

THE CENTRE POST



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

April 2025



Happy National Volunteer Week !

Thank you to
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Silver Harbour Seniors' Activity Centre

Silver Harbour is known for providing a welcoming gathering place with more than 75 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 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



[SilverHarbourSeniorsActivityCentre](#)



[SilverHarbourC](#)



[SilverHarbourC](#)

Centre Opening Hours

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

Our Code of Conduct

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

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

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

Silver Harbour gratefully operates on the traditional and unceded territory of the, Słwɔxwú7mesh Úxwumixw (Squamish), səlilwətał (Tseil-Waututh) and xʷməθkʷəyəm (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

Arthur Davies, Director	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	

Notes from the Executive Director...


A big heartfelt THANK YOU to all our volunteers!

During National Volunteer Week, April 27th to May 3rd, 2025, we recognize volunteers and celebrate their contributions in communities across Canada including right here at Silver Harbour Seniors' Activity Centre. Sharing one's volunteer time, skills, empathy, and creativity is vital to individual wellbeing but is also essential for the inclusivity and strength of our organization and community. At Silver Harbour, volunteers lead programs, support our food services, run bingo, create beautiful arts and crafts, sell second-hand items, help maintain our building and garden, support our front desk, serve on the board and committees, and so much more. Volunteers contribute over 25,000 hours to Silver Harbour, enabling us to operate the Centre and all our programs and services.

At Silver Harbour, we are so grateful for all those volunteers who contribute to our Centre and make our programs, services, and connections so impactful for seniors in North Vancouver. If you have volunteered at Silver Harbour in the past year, please come to the front desk to pick up your certificate for a free lunch (valid anytime in April). And look out for our special Volunteer Appreciation event happening in June!

**VOLUNTEERS VOLUNTEERS
MAKE MAKE
WAVES WAVES**

**SILVER
HARBOUR
CENTRE**

 Volunteer
Bénévoles
Canada
**NATIONAL
VOLUNTEER
WEEK 2025**

APRIL 27 - MAY 3

volunteer.ca/nvw #NVW2025

Silver Harbour Bulletin Board

Thank You, Silver Harbour Volunteers!

This year Volunteer Week in Canada is April 27th to May 3rd. This month we are celebrating our Silver Harbour volunteers, who do everything from wash dishes to run programs. If you have volunteered at Silver Harbour in the past year, please come to the front desk to pick up your certificate for a free lunch (valid anytime in April). And look out for our special Volunteer Appreciation event in June!

Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$35,000 or less per person and \$45,000 or less per couple, and interest income of \$1000 or less). Specially trained volunteers can help you complete your income tax and benefit return if your income is low and your tax situation is simple. Volunteers do not complete income tax and benefit returns for past years, deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. If you would like us to assist in completing your income tax forms, we are here to help.

**Call 604-980-2474 for
information and an appointment.**

Holiday Closing

Silver Harbour will be closed on Friday, April 18th and Monday, April 21st for the Easter long weekend, re-opening at 9 am on Tuesday, April 22nd.

Musical Mondays

We are excited to have musicians coming to play on Mondays during lunch service: April 7th and 14th, from 11:45 am to 12:30 pm.

A Note About Waitlists

Many of our Silver Harbour programs are very popular, and registration fills up quickly. We can add your name to the waitlist, and if a space becomes available, we will contact you. Waitlists are managed by staff, not the program instructor. Note: waitlists are for the current session of a program.



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 22nd Street have been changed to **2-hour parking**. Please give yourself extra time to find parking. **DO NOT PARK IN STAFF OR LOADING ZONE PARKING.**

Become a Flower Bulb Volunteer

Every spring the City of North Vancouver donates their used flower bulbs to Silver Harbour, where a group of dedicated volunteers helps to sort, dry and package the bulbs. The “repurposed” bulbs are then sold, as a fundraiser for Silver Harbour. If you’re interested in helping out, please leave your name and phone number on the clipboard at the front desk.

Please Note:

We Do Not Accept the Following Donations

- Hardcover Books
- 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 Silver Harbour Boutique and Clothes Closet!



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24 / 7 AVAILABILITY

<ul style="list-style-type: none"> ▪ Companionship and Conversation ▪ Live-in & Live-out Caregiving ▪ Dementia Care ▪ Palliative Care ▪ Gastric Tube Feeding ▪ Respite Care ▪ Housekeeping 	<ul style="list-style-type: none"> ▪ Ostomy Care ▪ Alzheimer Care ▪ Parkinson Care ▪ Postoperative Care ▪ Home Parenteral Care ▪ Central Venous Catheter Care ▪ Transportation Services
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Canadian Dental Care Plan (CDCP) 2025

Renewals for Existing CDCP Clients

Starting in March 2025, the Government of Canada will begin its annual reassessment of the eligibility of individuals currently covered under the plan to confirm that they continue to meet [all eligibility requirements](#). Canadians already covered under the CDCP will be required to renew their application for the next benefit year by submitting a renewal application.

