

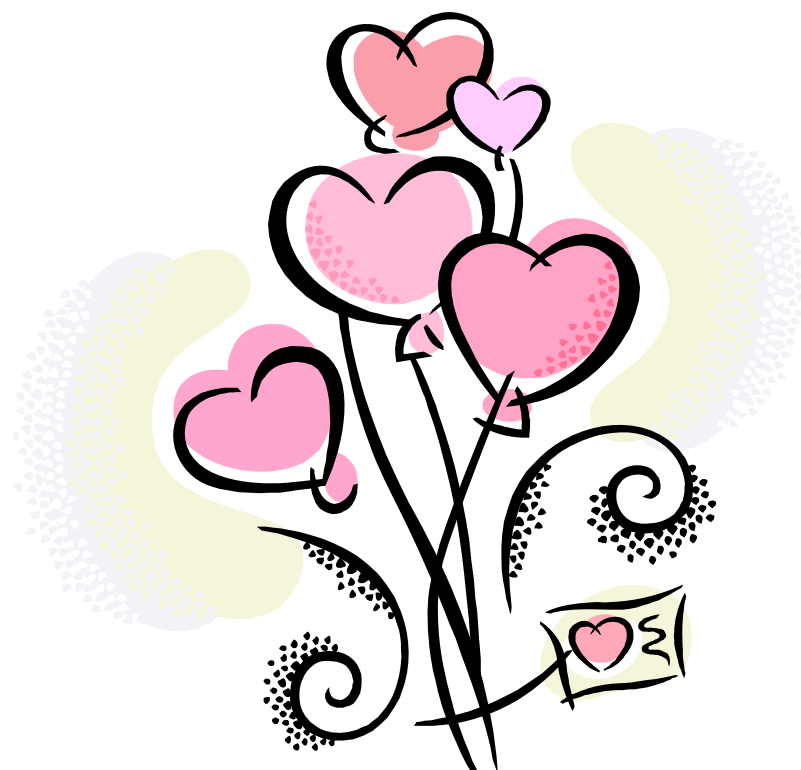
The CENTRE POST

www.silverharbourcentre.com

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

February 2012

Tel: 604-980-2474



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operations of Silver Harbour.*

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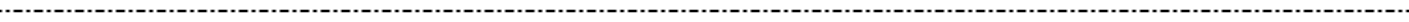


Where good things come together.

Notes from the President... by Betty Lebeter

I have had a request to profile some of our Board members. In addition to volunteering on the Board, these members do many other volunteer jobs in Silver Harbour, which we enjoy, and it keeps us in touch with you, the members.

Our past president, Shirley, assists with table setting for special functions, is active in the Digital Storytelling program, and assists with our membership registration. Glenn works in the library, assists with bridge, and works at special events. Peg may be found working the front counter, decorating the auditorium, setting tables, and assisting with our membership renewals. Joyce does a multitude of projects in the craft area. She creates floral arrangements for special days, does pricing and cataloguing, and assists with the bagging of the tulip and daffodil bulbs in the summer. I think of David as our master repairman around the building, fixing leaky taps and plugged drains, and doing many assorted repair jobs around Silver Harbour, plus he works at our dances. David is the man we call when we need help. I help with the decorating, assist as needed on the front counter, occasionally work in the kitchen, and I serve at special events. Thank you to ALL our volunteers, who are the backbone of Silver Harbour. You are what makes Silver Harbour a great place.



Board of Directors

| | |
|------------------|------------------|
| President | Betty Lebeter |
| Vice-President | David Gavine |
| Treasurer | Patrick Mahaffey |
| Secretary | Joyce Page |
| Past President | Shirley Lytle |
| Member-at-Large | Glenn Mackenzie |
| Member-at-Large | Peg Mclsaac |
| Community Member | Don Black |
| Community Member | Margaret Coates |
| Community Member | Maureen Johnston |
| Community Member | Ken Mclsaac |
| Community Member | Jackie Morris |

