

THE CENTRE POST



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

January 2026



Happy New Year!

Thank you to

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living

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and our website.

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for helping to fund the
operations of Silver Harbour.



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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, Skwxwú7mesh Úxwumixw (Squamish), səliłwətał (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.

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Our Vision

A Diverse Community that Celebrates Aging

Our Mission

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

Our Values

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

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

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

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

Responsiveness: We welcome new ideas, possibilities and approaches.

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

Staff

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

Board of Directors

Arthur Davies, Director	Brenda Harrison, Director
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Ritch Seeley, Director	Ron Needham, Director
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How Can YOU Support the Move to Our New Building?



We are very excited about our move to our new building around June of 2026! And you may be asking, how can YOU support Silver Harbour as we move to our new building?

One of the biggest new changes for us in moving to our new building is the expense of equipping the building and higher operating costs. The required equipment and furniture will cost over \$1 million and we will also have increased building operating expenses, such as utilities and maintenance. In addition, we want to expand operating hours so we can reduce waitlists, accommodate demand for programs and services, and fulfill our strategic goal of enhancing and expanding our programming. We also want to make sure that we celebrate this milestone and welcome everyone to our new building. Here are some important ways in which you can support our move to our new building:

- **making a substantial donation:** donations in the range of \$15,000 to \$150,000 are recognized with our room naming policy
- **making a donation:** donations of all sizes are incredibly helpful; donations \$1000 and over can be recognized on our donor wall
- **connecting us with others who can make a donation:** if a person or business you know would like to make a substantial donation, please help us connect with them
- **volunteering on our Celebrations Working Group:** volunteer with the group that will plan and implement our celebrations to say goodbye to our current building and hello to our new one
- **volunteering on our Welcoming Working Group:** volunteer with the group that will give tours and provide directions in our new building

Please talk to a Silver Harbour staff member about how YOU can help.







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Silver Harbour Bulletin Board

Closing The Door at 144!

The countdown is on! We will be moving to our new building around June 2026, and are already busy getting ready for this momentous event. The move is bittersweet, because it also involves lots of "lasts" in our current building. We have already had our last Christmas Market, Christmas Lunch and Holly Tea here at 144 East 22nd Street. But we are also excited about holding these events in our new space. If you are interested in helping, you can volunteer on our Celebrations Working Group (the group that will plan and implement our celebrations to say goodbye to our current building and hello to our new one) or our Welcoming Working Group (the group that will give tours and provide directions in our new building).

Holiday Closing

Silver Harbour will be:

- OPEN: Monday, December 22nd and Tuesday, December 23rd
- CLOSED: Wednesday, December 24th to Sunday, December 28th
- OPEN: Monday, December 29th and Tuesday, December 30th
- CLOSED: Wednesday, December 31st to Sunday, January 4th

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: January 12th and 26th, 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.

Used Birthday Cards

Thank you for donating your used cards. We are looking for donations of more used birthday cards in good condition. Please drop them off at the front desk.

Tired of Garbage Day Hassle?

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WE DO THE WORK

“Ice and Snow We Don’t Go” If Schools Are Closed, So Is Silver Harbour

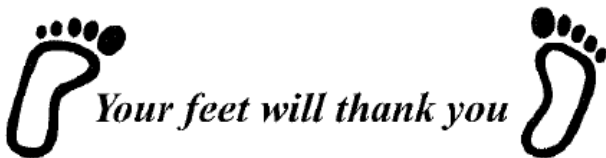
If there is snow falling, or there is snow or ice on the ground, we’ve probably cancelled your program at Silver Harbour. While we try to stay open during bad weather and offer our food services, we frequently cancel programs on these days. If in doubt, please call Silver Harbour at 604-980-2474 before coming to the centre on a snowy or icy day. Remember the great saying – “ice or snow, we don’t go!” and if you hear on the news that schools in North Vancouver are closed, then so is Silver Harbour.



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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.

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 Boutique and Clothes Closet!



