

# THE CENTRE POST



Silver Harbour Seniors' Activity Centre  
144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com) tel: 604-980-2474

## February 2026



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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 22<sup>nd</sup> Street  
North Vancouver, BC  
V7L 4L5

Tel: 604-980-2474

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

[info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)



[SilverHarbourSeniorsActivityCentre](#)



[SilverHarbourC](#)



[SilverHarbourC](#)

## Centre Opening Hours

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

## Our Code of Conduct

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

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

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

**Silver Harbour gratefully operates on the traditional and unceded territory of the, Słwłxwú7mesh Úxwumixw (Squamish), səlılwətał (Tseil-Waututh) and x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam) Nations.**

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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, Director
Leanne Roy, Vice-President	Naseem Amarshi, Director
Margaret Coates, Secretary	Richard Gauntlett, President
Ritch Seeley, Director	Ron Needham, Director
Shideh Shadfar, Director	Virginia Baldwin, Director

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## How Can YOU Support the Move to Our New Building?

The countdown is on for our move to our new building, happening around June or July of this year. This is a huge milestone for us and everyone who engages with Silver Harbour will be a part of it. If you would like to help, read on to hear about how YOU can support the 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; you can also volunteer to assist staff with raising these important donations
- **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.



# Silver Harbour Bulletin Board

## Closing The Door at 144!

The countdown to our new building continues! We will be closing the door here at 144 East 22<sup>nd</sup> Street so if you are interested in helping with this exciting transition, 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). Please leave your name and number at the front desk, and we will contact you about our first planning meeting later this month.

## Thank You!

Silver Harbour staff would like to say a (delayed) thank you to everyone who gave us Christmas cards and treats. We really appreciated your warm wishes!

## Holiday Closing

Silver Harbour will be closed on Monday, February 16<sup>th</sup> for the Family Day holiday, re-opening at 9:00 am on Tuesday, February 17<sup>th</sup>.

## Musical Monday

We are excited to have musicians coming to play on some Mondays during lunch service: the next one is February 23<sup>rd</sup>, 11:45 am to 12:30 pm.



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## Spring Program Registration

Registration for Spring Arts programs (beginning in April) will begin on Tuesday, March 10<sup>th</sup>; registration for all other programs will begin on Thursday, March 12<sup>th</sup>.

## “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.



## Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$40,000 or less per person and \$55,000 or less per couple, and interest income of \$1,200 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.

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## In the Community

### Ready Together: Emergency Preparedness, Insurance and Fire Safety

North Shore Emergency Management, in collaboration with the Insurance Bureau of Canada and the North Vancouver City Fire Department, we are offering a public education session on: **Wednesday, February 18, 2026 | 6–7:30 pm | [Online \(MS Teams\)](#)**

This presentation will cover the role of insurance, core fire safety principles, and personal emergency preparedness.

- Residents may join using the [registration link](#), or
- Email [nsem@nsem.ca](mailto:nsem@nsem.ca) with their name and email address to receive a meeting invitation (requests must be received at least 24 hours in advance).

### Connecting Families Initiative – Low Cost Home Internet

If you are receiving the Guaranteed Income Supplement, you could be eligible for low-cost home internet through the Connecting Families Initiative. If you are eligible you will receive a letter from the Government of Canada, inviting you to participate. Learn more at [www.Canada.ca/connecting-families](http://www.Canada.ca/connecting-families).

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## Daily Menu for February

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Salmon with Prawns	<b>3</b> Chicken a la King	<b>4</b> Cabbage Rolls & Meatballs	<b>5</b> Nasi Goreng (prawn & chicken)	<b>6</b> Lamb Shank (max 2 per person)
<b>9</b> Cod Loin with Prawns	<b>10</b> Duck Breast	<b>11</b> Shepherd's Pie	<b>12</b> Lasagna	<b>13</b> Chicken Breast Valenciana
<b>16</b> Family Day * Silver Harbour CLOSED	<b>17</b> Beef Stew	<b>18</b> Chicken Cordon Bleu	<b>19</b> Roast Pork Loin	<b>20</b> BBQ Ribs & Chicken (max 2 per person)
<b>23</b> Fish & Chips	<b>24</b> Turkey Schnitzel	<b>25</b> Beef Patty	<b>26</b> Bami Goreng (prawn & chicken)	<b>27</b> Cottage Pie
<p><b>Entrée: \$10</b>  <b>Full Meal Combo: \$14</b>  <b>Soup: \$3 Sandwich: \$5</b></p>				

