, chimes and drums to take you into a deep meditative state, which promotes both emotional and physical healing.

**Thursday, September 19<sup>th</sup>**

**1:00 – 2:00 pm**

**(please arrive 10 minutes early)**

**Multi-Purpose 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**

## Book Club

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

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

**2:30 – 3:30 pm**

**Multi-purpose Room**

## 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.**

**Lunch & Learn:**

**SORRY  
FULL**

**Safe and Independent at Home**

**Registration began 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.

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

**11:00 am – 12:00 pm**

**Card Room**

## **OASIS Arthritis: Sleep & Stress**

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress.

**Wednesday, October 2<sup>nd</sup>**  
**10:00 – 11:30 am**  
**Card Room**  
**Free of charge,**  
**but you must pre-register**

## **Choose To Move**

Being active is one of the most important things you can do to maintain your overall health – it helps you to feel better, have more energy and live longer. Choose To Move is a free 10-week physical activity support program (not a fitness class), that helps you to select activities and make goals. Led by a knowledgeable activity coach, Choose To Move combines a series of informational workshops on different topics, and a one-on-one coaching session to help you make a plan to achieve your fitness goals. Participants are expected to commit to the full 10-week session.

**Wednesdays, October 2 – December 4**  
**10:00 – 11:00 am**  
**Multi-Purpose Room**  
**Free of charge,**  
**but you must pre-register**

## **Culture Days – Line Dance Workshop**

Not just for cowboys, try fun dance routines to fabulous music in our one hour Line Dance class. No partner required.

**Sunday, October 6<sup>th</sup>**  
**1:00 – 2:00 pm**  
**Gymnasium,**  
**Memorial Community Centre**  
**125 East 23rd Street**  
**Free of charge,**  
**but you must pre-register**

## **OASIS Arthritis: Pole Walking For Arthritis**

Learn about the benefits of using poles while walking and practice the correct technique to support your joints. Walking poles are available to borrow or you can bring your own.

**Monday, October 7<sup>th</sup>**  
**1:00 – 2:30 pm**  
**Auditorium**  
**Free of charge,**  
**but you must pre-register**

## End-of-Life Planning

The Memorial Society of BC's mission is to provide comfort and protection for residents of British Columbia and their families by assisting and supporting the planning of end-of-life arrangements, as well as ensuring the availability of affordable and dignified funeral service options. This presentation will discuss the importance of creating a safe and secure record of your last wishes and funeral service arrangements.

**Tuesday, October 8<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Culture Days – Felted Beads Workshop

Dive into the colourful world of felting and unlock your creativity in this hands-on workshop! Whether you're a crafting novice or a seasoned artisan, this session is perfect for anyone looking to explore the art of making beautiful custom felted beads and balls. You will learn the techniques of wet felting, including how to shape and embellish your beads to create unique, textured pieces. Our expert instructors will guide you through each step, from selecting the right materials to mastering the felting process. You can also choose to transform your felted beads into stunning earrings. All supplies are included.

**Wednesday, October 9<sup>th</sup>**

**3:30 – 4:45 pm**

**Capilano Room,**

**Memorial Community Centre**

**125 East 23rd Street**

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

**Discover the World with**  
**Travel Specialist Ron Booman** 38 Years in Group Travel  
 The Travel Group Formerly Travel Concepts

**Kenya & Tanzania Safari**  
 We Are On Safari Oct. 02, 2024

**Tanzania & Amboseli Safari**  
 May 17, 2025 - Limited Space Available

Amboseli - see large Elephant Herds + Mt. Kilimanjaro  
 In Tanzania we visit the following:  
 Tarangire - Known for the "Big 5 Animals" & ancient Baobab Trees  
 Lake Manyara - home of lesser Flamingos, wow, tree-climbing lions  
 Famous Ngorongoro Crater - Largest Incitant Caldara  
 Serengeti - See the gathering of the "Great Migration"  
 \* Yes - All Meals & Guide & Driver Gratuities Are Included