Staff

| | |
|-------------------|------------------------------|
| Anwen Loverin | Executive Director |
| Don Do | Assistant Cook |
| Holly Gagnier | Program & Admin. Coordinator |
| John McCann | Go Bus Driver |
| Linda Ramsden | Arts & Crafts Coordinator |
| Mary Kill | Contract Bookkeeper |
| Mary-Ann Jamieson | Program & Admin. Assistant |
| Zoltan Csapkay | Head Cook |



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www.silverharbourcentre.com
Open Monday to Friday
9:00 am – 4:15 pm

Notes from the Executive Director... by Annwen Loverin

By the time you read this, Silver Harbour's programs and activities will be in full swing again. But that doesn't mean you can't join in! Many programs welcome new participants throughout the year – please ask at the front desk about any program that interests you. You'll find our schedule of programs on the inside back cover of our newsletter and a full description of all the programs is available at the front desk in our Winter Program Guide or on our website, www.silverharbourcentre.com

And thinking ahead, in the fall of 2013 Silver Harbour will be turning 40 years old. We'd love to hear from members and volunteers who would like to be part of a 40th Anniversary Committee. The committee could create a history of Silver Harbour, prepare photo albums or slideshows, or help plan anniversary events. If you would like to be part of this committee, or if you know a lot about our history and would like to contribute, please see the front desk.

Finally, for those of you who are regular newsletter readers, you may be familiar with many of our newsletter advertisers. Some of our advertisers have been with us for years and others are relative newcomers. Either way, if you choose to patronize their businesses, do be sure to say that you saw their ad in the Silver Harbour newsletter.

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| Romance of the South April 24 - May 3 15 incl. Meals db/ twin: \$ 4,024. | Stay n' Play Walnut Beach Resort Osoyoos May 23 - 26 7 incl. Meals db/ twin: \$ 1,008. | Tyax & Wells Gray June 3 - 8 15 incl. meals db/ twin: \$ 1,847. |

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Silver Harbour Bulletin Board

Income Tax Clinics

Silver Harbour will again be hosting free income tax clinics for lower income seniors in the months of March and April (\$25,000 or less per person and \$35,000 or less per couple). 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.

Please see the front desk for information and an appointment.

Free Legal Advice & Referral Clinic

North Shore lawyers are here to help you! Silver Harbour's free Legal Advice and Referral Clinic is staffed by qualified lawyers, volunteering to assist seniors with legal concerns and questions. This clinic is open to all adults 55 and over living on the North Shore – you do not need to be a member of Silver Harbour Centre to make an appointment. At the clinic, the lawyer will offer you summary advice, information, and interpretation of documents. If you require more extensive work, we'll refer you to an appropriate professional from our list.

Please sign up at the front desk for a confidential ½ hour appointment (Thursdays, 9 to 11 am)



Driving Services

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Centre Post By E-mail

Would you like to receive the monthly Centre Post newsletter by e-mail? If so, please send your e-mail request to info@silverharbourcentre.com and you will be added to the list.

Sunshine Cards

If you know of a Silver Harbour member who is ill or has lost a loved one, please let the front desk know so that we can send a card.

Watch Batteries

Silver Harbour volunteer Don B. will be installing watch batteries for just \$5.00/battery on Monday, February 6th, 9:00 – 11:00 am in the Card Room. All proceeds are donated to Silver Harbour.

No Scents is Good Sense!

In consideration of others who are sensitive to fragrance, please do not use perfume or aftershave when you are visiting Silver Harbour. Thank you.



Wine Making Seminar: Are You Interested?

If you are interested in learning more about making your own wine, please leave your name and number at the front desk.

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Community Events

City Library Services for Seniors

The North Vancouver City Library has a number of great services available to seniors. These include:

- home delivery for people with mobility issues, or who are recovering from surgery;
- books available in paperback, regular print and large print; books available in different Audio formats including CD, cassette, MP3 and a special disc format used by the Canadian National Institute for the Blind;
- and coming soon, the Kindle-DX e-reader with large print format.

For more information on these or other services, please contact Margarete Wiedmann, North Vancouver City Library Special Services Coordinator, at 604-998-3460, or come and hear her speak at Silver Harbour following Keep Well on Wednesday, February 29th, at approximately 10:35 am.