Current clients who have filed their 2024 tax return and received their Notice of Assessment from the Canada Revenue Agency will be able to renew their CDCP dental coverage through one of the following channels:

- Renewal streamlined application, available online on [Canada.ca](#)
- Renewal application, available through My Service Canada Account (MSCA)
- Interactive Response System (not available for applications with dependent(s))
- By phone, with a call centre officer
- In Person

To avoid a gap in coverage, applications for renewals must be submitted by **June 1, 2025**. If a client fails to submit their application to renew or no longer meets the eligibility requirements, their coverage will end on **June 30, 2025**.

To be eligible for the CDCP, individuals need to:

- Be a Canadian resident for tax purposes.
- Have filed their taxes for the previous year;
- Have an adjusted family net income of less than \$90,000 per year; and,
- Not have access to private or employer/pension sponsored dental coverage.



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Daily Menu for April

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Nasi Goreng	2 Meatloaf	3 Beef Patty	4 Turkey Schnitzel
7 Salmon with Prawns	8 Duck Breast	9 Fish & Chips	10 Cottage Pie	11 Lamb Shank
14 Sausages & Perogies	15 Tiger Prawns	16 Meat Balls Bolognese	17 Chicken Cordon Bleu	18 Good Friday Silver Harbour CLOSED
21 Easter Monday Silver Harbour CLOSED	22 Beef Stew	23 Fish & Chips	24 Cabbage Rolls	25 Barbecue Ribs & Chicken
28 Cod Loin with Shrimp	29 Pork Loin	30 Lasagna	Entrée: \$10 Full Meal Combo: \$14	

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**

Workshops & Special Events

OASIS Arthritis: Hand Arthritis

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

Wednesday, April 2nd

10:00 - 11:30 am

Card Room

Free of charge, but you must pre-register.

Staying Connected: Preventing Social Isolation and Loneliness

Presented by Seniors First BC, this interactive presentation introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives.

Tuesday, April 8th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Climate Café

This month's topic is atmospheric rivers. Atmospheric rivers are typically several thousand kilometers long and only a few hundred kilometers wide, and a single one can carry a greater flux of water than Earth's largest river, the Amazon River. They are becoming more common. They are destroying roads, flooding flat land and creating landslides. How do we properly prepare for them? Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, April 9th

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, April 9th

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, April 9th

10:30 am – 12:00 pm

Silver Harbour Library

Free of charge

The Art of Slow Fashion: Weaving Stories of Connection and Creation

Join us for a one-of-a-kind fundraiser fashion show celebrating creativity, craftsmanship, and sustainability! The Art of Slow Fashion: Weaving Stories of Connection and Creation will showcase stunning handmade and upcycled garments crafted by the talented members of our fiber arts program. Enjoy delicious treats and drinks as part of the event. All proceeds will go toward expanding our weaving program, allowing more seniors to participate in this meaningful and creative practice. Enjoy an afternoon of artistry, connection, and inspiration—all while supporting a great cause!

Saturday, April 12th

1:00 – 3:00 pm

Auditorium

Tickets: \$25 | On sale now!

(Membership not required to purchase)





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Thinking Through Housing Options – Where Will I Live As I Age?

Come for a lively presentation and some good interaction on the options for Senior Living we need to think about as we all age! Knowledge is power, and there is no time like the present to think through and understand what's even out there in your community. Presented by North Shore Community Resources, we will be sharing information and discussing some important questions like:

- When should I be thinking about changing where I live and what kinds of support I need?
- What options are available?
- What do I want?

Join us, bring your questions and stay informed and empowered to make the life choices you want to.

Tuesday, April 15th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register.

OASIS Arthritis: *SORRY, FULL*
Exercise & Arthritis
Rescheduled from February

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Wednesday, April 16th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Tech Connect: Introduction to the Cloud

From backing up documents and pictures to sharing large files such as pictures and videos, the cloud is a useful tool. We'll look at some of the cloud services you may already be using, and take some of the fog out of your understanding. This class will focus on using the cloud to store and share your documents.