Daily Menu for January

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: \$10 Full Meal Combo: \$14		31 New Year's Eve * Silver Harbour CLOSED	1 New Year's Day * Silver Harbour CLOSED	2 Silver Harbour CLOSED
5 Cod Nuggets	6 Chicken a la King	7 Beef Patty	8 Shepherd's Pie	9 Chicken Cordon Bleu
12 Salmon with Tiger Prawns	13 Pork Loin	14 Cottage Pie	15 Bami Goreng	16 Lamb Shank (max 2 per person)
19 Cod Loin with Garlic Prawns	20 Duck Breast	21 Turkey Schnitzel	22 Lasagna Valenciana	23 Barbecue Chicken & Ribs (max 2 per person)
26 Fish & Chips	27 Beef Stew	28 Chicken Breast with Mushrooms	29 Meat Loaf	30 Nasi Goreng

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

January Mat-Cutting Days!

Do you have artwork or photos that need a professional finishing touch? Join us for our Mat-Cutting Days on January 8 and January 29, from 1:00 to 3:00 pm. Bring your pictures and the frames you plan to use—we provide all the mats and will custom-cut them to fit your artwork perfectly.

Affordable pricing makes it easy to upgrade any piece:

- Small (up to 8"×10") – \$8
- Medium (up to 11"×14") – \$10
- Large (up to 16"×20") – \$15
- Extra Large (over 16"×20") – \$20–\$30, depending on size

Choose from a variety of mat colors and let us help make your artwork shine. Walk-ins are welcome—arrive early for the quickest service!

**Thursday, January 8th and
Thursday, January 29th
1:00 – 3:00 pm
Sewing Room**

Climate Café

A series of discussions about our climate and our world covering a variety of topics. This month's topic is "The High Price of Cheap Clothing". If something is too good to be true, we are typically wise enough not to be fooled. So why are we being fooled by clothing ads showing prices that we know are below the cost to manufacture or make ourselves? That cheap price doesn't reflect the environmental damage or the human factor. Join us for a friendly discussion. Light refreshments will be served.

Wednesday, January 14th

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, January 14th

10:15 am

Meet in the Silver Harbour library

Free of charge, but you must pre-register

Learn About E-Trikes

Mobility challenged? This could be the path to freedom you've been dreaming about! Mark Charland will share his story about using the e-trike to increase his mobility, and recover his health.

Tuesday, January 20th

10:00 – 11:00 am

Auditorium

Free of charge, but you must pre-register

Addressing Later Life Sleep Problems

Presented by Rachelle Sunga of Right At Home Canada, this workshop will address how sleep changes as we age, unpack the common causes of disrupted sleep (like pain, medication or health conditions), and explore actionable tips to improve sleep quality in later life. You'll leave with practical strategies to support better rest—for yourself or the older adults you care about.

Wednesday, January 21st

1:00 – 2:00 pm

Card Room

Free of charge, but you must pre-register

Have You Made a Plan yet?

If not, give our family a call



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Sound Advice

Presented by the Canadian Hard of Hearing Association, 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, January 26th

10:00 – 11:30 am

Card Room

Free drop-in

Book Club

The Book Club meets monthly to discuss a pre-selected title. This month's book will be "Indians on Vacation" by Thomas King. Members are responsible for finding their own copy of the book.

Monday, January 26th

2:30 – 3:30 pm

Multi-Purpose Room

No charge

Tax Planning for Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities. Presented by David Perkins of Assante Financial Management.

Tuesday, January 27th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Travel Presentation: Ageless Adventure Tours

Ageless Adventure Tours is a BC family owned and operated Tour Company specializing in escorted tours of Canada, the US, and beyond for over 35 years. Come have a look at what they're offering in 2026.

Monday, February 2nd

1:30 – 2:30 pm

Auditorium

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



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OASIS Arthritis – Hand Arthritis

OASIS Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn management strategies for hands/wrists that are affected by arthritis on topics such as joint protection, exercise and pain management.

Wednesday, February 4th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Medical Assistance in Dying

Presented by a representative from Dying with Dignity Canada, 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.

Monday, February 9th

1:00 – 2:00 pm

Auditorium

Free of charge, but you must pre-register

Climate Café

A series of discussions about our climate and our world covering a variety of topics. This month we will discuss "The Great Pacific Garbage Patch", also known as the Pacific trash vortex, which spans waters from the West Coast of North America to Japan. It has been caused by our over-reliance on plastic, and our willingness to throw things away. Because it is so far from any country's coastline, no nation will take responsibility or provide the funding to clean it up. Join us for a friendly discussion. Light refreshments will be served.

Wednesday, February 11th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register



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Nosebleed Prevention & First Aid

Presented by UBC medical students, this workshop will cover common causes of severe nosebleeds and common conditions that put people at risk; how to prevent severe nosebleeds; and what to do in case of a severe nosebleed.