Caregiver Support Programs

North Shore Community Resources Caregiver Support Programs presents the following seminars. All are free, unless otherwise noted:

- Coping With the Transition to Residential Care – February 10th, 1:00 to 3:00 pm, Lions Gate Hospital Auditorium. For more information, contact Helen at 604-982-3133.
- North Shore Memories & More – 12-week 2-hour social recreation program for people with mild to moderate dementia and their family caregivers. Thursdays, 1:30 – 3:30 pm at St Martins Church, beginning February 16th. Registration is required; please contact Julie at 604-984-6414.



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Special Events

Affirmations with Dr. Anne-Marie Evers

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking. Brought to you by North Shore Neighbourhood House and hosted by Silver Harbour.

Tuesday, February 7th

10:00 am – 12:00 noon

Card Room

By Donation

Sing-Along

Now a monthly event! Join musician Rick Roy and sing along to old time favourites.

Monday, February 13th

10:30 – 11:30 am

Multi-purpose Room

Free of charge, but

please sign up at the front desk

Later Life Care Planning

Nobody plans to get diagnosed with dementia, Alzheimer's, have a stroke, or get injured and become disabled, but what if this happened to you or your loved one? Barbara Kirby of BJK Seniors' Advocate will teach you what you need to know about later life care and how to create a personal plan so you are in charge of how your life unfolds.

Tuesday, February 14th

9:30 am – 12:00pm

Card Room

Free of charge, but

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Present Perfect: Writing from the Now

Poet Marni Norwich presents this workshop on writing from the Now (i.e. the present tense). Marni will read two brief representative poems, which reference the thoughts and words of other writers on this subject. Following a five-minute guided visualization, she will offer four writing exercises, each one on a different theme. The group writes to each theme, and anyone who feels like sharing from their work is invited to do so in a safe, non-critical environment.

Tuesday, February 15th
1:00 – 2:30 pm

Multi-purpose Room
Free of charge, but
please register at the front desk



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February Frolic Dinner Dance

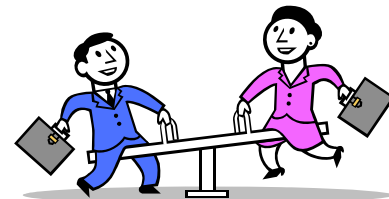
Join us for a delicious dinner with your choice of roast beef or cod with prawns, Frank Sinatra tunes sung by fabulous entertainer George Ellenton, and dancing to the Men In Black.

Saturday, February 18th
Doors at 5:15 pm, Dinner at 6:00 pm
Auditorium
\$25 Members; \$30 Non-members

Remembering to Play: Inspiring Freedom, Joy & Self-Care

Certified Professional Life Coach Vince Gowman is offering this free fun and interactive playshop that helps you to remember the wisdom of a child's mindset and the importance of levity and joyful authentic expression as cornerstones for healthy and productive living. You will explore the principle of "Yes" as a means of creatively engaging and being receptive to others, three levels of listening, expanding creativity and illuminating limiting beliefs and assumptions.

Tuesday, February 21st
9:30 – 11:30 am
Card Room
Free of charge, but please sign up at
the front desk.



Ovarian Cancer: Knowledge is Power

Women and men of all ages need to understand the risks and realities of ovarian cancer. A representative of Ovarian Cancer Canada will discuss the subtle signs and symptoms of this disease, which is extremely difficult to detect.

Tuesday, February 28th
10:00 – 11:00 am
Card Room
Free of charge, but
please register at the front desk

Mandate Tours Presentation

“Discover your own backyard” is Mandate Tours’ motto for great multi-day tours in Western Canada and the U.S. Come hear about the wonderful tours planned for 2012 and consider signing up for a trip – Silver Harbour makes a commission for every trip booked through our Centre. Armchair travellers are also welcome at this fun and interesting presentation.

Tuesday, February 28th
1:00 – 2:30 pm
Auditorium
Free of charge, but
please sign up at the front desk



Special Performance: Seniors Acting Up

Back by popular demand, Seniors Acting Up will be performing at Silver Harbour. This fun-loving group will present their newest show of skits, song, and jokes, with some cheeky twists! Join us for this fabulous performance – refreshments will be available to purchase.