Wednesday, April 16th

1:30 – 3:00 pm

Card Room

Free of charge, but you must pre-register

“Do I Still Need This Medication?”:

Learn About Deprescribing and Safe Use of Medications

Medications can help us in many different ways. However, as we age, our bodies become more sensitive to the effects of medications. Some medications we take may even cause more harm than benefit. Learn about safe medication use and essential questions to ask your healthcare professional to help prevent medication harm—for you and those you care for.

Tuesday, April 22nd

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Lunch & Learn:

Seniors & Real Estate Matters

Registration begins on Tuesday, April 1st

Realtor Gary Born will discuss real estate trends and issues affecting seniors. Mortgage Broker Marci Deane will provide information on Reverse Mortgages. 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. 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, April 23rd

11:00 am – 12:00 pm

Card Room

Followed by lunch in the Auditorium

**Free of charge,
but you must pre-register
before April 16th**

Book Club

The Book Club meets monthly to discuss a pre-selected title. This month's book will be "Where The Crawdads Sing" by Delia Owens. Members are responsible for finding their own copy of the book.

Monday, April 28th

2:30 – 3:30 pm

Multi-Purpose Room

No charge



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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, April 28th

10:00 – 11:30 am

Card Room

Free drop-in

Spring Market & High Tea

Whether you're celebrating with family, friends, or enjoying a solo day out, everyone is welcome at our Spring Market and High Tea. Shop our curated selection of handcrafted treasures, lovingly crafted by Silver Harbour seniors – everything from exquisite stained glass pieces to intricate woodwork, unique pottery creations, elegant hand-painted silk scarves, woven scarves and more. Indulge in a splendid High Tea experience (\$15 per person) filled with sweet and savory delights, paired with fragrant teas, in our charmingly adorned tea room.

Saturday, May 3rd

10:00 am – 2:00 pm

Free Admission

OASIS Arthritis: Introduction to Meditation

Oasis Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Are you interested in learning meditation skills to help manage pain and stress? This information and practice session will get you started on your wellness path!

Wednesday, May 7th

10:00 am – 11:30 am

Card Room

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

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Climate Café

This month's topic is volcanoes. Volcanoes are dangerous and exciting, as long as you are not close to them. A volcanic eruption in Iceland disrupted air travel. A series of earthquakes has shaken Washington State's most active volcano, Mount Adams, raising concerns among scientists. Light refreshments will be served. This program is made possible with support from the West Vancouver Foundation.

Wednesday, May 14th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Spring Choir Concert

The Silver Harbour Choir presents "It's About Time," a programme focusing on different aspects of time, from seconds, times of day, days, seasons to clocks. It includes old favourites such as "Oh what a Beautiful morning", "Summertime", and "Rock around the Clock", as well as newer songs that quickly became favourites of the choir. Please join them for their final concert of the season.

Tuesday, May 20th

2:00 – 3:15 pm

(includes a 20-minute intermission)

Auditorium

Free of charge

Urinary Health

Presented by Proof of Care Home Services, this workshop will discuss urinary incontinence, how it is treated and how to prevent it; as well as urinary tract infections – the causes, and how to recognize the signs and symptoms.

Wednesday, May 21st

1:00 – 2:00 pm

Card Room

Free of charge, but you must pre-register

Estate Planning: Beyond the Will

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 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Wednesday, May 28th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

Trips and Tours

Please note: we do not provide reminder calls for bus trips. If a trip is cancelled, we will inform you; otherwise you can assume that it is going ahead as planned. We also suggest that you arrive 15 minutes before the scheduled departure time.

Harrison Tulip Festival

With Enjoy Tours

Registration began on

Monday, March 3rd

**SORRY,
FULL**

Tiptoe through designated pathways adorned with 10 million tulips and the new 2.5 acre show garden at the Harrison Tulip Festival. Trip includes lunch at the River's Edge Restaurant, and a stop at Golden Ears Cheesecrafters.

Wednesday, April 16th

8:00 am – 4:30 pm

\$119

Westminster Abbey

With Enjoy Tours

Registration will begin on

Tuesday, April 1st

Westminster Abbey in Mission is a beautiful, peaceful place with magnificent architecture and stunning stained glass. See and hear about the monks unique way of life including the Middy Prayer. This tour includes a morning tour and tasting at Golden Ears Cheesecrafters, lunch at Greek Islands Restaurant, and an afternoon ice cream cone at Birchwood Dairy Farms.

Tuesday, May 13th

8:00 am – 4:45 pm

\$129

Please buy your tickets before May 6th
or the trip may be cancelled.

