

THE CENTRE POST



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

March 2026

SILVER HARBOUR CENTRE
**Craft
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11 AM - 2 PM
SATURDAY
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NORTH VANCOUVER
www.silverharbourcentre.com

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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,
Sḵw̓x̓wú7mesh Úxwumixw (Squamish),
səlilwətał (Tsleil-Waututh) and
xʷməθkʷəy̓əm (Musqueam) Nations.**

In this Issue...

Silver Harbour Bulletin Board..... pp.2-3
In the Community..... p.5
Daily Menu..... p.6

Workshops & Special Events..... pp.7-11
Trips & Tours..... p.12
Programs & Workshops..... pp.13-27
Program Schedule..... p.28

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
Shideh Shadfar, Director	Virginia Baldwin, Director

Silver Harbour Bulletin Board

Going Live At 2325!

We are a little bit closer to moving into our new building at 2325 St Georges Ave, around July 2026. By the time you read this, staff will have had our first tour (in hardhats and steel toed boots!) of the new Silver Harbour. This is a great opportunity to properly visualize the different program spaces, and start planning the “where” and “how”.

Registration Manners

All programs can only be open to a limited number of participants (depending on the size of the room, and the subject being taught). Some programs fill very quickly, and you may not get a place when you phone or come in to register. Although this can be disappointing, rudeness to staff will not be tolerated.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: join us on March 9th and March 23rd, 11:45 am to 12:30 pm.

Registration Survey

We will soon be switching to a new program registration system which will allow on-line registration, as well as continuing with in-person and phone registration. During spring registration, please let us know how you will be registering in the future.

Spring Program Registration

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

Program Registration Limits

Please note: You may register yourself and just one other person in a program.

Spring Forward!

Daylight Savings Time is coming. Remember to put your clocks forward on Sunday, March 8th.



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Thank You Mary!

We wish to extend a heartfelt “thank you” to Mary, who taught the Osteofit and Jointmoves classes here at Silver Harbour for over 20 years.

A Home for Lost Water Bottles

Our lost water bottle collection is growing! If you have lost a water bottle, please check the stash in the hallway outside the front desk. Unclaimed water bottles will be donated to the thrift shop.

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.

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

Fraud Prevention Tips From The RCMP

1. Verify Before You Trust

If someone calls, emails, or messages you asking for money or information, verify first. Contact your bank, police or a trusted family member.

2. Never Share Personal or Banking info.

Never give your SIN, PIN or online passwords over the phone or email – even if the caller sounds official.

3. Hang Up On Pressure Calls

Scammers create urgency – they may say you owe money or your account is locked. Take your time and hang up.

4. Knowing the Warning Signs

Be cautious if someone:

- Asks you to buy gift cards
- Requests e-transfer or Bitcoin
- Tells you to keep it secret

If you suspect a scam, contact

- North Vancouver RCMP
(non-emergency): 604-985-1311
- Canadian Anti-Fraud Centre:
1-888-495-8501





SILVER HARBOUR CENTRE

Craft Supplies Sale

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11 AM - 2 PM
SATURDAY**

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NORTH VANCOUVER**

www.silverharbourcentre.com

In the Community

The Fine Art of Aging

You're invited to "The Fine Art of Aging", a free half-day physician-led event on aging well and aging in place. Presented by the North Shore Primary Care Network, it will take place on Friday, March 20th, from 8:30 am to 12:30 pm at Delbrook Community Recreation Centre. Advance registration is required, by phone at 778-945-3017, or online at www.nspcn.ca/faoa.

Free Technology Training

Lionsview Seniors Planning is once again offering free tech support for older adults in a small group setting. Participants will receive semi-private, personalized support from a friendly and experienced technology professional. Each session includes one-on-one help and time to practice. Pre-registration is required. Sessions will take place in the Silver Harbour Computer Room, Monday afternoons (March 23 to May 11) from 1:00 to 2:00 pm, or 2:15 to 3:15 pm. You can register by phone at 604-988-7115, ext. 4001, or by email at lindsay@lionsviewseniorsplanning.com.



