

THE CENTRE POST



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

April 2026



Thank you to all our Silver Harbour volunteers!

Thank you to



official sponsor of the Centre Post
and our website.

Thank you to the



and



for helping to fund the
operations of Silver Harbour.



Now Is The Perfect Time for Seniors to Rent

With the cost of homeownership continuing to rise in B.C., renting in an independent seniors' community may be the best choice for your stage of life. Here are six signs it might be the right time to make the move:

1. Home maintenance feels overwhelming.

Yard care, repairs, and upkeep are tougher than they used to be.

2. You want more quality time with family and friends.

Less time spent managing a home means more time spent doing the things you love.

3. Getting around isn't as easy as before.

Live in a centrally-located community that offers complimentary transportation.

4. You're spending more time alone.

A vibrant community brings connection, social events, and a sense of belonging.

5. You're concerned about safety at home.

Secure buildings and 24/7 staff can offer real peace of mind.

6. You'd like more financial flexibility.

Unlocking your home equity can give you the freedom to enjoy life.

Learn more about renting at PARC, the Lower Mainland's best active living community for aging adults: parcliving.ca

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retirement
living

Summerhill: 604.980.6525

Cedar Springs: 604.986.3633

Westerleigh: 604.922.9888

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!

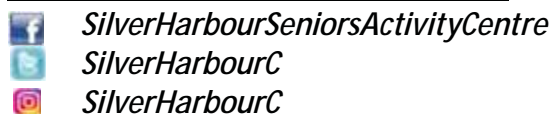


144 East 22nd Street
North Vancouver, BC
V7L 4L5

Tel: 604-980-2474

www.silverharbourcentre.com

info@silverharbourcentre.com



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, Sḵwx̱wú7mesh Úxwumixw (Squamish), səliłwətał (Tseil-Waututh) and xʷməθkʷəṽəm (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
Shideh Shadfar, Director	Virginia Baldwin, Director

A Very Successful Craft Supply Sale!

On March 14th, Silver Harbour hosted a one-day craft supply sale, offering the community access to more than 50 years' worth of accumulated art materials as the Centre prepares for our upcoming move.

The event brought together seniors, students, and community members in a collaborative effort to sort, organize, and share decades of creative supplies. In the weeks leading up to the sale, students from Capilano University participated through a "work-integrated learning" program, working alongside seniors to help catalogue and prepare materials for the event. The process created a valuable opportunity for intergenerational learning, where students gained hands-on experience while seniors shared their knowledge, stories, and creative histories.

Community members who attended the sale were able to purchase affordable supplies while giving these materials a new life in homes, schools, and studios across the community. With rising costs and growing interest in reuse and sustainability, the event highlighted the value of sharing resources and reducing waste.

Most importantly, the sale reflected the strong spirit of collaboration that defines Silver Harbour. Thanks to the many volunteers, students, and community members who contributed their time and energy, decades of creative materials will continue to inspire new projects and new generations of artists.





Sussex



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Silver Harbour Bulletin Board

Thank You Silver Harbour Volunteers

This year, Volunteer Week in Canada is April 19th to 25th. And this month we are celebrating our Silver Harbour volunteers, who do everything from wash dishes to run programs. If you have volunteered at Silver Harbour in the past year, please come to the front desk to pick up your certificate for a free lunch (valid anytime in April). And look out for a special Volunteer Appreciation event in the coming months.

Going Live At 2325!

We are a little bit closer to moving into our new building at 2325 St Georges Ave, in July 2026. The Celebrations Working Group have met, and we are busy planning our "good bye to the old building" events, as well as grand opening and welcome events in the new building.

Musical Mondays

We are excited to have musicians coming to play on some Mondays during lunch service: join us on April 13th and 20th, 11:45 am to 12:30 pm.

Income Tax Clinics **ALMOST FULL**

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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information and an appointment.**



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digna.obar@caringshepherd.ca www.caringshepherd.ca

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In the Community

North Shore Artists Guild Spring Art Sale In-Person and Online

The North Shore Artists Guild Spring Sale will take place in-person for one day only – Saturday, April 25th, 10 am to 5 pm, at the West Vancouver Community Centre, 2121 Marine Drive, West Vancouver. The online sale runs from April 26 to May 2.

The sale features one-of-a-kind original art by talented North Shore artists, in a wide selection of styles, featuring landscapes, seascapes, florals, animals and still life. Prices start at \$100. For more information, check the NSAG website at www.nsartists.ca/show.



Free Technology Training

Lionsview Seniors Planning is once again offering free tech support for older adults in a small-group setting. Participants receive semi-private, personalized support from a friendly and experienced technology professional. Each session includes one-on-one help and time to practice.

You may register for a maximum of two sessions so we can support as many people as possible. Remaining available dates are **April 27**, **May 4**, and **May 11**.

Pre-registration is required. Sessions take place in the Silver Harbour Computer Room on Monday afternoons from 1:00–2:00 pm or 2:15–3:15 pm.