Wednesday, February 29th
2:00 – 3:00 pm
Auditorium
\$1.00 admission



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Affirmations with Dr. Anne-Marie Evers

Affirmations are similar to prayers, wishes or goals. The basis of all affirmations is positive thinking. Brought to you by North Shore Neighbourhood House and hosted by Silver Harbour.

Tuesday, March 6th
10:00 am – 12:00 noon
Card Room
By Donation

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Pension & Tax Options

Presented by the Council of Senior Citizens Organizations of BC, this workshop will explain the potential tax benefits for couples who enter an involuntary separation (e.g. one enters care); it will also deal with the rules which govern tax allowances for caregivers and disabled people. The workshop will review the procedures and forms used to apply for these allowances.

Wednesday, March 7th
1:00 – 3:00 pm
Multi-purpose Room
Free of charge, but
please sign up at the front desk



Arthritis: Tips, Tricks and Tools

Learn about assistive devices for living well with arthritis. A representative from the Arthritis Society will conduct this lively and interactive workshop to help you find adapted tools and assistive devices to protect your joints and make daily tasks easier. Share your ideas as well!

Tuesday, March 13th
10:00 – 11:30 am
Card Room
Free of charge, but
please sign up at the front desk

Shamrock Shuffle

Join us for our St. Patrick's Day dinner dance! We'll enjoy a delicious dinner, entertainment by the O'Connor Irish Dancers, and dancing to the Men In Black.

Saturday, March 17th

Doors at 5:15 pm, Dinner at 6:00 pm

Auditorium

\$25 members; \$30 non-members

Tickets on sale February 20th



St. Patrick's Day Tea

A first-time event! Help us celebrate St. Patrick's Day with a delicious tea plate, and entertainment from the always popular North Shore Celtic Ensemble.

Tuesday, March 20th

2:00 pm

Auditorium

\$8 everyone

Tickets on sale February 20th

Travel Series

Join professional tour guide Ron Booiman who will speak about international destinations.

Tuesday, March 27th

1:00 – 2:00 pm

Auditorium

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| PERU, South America | Nov. 15, 2011 | SOLD OUT |
| CAMBODIA, VIETNAM + BANGKOK | Jan. 05, 2012 | SOLD OUT |
| April 10 | HOLLAND & Luxembourg & Belgium TULIPS ARE IN FULL BLOOM Kaleidoscope Fields of Colour | AIR \$ 857.00 |
| May 03 | NEW YORK CITY (One Week) | AIR \$ 487.00 |
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| June 21 | IRELAND "Full Circle Island Tour" | AIR \$ 1,279.00 |
| Sept. 01 | ENGLAND & SCOTLAND | AIR \$ 727.00 |
| Sept. 19 | SOUTH AFRICA & VICTORIA FALLS Popular | AIR \$ 1,397.00 |
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Mobile service available for Seniors

Trips and Tours

Northwest Flower & Garden Show with Enjoy Tours

Travel with Enjoy Tours to the Washington State Convention Centre in Seattle, which hosts the 2012 Northwest Flower and Garden Show. Take 4 hours of free time to explore 6 acres of flowers, plants, gardens, exhibits and seminars. Tour price includes admission to the show, a morning coffee stop, and dinner at the Outback Steakhouse in Burlington. Valid passport, Nexus pass, enhanced drivers licence or enhanced BCID required. Medical insurance is highly recommended.

Wednesday, February 8th

8:00 am – 7:45 pm

\$109 members; \$119 non-members

Please buy your tickets

before February 1st

or the trip may be cancelled.

Vancouver International Boat Show

The 49th Annual Vancouver Boat Show at the newly renovated BC Place features a variety of exhibitors, seminars, and products for boat enthusiasts. Lunch (not included in price) is available at concessions throughout BC Place.

Thursday, February 9th

10:45 am – 2:45 pm

\$37 members; \$47 non-members

Please buy your tickets

before February 2nd

or the trip may be cancelled.