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Daily Menu for March

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cod Nuggets	3 Coconut Curry Chicken	4 Transylvanian Meatballs	5 Nasi Goreng	6 Lamb Shank
9 Salmon with Tiger Prawns	10 Jambalaya	11 Shepherd's Pie	12 Chicken with Mushrooms	13 Pork Loin
16 Fish & Chips	17 Chicken Paprikash	18 Turkey Schnitzel	19 Cottage Pie	20 BBQ Ribs & Chicken
23 Cod Loin with Tiger Prawns	24 Beef Stew	25 Chicken Cordon Bleu	26 Lasagna	27 Duck Breast
30 Pork Stew	31 Bami Goreng	Entrée: \$10 Full Meal Combo: \$14 Soup: \$3 Sandwich: \$5		

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: 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 4th

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 11th

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, March 11th

10:15 am

Meet in the Silver Harbour library

Free of charge, but you must pre-register

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New Building Info Session

**JUST
ADDED!**

Silver Harbour is moving into our new building around July 2026. Come to this information session to hear about the various features of our new building, how we will furnish and equip it, the timeline for our move and programs, and much more. We will also have a presentation by PhD candidate, Becky White, about the mental and emotional process of this big change for Silver Harbour. This is a great opportunity to learn more and have your questions answered about our new building and move.

Thursday, March 12th
10:00 – 11:30 am
Fitness Room

Craft Supplies & Puzzles Sale

Shop sewing, knitting, crochet, quilting, yarn, fabrics, painting materials, jewellery making, beading, mixed media, woodworking tools, puzzles, books, magazines, baskets, and storage solutions—plus plenty of unique finds. Perfect for beginners, experienced crafters, students, and seniors alike – all at bargain prices! This is also your chance to stock up on second hand puzzles – ranging from 275 to 3000 pieces.

Saturday, March 14th
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 17th
10:00 – 11:30 am
Card Room
Free of charge, but you must pre-register

Daytime Dance – Special St. Patrick's Day Edition

Wear something green, and come and dance (or just listen) to a special playlist of Irish music. Everyone welcome.

Tuesday, March 17th
1:00 – 2:30 pm
No charge, drop-in

Have You Made
a Plan yet?

If not, give our family a call

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Tech Connect: **SORRY, FULL** 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 24th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Lunch & Learn:

Benefits of Volunteering

Registration begins on Mon, Mar 2nd at 9 am

Ian Johnston and Stan van Woerkens of Rotary Lionsgate will discuss the health and wellness benefits of volunteering in the community. 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, March 25th

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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Collage Journal Workshop

Silver Harbour Membership Required

Join us for a hands-on creative session where we'll transform small journals into one-of-a-kind works of art using primarily collage techniques. Explore layering, texture, found imagery, paper play, and mixed media embellishments to create richly detailed covers and pages. Journals will be provided. Please bring any relevant pictures, stickers, personal photos, magazine clippings, quotes, or other paper ephemera you'd like to incorporate into your design. All skill levels welcome — come ready to create and leave with a beautifully personalized journal full of character and charm.

Thursday, March 26th

1:00 – 3:00 pm

Sewing Room

\$15

Book Club

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

Monday, March 30th

2:30 – 3:30 pm

Multi-Purpose Room

No charge

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, March 30th

10:00 – 11:30 am

Card Room

Free drop-in

Monday, April 27th

10:00 – 11:30 am

Card Room

Free drop-in

**The April session will include
an informal celebration of life
for Hugh Hetherington**

OASIS Arthritis – Spine Arthritis

OASIS Arthritis is Vancouver Coastal Health's integrative osteoarthritis program. Learn management strategies for the spine including protection, exercise and pain management.

Wednesday, April 1st

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 “can we prevent wildfires?”. British Columbia has a wide diversity of ecosystems – grassland, brush and forest. Some ecosystems depend on fire for renewal. Farms may use burning to clear land for planting, or to control pests, disease and weeds. With so much biodiversity, can we actually prevent wildfires? Or even control them?

Wednesday, April 8th

10:00 – 11:30 am

Card Room

Free of charge, but you must pre-register

Tech Connect: AI For Everyday Life

Join us for this beginner-friendly class, where we'll explore simple ways AI can make daily life easier, from planning meals and creating shopping lists, to writing trip plans and organizing household tasks. If you'd like, bring your own device with access to the Internet to follow along and test out AI with hands-on activities.

Wednesday, April 15th

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Seniors One Stop Information

A representative from North Shore Community Resources “Seniors One Stop Navigation Centre” invites you to join them for this information session. They will provide information on ways to remain independent, and access relevant and appropriate community resources as we age. Bring your questions.