To register, please call 604-988-7115, ext. 4001, or email lindsay@lionsviewseniorsplanning.com.

Daily Menu for April

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Entrée: \$10</i> <i>Full Meal Combo: \$14</i> <i>Soup: \$3 Sandwich: \$5</i></p>		<p>1 Cottage Pie</p>	<p>2 Nasi Goreng</p>	<p>3 Good Friday Silver Harbour CLOSED</p>
<p>6 Easter Monday Silver Harbour CLOSED</p>	<p>7 Salmon with Tiger Prawns</p>	<p>8 Turkey Schnitzel</p>	<p>9 Jambalaya</p>	<p>10 Lasagna</p>
<p>13 Fish & Chips</p>	<p>14 Duck Breast</p>	<p>15 Chicken Paprikash</p>	<p>16 Beef Stew</p>	<p>17 Pork Loin</p>
<p>20 Cod Loin With Tiger Prawns</p>	<p>21 Pork Stew</p>	<p>22 Meatballs Bolognese</p>	<p>23 Chicken Breast with Mushrooms</p>	<p>24 Lamb Shank or Turkey Schnitzel</p>
<p>27 Bami Goreng</p>	<p>28 Shepherd's Pie</p>	<p>29 Beef Patty</p>	<p>30 Meatballs</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

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



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. Please note the date change, for this meeting only.

Monday, April 20th

2:30 – 3:30 pm

Multi-Purpose Room

No charge

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

**Supporting you and your family
when you need it most.**

<p> Companion Light housekeeping, meal prep & support, groceries & errands</p>	<p> Nursing Support In-home medical care, wound care, ostomy, medication management</p>
<p> Personal Care Physical assistance, bathing, hygiene, mobility support</p>	<p> Specialty Care Dementia specialists, MVA care, stroke recovery, respite, hospice, palliative</p>

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assessment

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Home Health Care & Assistance



rightathomecanada.com/vancouver-northshore



Persian Marbling Workshop (Abri)

**JUST
ADDED**

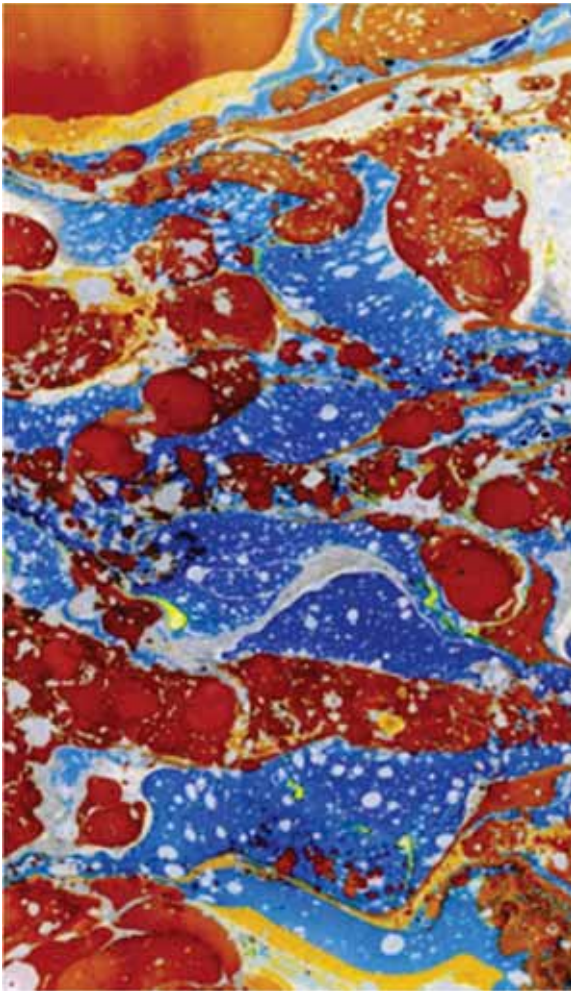
Discover the art of traditional marbling in this warm, hands-on 1 hour workshop. Explore the rich history and cultural roots of this centuries-old craft, learn two foundational techniques, and create your own beautifully marbled papers to take home and frame. All materials provided – bring your curiosity and creativity!

Thursday, April 23rd

1:00 – 3:00 pm

Sewing Room

\$15



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, April 27th

9:30 – 11:30 am

Card Room

Free drop-in

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

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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



Estate Planning: Beyond the Will

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Wednesday, May 6th

1:00 – 2:30 pm

Card Room

Free of charge, but you must pre-register

New Building Info Session

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.

Wednesday, May 13th

1:00 – 2:00 pm

Card Room

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.