Wednesday, February 18th

10:00 – 11:00 am

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.

Tuesday, February 24th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register



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Trips and Tours

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. All bus trips leave from Silver Harbour – meet at the front entrance.

**Please note:
there are no bus trips
scheduled for
January 2026.**



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Wildlife Photographer of the Year With Enjoy Tours

Registration begins on Monday, January 5th

The prestigious Wildlife Photographer of the Year exhibition is back at the Royal BC Museum in 2026, with 100 incredible new photos showcasing the best from around the world. Enjoy lunch (included in price) at the Steamship Grill on Victoria's Inner Harbour. Note: there is an additional \$36 ferry fee for those aged 64 years and under.

Wednesday, February 25th

7:00 am – 8:00 pm

\$159 members; \$169 non-members

**Please buy your tickets before February 17th
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 5 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, December 9th. Registration for all other programs, began on Thursday, December 11th.***
- ***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.***

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

Jan 7 – Feb 25

Fitness Room

\$64/8 classes

Participants should bring their own yoga mat.

Chair Yoga – Standing Options

**SORRY,
FULL!**

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

Jan 7 – Feb 25

Fitness Room

\$64/8 classes

Participants should bring their own yoga mat.

Choose To Move

Are you an older adult looking for motivation to become physically active? Join Choose to Move to get support with building the habit of physical activity into your daily life in ways that make sense for you. Please note: this is not a fitness class, it is a social group that will help you set goals and connect with resources and new friends to support those goals.

Tue 10:00 – 11:00 am

Jan 13 – Mar 24

Multi-Purpose Room

Free of charge, but you must pre-register

Daytime Dance

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

Tue 1:00 – 2:30 pm

Auditorium

No charge

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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

Jan 8 – Feb 26

Fitness Room

\$74/8 classes

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

Jan 5 – Feb 26 (no class Feb 16)

\$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

Starts Jan 7

Auditorium

By donation



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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

Jan 7 – Mar 25

Auditorium

\$66/12 classes

**SORRY,
FULL!**

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Jan 7 – Mar 25

Auditorium

\$66/12 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Jan 9 – Mar 27

Auditorium

\$66/12 classes

**SORRY,
FULL!**

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Jan 9 – Mar 27

Auditorium

\$66/12 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

Jan 9 – Feb 20

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

Jan 5 – Feb 26 (no class Feb 16)

\$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

Jan 5 – Feb 26 (no class Feb 16)

\$138.75/15 classes

Fitness Room

\$64.75/7 classes (Mon only)

\$74/8 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



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

Jan 5 – Mar 30 (no class Feb 16)

\$66/12 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. Participants get their own copy of the books.

4th 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

\$4 drop-in

Program Registration Information:

- **Registration** for Arts Programs began on Tuesday, December 9th. Registration for all other programs, began on Thursday, December 11th.
- **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.

Computer Club

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

Mon & Fri 9:00 am – 12:00 pm

Computer Room

\$30/season

Cribbage

Play for prizes.

Tues 1:00 – 3:00 pm

Card Room

\$5 drop-in

ElderCollege

Presented By PARC Retirement Living

We are pleased to offer ElderCollege at Silver Harbour. Programs this winter and spring include:

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

Detailed descriptions of these programs are available on pages 19-20.

Intermediate ESL for Seniors

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

Thu 9:30 – 11:30 am

Starts Jan 8

Multipurpose Room

No charge

Living Well With Memory Loss - Memory Café

Memory Café is a social gathering where care partners can relax, unwind and have fun with their family members with memory loss. It's all about music, art, social connections and joyful engagement.

Mon 1:30 – 3:30 pm

Jan 12 – Mar 23 (no class Feb 16)

Fitness Room

\$99/pair



Meditation

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

Wed 10:00-11:00 am

Jan 14 – Apr 15

Computer Room

\$30/season

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



ElderCollege at Silver Harbour

Presented by PARC Retirement Living

Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. We are always looking to increase our membership numbers. This friendly group loves to talk about fiction and occasionally a non-fiction book. They meet every 3 weeks via Zoom. If you would like more information on Books Unlimited please email info@silverharbourcentre.com, and we will have the facilitator contact you. Participants get their own copy of the books. The booklist for Spring 2026 will be available mid-December. Meeting dates are: January 21, February 11, March 4, March 25 and April 15.