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Programs & Services

Boutique

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

Mon – Fri

10:00 am – 1:00 pm

Clothes Closet

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

Mon-Fri

10:00 am – 1:00 pm

Legal Advice and Referral Clinic

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

Library

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

Meal Program

Silver Harbour offers delicious low cost meals, entrées, soup, drinks and refreshments. The menu of daily entrees is on page 7 of this newsletter. You are also welcome to have your food packaged to take home. Silver Harbour membership not required. Lunch is served Monday to Friday from 11:30 am to 12:45 pm; snacks and refreshments Monday to Friday, from 10:00 am to 1:00 pm.

Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, March 11th. Registration for all other programs, began on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Keep Fit...

Chair Yoga – Fully Seated

**NOTE: NEW
END TIME**

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 – 1:50 pm

May 7 – June 25

Fitness Room

\$64/8 classes

Chair Yoga – Standing Options

**NOTE: NEW
START TIME**

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 2:00 – 2:50 pm

May 7 – June 25

Fitness Room

\$64/8 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

Have You Made a Plan yet?

If not, give our family a call

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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 1:00 – 2:00 pm

Mar 6 – Apr 24

Fitness Room

\$74/8 classes

Hula for Health **JUST ADDED**

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

Apr 7 – June 30 (no class Apr 21, May 19)

Multipurpose Room

\$30

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 Thu 8:15 – 9:15 am

Mar 6 – Apr 28 (no class Apr 21)

\$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

Apr 9 - June 25

Auditorium

\$66/12 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Apr 9 – June 25

Auditorium

\$66/12 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Apr 4 – June 20 (no class Apr 18)

Auditorium

\$60.50/11 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Apr 4 – June 20 (no class Apr 18)

Auditorium

\$60.50/11 classes

Minds In Motion® **SORRY, FULL**

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

Mar 14 – May 2 (no class Apr 18)

Multipurpose

\$59.50/7 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 Thu 11:30 am – 12:30 pm

Mar 6 – Apr 28 (no class Apr 21)

\$138.75/15 classes

Fitness Room

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

Mar 6 – Apr 28 (no class Apr 21)

\$138.75/15 classes

Fitness Room

\$64.75/7 classes (Mon only)

\$74.25/8 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

\$30/season

Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, March 11th. Registration for all other programs, began on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Qi Gong **NEW!**

You will be introduced to gentle body and mind exercises to help maintain and enhance balance, coordination, cognition, and calmness.

Tue 10:00 – 11:00 am

Multi-Purpose Room

Mar 11 – Apr 29

\$64/8 classes

Intermediate 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

\$30/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

Apr 14 – June 30 (no class Apr 21, May 19)

\$55/10 classes




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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.

4th Monday of the month

2:30 pm

Multipurpose Room

No charge, but you must pre-register

Bridge Lessons (Beginner)

Instruction in Standard American Bridge. It is recommended that participants also buy the book "Bidding In the 21st Century" from the ACBL (American Contract Bridge League) series, available on Amazon.

Fri 9:30 – 11:30 am

Card Room

Apr 4 – May 30 (no class Apr 18)

\$30/8 classes

Duplicate Bridge

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

Card Room

\$4 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**

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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 9 for tech learning happening at Silver Harbour.

Mon & Fri 9:00 am – 12:00 pm

Computer Room

\$30/season

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$5 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

Presented By PARC Retirement Living

We are pleased to offer ElderCollege at Silver Harbour. Programs this spring included:

- Books Unlimited Book Club
- Champions of the Environment
- Geological Rambles
- What's News

Detailed descriptions of these programs are available on page 23.

Intermediate ESL for Seniors

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

Thur 9:30 – 11:30 am

Multipurpose Room

No charge

Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, March 11th. Registration for all other programs, began on Thursday, March 13th.
- **Membership** is \$35/year and is required to register for all programs, except where specified.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Living Well With Memory Loss – Memory Café **NEW!**

Are you a care partner supporting someone with memory loss? Join us for this creative arts program for people with memory challenges and their family/friend caregiver. Explore professionally-led art, music and improvisation activities that bring joy, learning and meaningful social connections with others.

Mon 1:00 – 3:00 pm

April 28 – June 9

\$99/pair

Fitness Room

Meditation

The January to March session has been extended to the end of April. The next session will be in September.

Memory & Aging **SORRY, FULL**

Taught by an occupational therapist, this program is aimed at individuals who are interested in learning about the effect of aging on memory. With a focus on instructor-led discussions, in-class exercises and proven strategies, you'll gain a new understanding of how your memory works and learn some tools that help with memory function. This program is made possible by funding from the New Horizons for Seniors Program of the Government of Canada.