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. You must bring valid BC ID to receive the Senior Fare, otherwise you will be charged the full adult fare. 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.**

Secret Cove & The Sunshine Coast With Enjoy Tours

Registration begins on Wednesday, April 1st

Explore the Sunshine Coast, also known as "The Best Place on Earth". Visit Davis Bay, an ancient forest and have lunch (included in price) at the 5-star Rockwater Secret Cove Resort. Package includes: lunch, Secret Cove Resort boardwalk, Hidden Groves, Davis Bay and Gibson's Landing. Note: there is an additional ferry fee for those aged 64 years and under. You must bring valid BC ID to receive the Senior Fare, otherwise you will be charged the full adult fare.

Wednesday, May 6th

10:45 am – 7:15 pm

\$139 members; \$149 non-members

**Please buy your tickets before April 27th
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 began on Tuesday, March 10th. Registration for all other programs, began 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

May 6 – June 24

Fitness Room

\$64/8 classes

Please note: Both Chair Yoga classes 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) **SORRY FULL**

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) **SORRY FULL**

Wed 2:30 – 3:30 pm

Apr 1 – June 24

Auditorium

\$71.50/13 classes

Line Dance – Level 2 (Fri) **SORRY FULL**

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

May 8 – June 12

Multipurpose

\$51/6 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

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

Intermediate Table Tennis

SORRY FULL

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

Comfort Keepers
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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
- What's News

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

Memory Café - Where Connection Sparks Joy!

A social gathering for care partners and persons with memory loss.

- A supportive community
- Make friendships with those who understand
- Participate in music, arts and creativity
- Laugh and learn

Mon 1:30 – 3:30 pm

Mar 30 – June 15 (no class April 6 and May 18)

\$99/pair

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


The woodshop is now accepting new volunteers, but due to the nature of the machines and safety risks, only experienced woodworkers can be considered. If you meet this requirement and are interested, please pick up an intake form at the front desk.

Mon – Fri

Woodshop



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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.

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

Pottery – Open Studio

**SORRY,
FULL**

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.

Program Registration Information:

- ***Registration for Arts Programs began on Tuesday, March 10th. Registration for all other programs, began 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

**SORRY,
FULL**

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

Dressmaking**SORRY,
FULL***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 grown 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

**SORRY,
FULL**

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

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

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Persian Marbling Workshop (Abri)

Discover the art of traditional marbling in this warm, hands-on 1 hour workshop. Explore the rich history and cultural roots of this centuries-old craft, learn two foundational techniques, and create your own beautifully marbled papers to take home and frame. All materials provided – bring your curiosity and creativity!

Thurs, April 23rd

1:00 – 3:00 pm

Sewing Room

\$15

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

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**SORRY,
FULL****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 go 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

**SORRY,
FULL**

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

**SORRY,
FULL**

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.

Thurs 1:00 – 3:00 pm

Apr 2 - 16

Sewing Room

\$20/3 classes

Please collect the materials list when you register.

Weaving – Loom

**CURRENTLY
WAITLISTING**

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

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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	Clay Sculpture	1:00 – 3:00 pm
Snooker	9:00 am – 4:00 pm	Line Dance – Level 1	1:30 – 2:30 pm
Craft Volunteers	9:30 am – 12:00 pm	Chair Yoga	2:15 – 3:15 pm
Intermediate Ukulele	9:30 – 10:30 am	Line Dance – Level 2	2:30 – 3:30 pm
Men's Club	10:30 am – 12:00 pm	THURSDAY	
Beginner Ukulele	10:30 – 11:20 am	Snooker	9:00 am – 4:00 pm
Musical Journey	11:30 am – 12:20 pm	Woodworking	9:00 am – 12:00 pm
Silk Painting	12:30 – 2:30 pm	Intermediate ESL	9:30 – 11:30 am
Memory Cafe	1:30 – 3:30 pm	Tea & Talk	10:00 – 11:30 am
TUESDAY		Chinese Brush Painting	10:00 am – 12:00 pm
Snooker	9:00 am – 4:00 pm	Stained Glass	10:00 am – 12:00 pm
Woodworking	9:00 am – 12:00 pm	Bingo	1:00 – 3:30 pm
Tapestry	9:30 am – 3:00 pm	Beginners Watercolour	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	FRIDAY	
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
WEDNESDAY		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	Basket Weaving (Level 1)	10:00 am – 12:00 pm
Table Tennis	10:00 am – 12:00 pm	Choir	10:00 am – 12:00 pm
Woodcarving	10:00 am – 12:00 pm	Duplicate Bridge	12:30 – 4:00 pm
Knit & Crochet Circle	10:00 am – 12:00 pm	Current Conversations	1:00 – 2:30 pm
Meditation	10:00 – 11:00 am	Open Studio	1:00 – 3:00 pm
Tile Rummy	11:00 am – 12:00 pm	Table Tennis	1:00 – 3:00 pm
Chair Yoga	1:00 – 2:00 pm	Weaving	1:00 – 3:00 pm
Circle of Friends	1:00 – 2:30 pm	Line Dance – Level 2	1:30 – 2:30 pm
		Line Dance – Level 3	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*