Wed 1:00 – 2:30 pm

\$30

Program Registration Information:

- **Registration** for Arts Programs begins on Tuesday, December 9th. Registration for all other programs, begins on Thursday, December 11th.
- **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.

Champions of the Environment - Peril and Protection of Our Wildlife & Water

This 6-week series deals with the peril that our wildlife and waterways are currently facing, what is currently being done, and what we all can do to protect them. Six unique sessions with educational and engaging speakers will keep us interested and informed. Topics include:

- Glass Sponge Reefs
- Single-Use Plastics
- Wolf Conservation
- Water Always Wins
- Protection of Our Rapidly Disappearing Songbirds
- Slowing The Water, Helping The Salmon

Mon 1:00 – 2:30 pm

Feb 23 – Mar 30

Card Room

\$30

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 15 – Apr 23

Card Room

\$30





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Social Connection Programs – Please Read Carefully

The programs listed below are made possible with funding from the BC Ministry of Health through the United Way of BC. Going forward, participants may only register in one of these programs. Currently all of these programs are full. Please put your name on the waitlist and we will contact you when a space becomes available.

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.

Wed afternoon

\$3 per session

Current Conversations

Join us for a lively Friday afternoon gathering for seniors. The afternoon will include stimulating conversation, new ideas and laughter – a time to share, connect, and make new friends. Please leave your name and number with the front desk and the leader will contact you. Silver Harbour membership not required.

Fri afternoon

\$3 per session

Men's Club

Gentlemen, you are invited to join the new Silver Harbour Men's Club program. Join us 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. Silver Harbour membership not required.

Mon morning

\$3 drop-in

Tea & Talk

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. Silver Harbour membership not required.

Thurs morning

\$3 per session

Arts Programs (Volunteers)

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 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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- Postoperative Care
- Home Parenteral Care
- Central Venous Catheter Care
- Transportation Services

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Program Registration Information:

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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 Jan 9

Sewing Room

\$30/season

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



Pottery – Open Studio

**SORRY,
FULL!**

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.

Thur 1:00-3:00 pm

Starts Jan 8

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.

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 Jan 7

Sewing Room

\$30

Program Registration Information:

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Arts Programs (Instructed)

Choir

Mixed choir entertains at the Centre and for outside groups.

Fri 10:00 am – 12:00 pm

Starts Jan 9

Fitness Room

\$40/season

Clay Sculpture

Perfect for absolute beginners and pottery enthusiasts alike, this hands-on course introduces you to the art of sculpting with clay. Over eight enjoyable weeks, you'll explore fundamental techniques for molding, shaping, and refining clay as you create a series of small, expressive sculptures. With guided instruction and plenty of creative freedom, you'll build confidence, develop new skills, and discover the joy of bringing form to life with your own hands.

Wed 1:00 – 3:00 pm

Jan 7- Feb 25

Arts & Crafts Room

\$30

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

Jan 7 – Mar 11

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

Jan 6 – Mar 10

Multipurpose Room

No charge

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).

2 sessions a month

Jan 5, 26, Feb 9, 23, Mar 9, 23

10:00 am – 12:00 pm

Sewing Room

No charge

Knit & Crochet Circle

**SORRY,
FULL!**

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 10:00 am – 12:00 pm

Starts Jan 7

Arts & Crafts Room

\$30/season

Program Registration Information:

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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.

Thank you to Music Heals Charitable Foundation for helping to fund this program.

Mon 11:30 – 12:20 am

Jan 5 – Mar 9 (no class Feb 16)

Multipurpose Room

\$30



Rigid Heddle Weaving Program – Part 2

This follow-up course is designed for students who have completed Rigid Heddle Weaving Part 1 and are eager to deepen their skills. Over the session, you'll gain more hands-on practice, explore new techniques, and build confidence working with your rigid heddle loom.

Tues 1:00 – 3:00 pm

Starts Jan 6

Computer Room

\$30

Silk Painting **SORRY, FULL!**

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

Jan 19 – Mar 16

Arts & Crafts Room

\$30

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

Jan 8 – Mar 12

Arts & Crafts Room

\$30

Tapestry **SORRY, FULL!**

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 Jan 6

Sewing Room

\$30

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.

Thank you to Music Heals Charitable Foundation for helping to fund this program. Ukuleles are not provided, participants must bring their own ukulele, binder and music stand.