Tuesday, April 21st

10:00 – 11:00 am

Card Room

Free of charge, but you must pre-register

Spring Choir Concert

It's the Silver Harbour choir's last concert in this building! The Silver Harbour Choir presents “*Let the Music Sing!*”, a programme of songs about the value of including music, particularly singing, in our lives. The concert includes old favourites such as “*The Sound of Music*”, and “*Sing a Rainbow*” as well as newer songs that quickly became favourites of the choir. Please join them for their final concert of the season.

Monday, April 27th

2:00 – 3:15 pm

(includes a 20-minute intermission)

Auditorium

Free of charge

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.

A Day In Victoria With Enjoy Tours

Registration began on Monday, February 2nd

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 10th

7:05 am – 7:45 pm

\$99 members; \$109 non-members

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



Sooke Potholes With Enjoy Tours

Registration begins on Monday, March 2nd

We'll take the ferry to Victoria, then drive to Sooke, where local guide Drea will share her knowledge of unique rock formations created by glaciers 15,000 years ago. See striking geological features on scenic trails to amazing viewpoints – Mother Nature at its best! Trip includes a 2-hour guided tour of Sooke Potholes Provincial Park, lunch at the 17 Mile House Pub, and all ferry fees. Note: there is an additional ferry fee for those aged 64 years and under. This trip includes plenty of walking; may not be suitable for those using a walker.

Thursday, April 23rd

7:00 am – 7:45 pm

\$149 members; \$159 non-members

**Please buy your tickets before April 16th
or the trip may be cancelled.**

Programs & Services

Boutique

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

Mon – Fri

10:00 am – 1:00 pm

Clothes Closet

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

Mon-Fri 10:00 am – 1:00 pm

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 will begin on Tuesday, March 10th. Registration for all other programs, will begin on Thursday, March 12th.***
- ***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

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 ***THIS SESSION FULL***

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.

Daytime Dance

Join us on Tuesday afternoons and dance to everything from Ballroom to Rock! Silver Harbour membership not required.

Tue 1:00 – 2:30 pm

Auditorium

No charge

Keep Well

Exercise to music. Silver Harbour membership not required.

Wed and/or Fri 9:30 – 10:30 am

Auditorium

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Line Dance

Silver Harbour Membership Required

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 1 – June 24

Auditorium

\$71.50/13 classes

Line Dance – Level 2 (Wed)

Wed 2:30 – 3:30 pm

Apr 1 – June 24

Auditorium

\$71.50/13 classes

Line Dance – Level 2 (Fri)

Fri 1:30 – 2:30 pm

Apr 10 – June 26 (no class Apr 24)

Auditorium

\$60.50/11 classes

Line Dance – Level 3 (Fri)

Fri 2:30 – 3:30 pm

Apr 10 – June 26 (no class Apr 24)

Auditorium

\$60.50/11 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

Mar 6 – Apr 24 (no class Apr 3)

Multipurpose

\$59.50/7 classes

(Rate is for one person and their care partner)

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

Snooker

Silver Harbour Membership Required

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

Silver Harbour Membership Required

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

Silver Harbour Membership Required

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 13 – June 1 (no class May 18)

\$38.50/7 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

Silver Harbour Membership Required

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

Silver Harbour Membership Required

Play for prizes. Partners required.

Fri 12:30 - 4:00 pm

Card Room

\$4 drop-in

Computer Club

Silver Harbour Membership Required

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

Silver Harbour Membership Required

Play for prizes. New players welcome. Please arrive a few minutes early, play begins promptly at 1 pm.

Tues 1:00 – 3:00 pm

Card Room

\$5 drop-in

ElderCollege

Presented By PARC Retirement Living

Silver Harbour Membership Required

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

- Books Unlimited Book Club (1 space left)
- Champions of the Environment (full)
- What's News (3 spaces left)

Do you have a suggestion for an ElderCollege program? Please contact holly@silverharbourcentre.com for information about the ElderCollege Program Planning Committee.

Intermediate ESL for Seniors

**SORRY,
FULL**

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

Thu 9:30 – 11:30 am

Multipurpose Room

No charge

Meditation

Silver Harbour Membership Required

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

Wed 10:00-11:00 am

Apr 22 – June 24

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

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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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Arts Programs (Studio)

Open Studio

Silver Harbour Membership Required

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 10

Sewing Room

\$30/season

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

Pottery – Open Studio

Silver Harbour Membership Required

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 Apr 2

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

Silver Harbour Membership Required

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 1

Sewing Room

\$30

Program Registration Information:

- **Registration** for Arts Programs will begin on Tuesday, March 10th. Registration for all other programs, will begin on Thursday, March 12th.
- **Membership** is \$35/year and is required to register for all programs, except where specified. Please buy or renew your membership before the first day of registration.
- There is some **financial assistance** available for low income seniors who find it difficult to pay for Silver Harbour programs and/or membership. Please inquire at front desk.