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

### **Food Services Available Monday through Friday**

**Drinks & Refreshments 10:00 am – 1:00 pm**

**Hot Full Course Lunch 11:30 am – 12:45 pm**

## Workshops & Special Events

### 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 2<sup>nd</sup>**

**1:30 – 2:30 pm**

**Auditorium**

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

### 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 4<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

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### 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 9<sup>th</sup>**

**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 11<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Newcomers Tea and Tour

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

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

**10:15 am**

**Meet in the Silver Harbour library**

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

## 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 18<sup>th</sup>**

**10:00 – 11:00 am**

**Card Room**

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



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## Basic Sewing Workshop – Tote Bags

This 2-day sewing workshop will guide you through making your own tote bag from start to finish. Learn basic sewing skills while creating a practical, handmade piece to take home. All materials are provided, and you're welcome to bring your own fabric if you'd like. No prior sewing experience needed. Silver Harbour Membership required.

**2 Thursdays, Feb 19<sup>th</sup> & 26<sup>th</sup>**  
**1:00 – 3:00 pm**  
**Sewing Room**  
**\$20**

## 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, February 23<sup>rd</sup>**  
**10:00 – 11:30 am**  
**Card Room**  
**Free drop-in**

## Book Club

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

**Monday, February 23<sup>rd</sup>**  
**2:30 – 3:30 pm**  
**Multi-Purpose Room**  
**No charge**

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## 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 24<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Lunch & Learn:

### Brain Health & Falls Prevention

**Registration begins on Mon, Feb 2<sup>nd</sup> at 9 am**

Deb Chmelauskas of Better Brains will talk about what you can do to keep your brain healthy, and Erwin Keterer of My Home Rehab will talk about falls prevention. 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, February 25<sup>th</sup>**

**11:00 am – 12:00 pm**

**Card Room**

**Followed by lunch in the Auditorium  
Free of charge, but you must pre-register**



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## Oasis Arthritis: Supplements & Arthritis

OASIS Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. This class focuses on vitamins, minerals, herbs, probiotics, prebiotics, and "natural supplements" for arthritis. Learn about the safety, quality and dosages of supplements, how they interact with medications and side effects.

**Wednesday, March 4<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

**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 "water unfit to drink". Imagine that the water coming out of your tap is not safe to drink. You probably could not brush you're your teeth with it either, or wash your fruits and vegetables. Could you live like this? Unfortunately this happens in many places in the world, including right here in Canada. Join us for a friendly discussion. Light refreshments will be served.

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

**10:00 – 11:30 am**

**Card Room**

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



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## Craft Supplies Sale

Over the years we have received many generous donations of craft supplies. Since we will soon be moving, it is time to downsize our inventory. Come and shop for fabric, yarn, knitting needles, paint and many more arts and crafts supplies – all at bargain prices!

**Saturday, March 14<sup>th</sup>**

**11:00 am – 2:00 pm**

**Auditorium**

## 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.

**Tuesday, March 17<sup>th</sup>**

**10:00 – 11:30 am**

**Card Room**

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

## Tech Connect: The State of AI

There have been many advances in artificial intelligence since its public release in 2022. Keeping up can be difficult. If you'd like to get caught up on the current state of AI please join us. This introductory class will provide a brief history of AI, review some of the most common platforms and applications, and give you some tips for using AI safely. This class is a lecture with some demonstrations; we will not be doing any hands-on activities.

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

**10:00 – 11:30 am**

**Card Room**

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

## Total Toe Care

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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.