**Rwanda Gorilla Trek**  
 May 31, 2025 - Limited Subject To Available

Join Ron following his May Safari & see the Rwanda Mountain Gorillas  
 See the Diane Fossey Gorilla's - A Fascinating & Exhilarating Experience

**Additional Tours for 2025 & beginning of 2026 include:**

- Kenya – Famous Masai Mara, Lake Nakuru Aberdare & more
- New Zealand – both North & South Islands
- Sri Lanka – Historically known as Ceylon
- India – All the must-see sights including the Taj Mahal

**TravelWithRon.ca**    [ron@travelwithron.ca](mailto:ron@travelwithron.ca)    The Travel Group  
 Call for Details: 604.575.7788 / 1.800.946.0091    CPBC #1173  
CPBC # 1196

## 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 "Carbon Offsets" – what are they and who uses them? People and businesses buy a carbon offset to reduce their carbon footprints or build up their green image (sometimes called greenwashing). Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

**Wednesday, October 9<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Tech Connect: iPad, Part 2

Following up our last Tech Connect session, "Intro to iPad" in May, NVCL Digital Services staff will give you some further tips and tricks to help you make the most of your iPad.

**Tuesday, October 15<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Estate Planning: What You Should Know

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed and final arrangements will be made, based on your objectives. Proper planning will minimize taxes, lower professional fees and other expenses, and maximize the funds your beneficiaries will receive. Join us for an informative workshop presented by Certified Executor Advisor, David Perkins.

**Wednesday, October 16<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Hearing Screening

Connect Hearing will be offering free 15-minute hearing screenings at Silver Harbour. A screening is a great way to determine if you have hearing loss, and learn how to address it.

**Wednesday, October 16<sup>th</sup>**

**10:00 am – 3:00 pm**

**Free of charge, but please make an  
appointment at the front desk**

## Save the Date for "Oktoberfest Before Dark"

The Rheinlander Band will be coming to Silver Harbour on the afternoon of Monday, October 21<sup>st</sup> – check the October Centre Post for all the details. Tickets go on sale Tuesday, October 1<sup>st</sup>!

## Lunch & Learn: Ear and Eye Health

**Registration will begin on Tuesday, Sept. 3<sup>rd</sup>**

Dr. Solamita Avanesian will be presenting on common eye conditions that affect seniors, treatment options and tips for preventing vision loss. Sarah McCarthy of Hearing Life will share information about the latest trends in hearing aid technology, mimicking natural brain hearing and incorporating wireless streaming features. 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, October 23<sup>rd</sup>**

**11:00 am – 12:00 pm**

**Card Room**

**Followed by lunch in the Auditorium**

**Free of charge,**

**but you must pre-register**

**before October 18<sup>th</sup>**





**HELPING THE MATURE GENERATION IN TRANSITION**

**Offering...**

**A customized approach to your real estate needs.**

**The patience, professionalism & expertise you deserve.**



garyborn

PERSONAL REAL ESTATE CORPORATION

**Email [gary@garyborn.com](mailto:gary@garyborn.com)**

**Website [garyborn.com](http://garyborn.com)**

604 - 787 - 9418

# Trips and Tours

## Silver Harbour Bus Update

We have recently sold our large passenger bus, due to decreased use, more frequent costly repairs, difficulty securing drivers, and insurance changes – but we will still be able to offer some bus trips and are working with community partners on transportation options for local seniors.

**“Discover the Fraser”  
Lunch Cruise **SORRY**  
With Enjoy Tours **FULL****

**Registration began 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**

**Queen of Peace Monastery  
With Enjoy Tours**

**Registration begins on September 3<sup>rd</sup>**

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Clare, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. We will have lunch (included in price) at the Watershed Grill, by the river in Squamish.

**Wednesday, October 16<sup>th</sup>**

**8:45 am – 4:30 pm**

**\$129**

**Please buy your tickets before October 9<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 began on Tuesday, August 20th. Registration for all other programs, began 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 began on Tuesday, August 20th. Registration for all other programs, began 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 4

Auditorium

\$70/14 classes

### Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Sept 4 – Dec 4

Auditorium

\$70/14 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.