Mon 10:30 – 11:20 am

Jan 5 – Mar 9

Multipurpose Room

\$30

Ukulele Practice Hour **SORRY, FULL!**

Calling all ukulele enthusiasts! Join us Monday mornings for a relaxed one-hour practice session with fellow players. This program is now instructed. This program is open to participants who have previously registered in our Ukulele classes and have some playing experience. Bring your ukulele, fine-tune your skills and enjoy making music together in a supportive environment. Thank you to Music Heals Charitable Foundation for helping to fund this program.

Mon 9:30 – 10:30 am

Jan 5 – Mar 9

Multi-purpose Room

\$30

Watercolour Painting with Erica

Discover the art of watercolour painting with our 3-part workshop series. Over 6 hours of instruction, you'll build a foundation in watercolour techniques and create your own artworks.

Mon 1:00 – 3:00 pm

Jan 12 – 26

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Advanced Watercolour Painting with Nazanin **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 9:45 – 11:45 am

Jan 8 – Feb 12

Sewing Room

\$45/6 classes

**NOTE:
NEW TIME!**

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 Jan 6

Arts & Crafts Room

\$30/season

Silver Harbour Winter Program Schedule

MONDAY Jointmoves Yoga Computer Club Snooker Craft Volunteers Ukulele Practice Osteofit For Life Men's Club Beginner Ukulele Osteofit 1 Musical Journey Silk Painting Watercolour with Erica Memory Cafe	8:15 – 9:15 am 9:00 – 10:00 am 9:00 am – 12:00 pm 9:00 am – 4:00 pm 9:30 am – 12:00 pm 9:30 – 10:30 am 10:00 – 11:00 am 10:30 am – 12:00 pm 10:30 – 11:20 am 11:30 am – 12:30 pm 11:30 am – 12:20 pm 12:30 – 2:30 pm 1:00 – 3:00 pm 1:30 – 3:30 pm
TUESDAY Snooker Woodworking Tapestry Weaving Choose To Move Golden Fireflies Daytime Dance Cribbage Quilting Volunteers Rigid Heddle Weaving 2	9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 am – 3:00 pm 9:30 am – 3:30 pm 10:00 – 11:00 am 1:00 – 3:00 pm 1:00 – 2:30 pm 1:00 – 3:00 pm 1:00 – 3:00 pm 1:00 – 3:00 pm 1:00 – 3:00 pm
WEDNESDAY Snooker Woodworking Keep Well Table Tennis Woodcarving Knit & Crochet Circle Meditation Tile Rummy Chair Yoga – Fully Seated Circle of Friends Dressmaking Clay Sculpture	9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 – 10:30 am 10:00 am – 12:00 pm 10:00 am – 12:00 pm 10:00 am – 12:00 pm 10:00 – 11:00 am 11:00 am – 12:00 pm 1:00 – 2:00 pm 1:00 – 2:30 pm 1:00 – 3:00 pm 1:00 – 3:00 pm
WEDNESDAY (CONTINUED) Line Dance – Level 1 Chair Yoga – Standing Opt Line Dance – Level 2	1:30 – 2:30 pm 2:15 – 3:15 pm 2:30 – 3:30 pm
THURSDAY Jointmoves Snooker Woodworking Intermediate ESL Advanced Watercolour Osteofit For Life Tea & Talk Stained Glass Osteofit 1 Bingo Get Up & Go Pottery What's News	8:15 – 9:15 am 9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 – 11:30 am 9:45 – 11:45 am 10:00 – 11:00 am 10:00 – 11:30 am 10:00 am – 12:00 pm 11:30 am – 12:30 pm 1:00 – 3:30 pm 1:00 – 2:00 pm 1:00 – 3:00 pm 1:30 – 3:00 pm
FRIDAY Computer Club Snooker Woodworking Craft Volunteers Keep Well Minds In Motion Choir Duplicate Bridge Current Conversations Open Studio Table Tennis Weaving Line Dance – Level 2 Line Dance – Level 3	9:00 am – 12:00 pm 9:00 am – 4:00 pm 9:00 am – 12:00 pm 9:30 am – 12:00 pm 9:30 – 10:30 am 9:45 – 11:15 am 10:00 am – 12:00 pm 12:30 – 4:00 pm 1:00 – 2:30 pm 1:00 – 3:00 pm 1:00 – 3:00 pm 1:00 – 3:00 pm 1:30 – 2:30 pm 2:30 – 3:30 pm

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