### Wildlife Photographer of the Year With Enjoy Tours

**Registration began on Monday, January 5<sup>th</sup>**

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 25<sup>th</sup>**

**7:00 am – 8:00 pm**

**\$159 members; \$169 non-members**

**Please buy your tickets before February 17<sup>th</sup>  
or the trip may be cancelled.**

### A Day In Victoria With Enjoy Tours

**Registration begins on Monday, February 2<sup>nd</sup>**

Escape to Victoria for a day of charm! Wander through Cook Street Village's shops and cafes. Take time to explore historic Government Street, the Inner Harbour and many restaurants. Note: there is an additional \$36 ferry fee for those aged 64 years and under.

**Tuesday, March 10<sup>th</sup>**

**7:05 am – 7:45 pm**

**\$99 members; \$109 non-members**

**Please buy your tickets before March 3<sup>rd</sup>  
or the trip may be cancelled.**



## Programs & Workshops (February and March sessions)

Our program sessions specifically scheduled for February-March are detailed here. For a full listing of our programs, please see the last page of this newsletter or visit us online at [www.silverharbourcentre.com](http://www.silverharbourcentre.com).

### Basic Sewing Workshop – Tote Bags

#### *Silver Harbour Membership Required*

This 2-day sewing workshop will guide you through making your own tote bag from start to finish. Learn basic sewing skills while creating a practical, handmade piece to take home. All materials are provided, and you're welcome to bring your own fabric if you'd like. No prior sewing experience needed.

Thurs 1:00 – 3:00 pm

Feb 19-26

Sewing Room

\$20



### Chair Yoga

#### *Silver Harbour Membership Required*

In this 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. Participants should bring their own yoga mat.

Wed 1:00 – 2:00 pm

#### **OR**

Wed 2:15 – 3:15 pm

Mar 4 – Apr 29 (no class Apr 1)

Fitness Room

\$64/8 classes

**Please note: Both Chair Yoga classes will now have standing options; participants can decide if they wish to remain seated.**

## 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 page 17.

## Illustrated Journaling **JUST ADDED!** in Ink, Pen & Watercolour

### *Silver Harbour Membership Required*

Relax, slow down, and rediscover the joy of making art in this gentle 5-week course designed for beginners and experienced artists. Using ink and watercolour in a personal sketchbook, you'll learn simple techniques to capture everyday moments, nature, and meaningful objects. With step-by-step guidance in a warm, supportive environment, you'll build confidence, explore colour and composition and create an illustrated journal focused on enjoyment and self-expression – not perfection.

Thurs 10:00 am – 12:00 pm

Feb 19 – Mar 19

Sewing Room

\$35

(Supplies not included, supply list available at the front desk)

## Minds In Motion®

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Silver Harbour membership not required.

Fri 9:45 – 11:15 am

Mar 6 – Apr 24 (no class Apr 3)

Multipurpose

\$59.50/7 classes

(Rate is for one person and their care partner)

## Have You Made a Plan yet?

If not, give our family a call



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## Our Family Serving Yours For Over 70 Years

## Musical Journey

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### *Silver Harbour Membership Required*

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





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## ElderCollege at Silver Harbour

### Presented by PARC Retirement Living

Do you have a suggestion for an ElderCollege program? Please contact [holly@silverharbourcentre.com](mailto:holly@silverharbourcentre.com) for information about the ElderCollege Program Planning Committee.

### Books Unlimited Book Club (on Zoom)

#### ***Silver Harbour Membership Required***

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](mailto:info@silverharbourcentre.com), and we will have the facilitator contact you. Participants get their own copy of the books. Meeting dates are: January 21, February 11, March 4, March 25 and April 15.

Wed 1:00 – 2:30 pm  
\$30

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

#### ***Silver Harbour Membership Required***

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 Songbird; and Slowing The Water, Helping The Salmon

Mon 1:00 – 2:30 pm  
Feb 23 – Mar 30  
Card Room  
\$30

### What's News?

#### ***Silver Harbour Membership Required***

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

## Silver Harbour Winter Program Schedule

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

***If you have any questions about programs or would just like to connect  
please give us a call at 604-980-2474 or  
email us at [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com)***