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

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

**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 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 23

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

**ADVANCED MEDICAL**  
Healthcare Equipment  
RENTALS · SALES · REPAIRS · INSTALLATIONS · MAINTENANCE

Please follow us on Instagram/Facebook  
@AdvancedMedicalBC  
to learn more about our customers, products  
and the jobs we have done.

**(604) 912-0106**  
1863 Marine Drive, West Vancouver  
[www.AdvancedMedicalBC.ca](http://www.AdvancedMedicalBC.ca)

## 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 22-24-.

## 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

### **Program Registration Information:**

- **Registration** for Arts Programs began on Tuesday, August 20th. Registration for all other programs, began 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 Gurmeet



“It’s nice to not have to call people to organize plans only for them to fall through. You also don’t have to hunt around for people with similar interests. Silver Harbour handles all that hard stuff for you.”

*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

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

- ***Registration for Arts Programs began on Tuesday, August 20th. Registration for all other programs, began 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.***



## 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

*Great in-home foot care*

**Call Diane @ 604-649-1624**



*Your feet will thank you*



*Serving the North Shore for 17 years*

## “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



**YOU WORKED HARD FOR YOUR HOME,**  
*Now let your home work for you.*

Is inflation impacting your monthly cash flow?  
Are you wondering if you should downsize?  
Do you get a line of credit on the house or a reverse mortgage? You want to talk to someone about your choices. Someone you can trust who will listen and walk you through your options. Ask Marci for help.

**ASK MARCI HOW!**  
Book a FREE Consult:  
604-816-8950 or  
marci@askmarci.ca

[www.askaboutreversemortgages.ca](http://www.askaboutreversemortgages.ca)

## 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.

### 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.

### 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.

## 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

*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 Neil



“Being an instructor here is my way of giving back to the community that has given me so much, and the reward is in the act of giving.”

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

## Arts Programs (Instructed)

**Basket Weaving** **SORRY FULL**  
 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

**SORRY FULL**

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

**SORRY FULL**

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:**

- **Registration** for Arts Programs began on Tuesday, August 20th. Registration for all other programs, began 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.

## 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 grow 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

## 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

### **Program Registration Information:**

- **Registration** for Arts Programs began on Tuesday, August 20th. Registration for all other programs, began 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.

## 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 **SORRY FULL**

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 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 **SORRY FULL**

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

**SORRY  
FULL**

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



**Rekindle Wonder.**

HOUSEKEEPING · COMPANIONSHIP · PERSONAL CARE · ERRANDS · RIDES

**(604) 998.8806**

northandwestvan@comfortkeepers.ca | ComfortKeepers.ca/NorthandWestVancouver

**Comfort Keepers.**  
Elevating the Human Spirit™

ACCREDITATION PRIMER AWARD  
ACCREDITATION AGRÉMENT CANADA

# 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.

**AGELESS ADVENTURES**  
100% BC owned and operated!

**Escorted Tours**  
604.542.5566  
*Serving B.C. Seniors for 36 years*

Specializing in quality tours of Canada & Beyond

**COMFORTABLE ACCOMMODATIONS DIVERSE SIGHTSEEING  
QUALITY MEALS SMALLER GROUP SIZES & MORE INCLUSIONS**

More than 30 tours annually, upcoming departures include:

**Desert Canyons, Arizona & Utah**  
October 11 - 21  
*22 incl. meals from Dbl: \$7,454.00*

Call for a new brochure. Ask about our 5% early payment discount. Single rates

#237 -1959 152nd Street, Surrey, BC V4A 9E3 | [agelessadventures.com](http://agelessadventures.com) | CONSUMER PROTECTION BC | Prices include all taxes

## Silver Harbour Program Schedule

	<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	Tapestry	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
		Inkle Loom	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 2		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).