Wed 10:00 am – 12:00 pm

Mar 12 – Apr 9

Multi-Purpose Room

\$15

Men's Club **NEW!**

Gentlemen, you are invited to join the new Silver Harbour Men's Club program. Join Henrik every Monday morning for lively and stimulating conversation. You will have an opportunity to share your ideas, while meeting up with new and old friends. Interested participants can register by calling the front office at 604-980-2474. A LINKS team member will call you with more information. This program is made possible with funding from the BC Ministry of Health through the United Way of BC.

Mon 10:30 am - 12:00 pm

Card Room

\$3 drop-in

Starts March 24

Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, March 11th. Registration for all other programs, began on Thursday, March 13th.
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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



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ElderCollege at Silver Harbour Presented by PARC Retirement Living

Geological Rambles: **JUST ADDED!** Rocking Around the North Shore

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 35 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 outside 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. Locations will include Capilano Dam, Princess Park, Deep Cove and New Brighton Park. Exact locations and directions will be emailed to registrants in late April.

Thu 9:50 am – 12:00 pm

May 8 - 19

\$30

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, and we will have the facilitator contact you. Last meeting April 16

Champions of the Environment

This interesting and informative lecture series hosts a variety of speakers on environmental issues related to the importance of biodiversity and its contribution to our wildlife, rivers, forests and more. However, the loss of biodiversity is occurring at an alarming rate. This course looks at what is happening both locally and internationally to face this challenge. Last lecture April 7th.

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

Jan 16 – Apr 24

Card Room \$30

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 Apr 4

Sewing Room

\$30/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.

Wed 1:00 – 3:00 pm

Starts Apr 2

OR

Thu 1:00 - 3:00 pm

Starts Apr 3

Arts & Crafts Room

\$30/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.

SORRY, FULL
SORRY, FULL

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 Apr 2

Sewing Room

\$30

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Arts Programs (Instructed)

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

Apr 10 – June 12

Sewing Room

\$30

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

Starts Apr 9

Sewing Room

\$30

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

Apr 1 – June 3

Multipurpose Room

No charge

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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.

Apr 7, May 5, June 2, 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

Starts Apr 2

Arts & Crafts Room

\$30/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 11:30 am – 12:20 pm

Apr 7 – June 23 (no class Apr 21, May 19)

Multipurpose Room

\$30

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

Apr 28 – June 23 (no class May 19)

Arts & Crafts Room

\$30

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

Starts Apr 3

Arts & Crafts Room

\$30

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 Apr 1

Sewing Room

\$30

Beginners Ukulele **SORRY, FULL**

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 10:30 – 11:20 am

Apr 7 – June 23 (no class Apr 21, May 19)

Multipurpose Room

\$30

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 9:30 – 10:20 am

Apr 7 – June 23 (no class Apr 21, May 19)

Multipurpose Room

\$30

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

Apr 7, 14, 28

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Advanced – **SORRY, FULL** 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

Apr 10 – May 29

Sewing Room

\$30/8 classes

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 Apr 1

Arts & Crafts Room

\$30/season

Rigid Heddle Weaving

Have you completed our introductory rigid heddle weaving course, or already have experience with this versatile loom? Join our Rigid Heddle Weaving open studio – a non-instructed program designed for weavers to practice, explore techniques, and enjoy the creative process in a supportive environment.

Tue 10:00 am – 12:00 pm

Starts Apr 1

Arts & Crafts Room

\$30/season

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Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
	Yoga				Woodworking
9:30 am	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Int. Ukulele	Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Osteofit For Life	Qi Gong	Meditation	Osteofit For Life	Choir
			Table Tennis	Advanced Watercolour	
			Woodcarving	Stained Glass	
			Memory & Aging	Tea & Talk	
10:15 am			Knit & Crochet		
10:30 am	Beg. Ukulele				
	Men's Club				
11:00 am			Tile Rummy		
11:30 am	Osteofit 1			Osteofit 1	
	Musical Journey				
12:30 pm	Silk Painting				Duplicate Bridge
1:00 pm	Champions of Environment	Cribbage	Chair Yoga – Fully Seated	Bingo	Current Conversations
		Daytime Dance	Circle of Friends	Creative Journey	Open Studio
		Golden Fireflies	Dressmaking	Get Up & Go	Table Tennis
		Quilting Volunteers	Pottery: Open Studio	Pottery: Open Studio	Weaving
1:30 pm			Line Dance – Level 1	What's News	Line Dance – Level 2
2:15 pm			Chair Yoga – Standing Option		
2:30 pm			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.