Arts Programs (Instructed)

Basket Weaving

Silver Harbour Membership Required

Embark on a captivating journey into the world of basket making. Over the span of four weeks, participants will immerse themselves in the art of basket weaving, learning fundamental techniques and exploring a diverse array of materials and styles. Whether you're a novice or looking to enhance your existing skills, this course provides a warm and inclusive environment, suitable for all levels of experience. Please bring small garden snips or multi-purpose scissors, towel, spray bottle, a small packing tool or very small screwdriver with a flat blade. Reed to make one basket will be provided.

Level 1

Fri 10:00 am – 12:00 pm

Apr 10 – May 1

Sewing Room

\$35

Supplies provided (bring tools)

Level 2

Fri 10:00 am – 12:00 pm

May 22 – June 12

Sewing Room

\$35

Supplies provided (bring tools)

Chinese Brush Painting with Pamela

Silver Harbour Membership Required

Explore the beauty and philosophy of traditional Chinese brush painting in this 6-week class with Pamela. Participants will learn the fundamentals of brushwork, composition, and ink techniques, while creating still life, florals, expressive black-and-white studies, and traditional landscapes. This course blends technical skill with the mindful spirit of Chinese painting. All supplies are provided.

Thurs 10:00 am – 12:00 pm

Apr 23 – May 28

\$50

Clay Sculpture with Goli

Silver Harbour Membership Required

Discover the art of three-dimensional expression in this hands-on clay sculpture class. Over 5 weeks, participants will explore form, texture and structure, while learning foundational sculpting techniques. Through guided projects and creative experimentation, students will bring their ideas to life in clay. Clay included in cost of registration.

Wed 1:00-3:00 pm

Apr 1 - 29

Arts & Crafts Room

\$40

Collage Journal Workshop

Silver Harbour Membership Required

Join us for a hands-on creative session where we'll transform small journals into one-of-a-kind works of art using primarily collage techniques. Explore layering, texture, found imagery, paper play, and mixed media embellishments to create richly detailed covers and pages. Journals will be provided.

Please bring any relevant pictures, stickers, personal photos, magazine clippings, quotes, or other paper ephemera you'd like to incorporate into your design. All skill levels welcome — come ready to create and leave with a beautifully personalized journal full of character and charm.

Thu, Mar 26

1:00 – 3:00 pm

Sewing Room

\$15

Dressmaking

Silver Harbour Membership Required

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

Apr 1 – June 3

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 7 – June 17

Multipurpose Room

No charge

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Juicy Wordplay

Silver Harbour Membership Required

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

Apr 13, 27, May 11, 25, June 8, 22

10:00 am – 12:00 pm

Sewing Room

No charge

Knit & Crochet Circle

Silver Harbour Membership Required

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

Apr 1 – June 3

Arts & Crafts Room

\$30/season

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Musical Journey

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

Apr 13 – Jun 22 (no class May 18)

Fitness Room

\$30

Rigid Heddle Weaving Program – Part 2

Silver Harbour Membership Required

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 Apr 7

Arts & Craft Room

\$30

Silk Painting

Silver Harbour Membership Required

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 20 – June 15

Arts & Crafts Room

\$30

Stained Glass

Silver Harbour Membership Required

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

Apr 2 – June 4

Arts & Crafts Room

\$30

Tapestry

Silver Harbour Membership Required

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 7

Sewing Room

\$30

Beginners Ukulele

Silver Harbour Membership Required

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

Apr 13 – Jun 22 (no class May 18)

Fitness Room

\$30



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Intermediate Ukulele

Silver Harbour Membership Required

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

Mon 9:30 – 10:30 am

Apr 13 – Jun 22 (no class May 18)

Fitness Room

\$30

Watercolour Painting with Erica

Silver Harbour Membership Required

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

Apr 2 - 16

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Weaving – Loom

Silver Harbour Membership Required

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 7

Arts & Crafts Room

\$30/season

**CURRENTLY
WAITLISTING**

Program Registration Information:

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Silver Harbour Spring Program Schedule

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