Granville Island & Lunch at Bistro 101

Enjoy lunch (included in price) at Bistro 101, a restaurant at the Pacific Institute of Culinary Arts which gives a real world training experience to their Culinary and Pastry Arts students. After lunch, you will have time to explore Granville Island and the Public Market with its fascinating assortment of colourful stalls. Please note: lunch price does not include beverages, which are available for an extra charge.

Friday, February 17th

10:45 am – 3:45 pm

\$41 members; \$51 non-members

Please buy your tickets

before February 10th

or the trip may be cancelled.

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Vancouver Police Museum

We'll start our day with an early lunch at Moxies (not included in price). Then we'll head to the Vancouver Police Museum which has a collection of 20,000 objects, photographs, papers and published materials relating to the history of policing in Vancouver.

Tuesday, February 21st

10:45 am – 3:00 pm

\$24 members; \$34 non-members

**Please buy your tickets
before February 14th
or the trip may be cancelled.**



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Friday, March 9th

10:00 am – 3:45 pm

\$10 members; \$20 non-members

**Please buy your tickets
before February 24th
or the trip may be cancelled.**

Gauguin & Polynesia at the Seattle Art Museum with Enjoy Tours

Travel to Seattle to the Seattle Art Museum (SAM) to visit the landmark exhibition Gauguin and Polynesia: An Elusive Paradise. The show features over 60 works by Paul Gauguin including paintings, sculptures and sketches. The tour includes 4 hours at SAM, an exhibit audio guide, free time to explore SAM's permanent exhibits, and dinner at the Outback Steakhouse in Burlington. Valid passport or enhanced drivers license or enhanced BCID required; medical insurance highly recommended.

Thursday

March 15th

8:00 am – 7:45 pm

\$109 members;
\$119 non-members

**Please buy your tickets
before March 8th
or the trip
may be cancelled.**



Free Appetizer or 10% Off

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Coupon expires February 29, 2012

Next time you visit **White Spot on Lonsdale**, you'll get a great deal as well as a great meal. **Present this coupon** and receive a free appetizer with a purchase of \$30.00 or more. **Or** show your valid **Silver Harbour Membership** for a 10% discount anytime.

Offer only valid at the **White Spot on Lonsdale**. One coupon per guest per visit. Not to be combined with any other promotional offers or coupon. No cash value.

Vancouver Maritime Museum & Lunch at the Boathouse Restaurant

Our day starts with a visit to the Vancouver Maritime Museum where you can discover the rich maritime history and traditions of the Pacific Coast. Explore the many permanent and changing exhibits and boats in Heritage Harbour. After the museum, enjoy lunch (not included in price) and amazing views at the Boathouse on Kits Beach.

Wednesday, March 21st

9:15 am – 2:30 pm

\$28 members; \$38 non-members

Please buy your tickets

before March 14th

or the trip may be cancelled.

Mayne Island with Joy Brown

Travel to historic and picturesque Mayne Island with its endless views of the sea and unique island lifestyle. We will enjoy lunch at the Springwater Inn and Afternoon Tea at a colourful local café (both included in price). Visit the lighthouse, the beautiful Japanese gardens, local galleries and enjoy an easy walk through an arbutus forest. Gold Pharmacare card required for free BC Ferry travel; under 65 must pay an additional ferry fare of \$25. Not a suitable trip for bringing your walker.

Thursday, March 29th

8:30 am – 7:30 pm

\$96 members; \$106 non-members

Please buy your tickets

before March 22nd

or the trip may be cancelled.

“An Evening With The Beatles”: Are You Interested?

On Friday, May 11th Confederation Seniors Centre in Burnaby is hosting an exciting evening featuring a delicious dinner and a performance by Beatles tribute artists “The Fab Fourever.” Given sufficient interest, we would like to create a bus trip to this event. The cost would be approximately \$60 for members (includes bus transport, dinner and performance ticket). If you would be interested in attending this event, please leave your name and phone number at the front desk.

Seniors Spring Retreat

A 4 day trip to Harrison Hot Springs Hotel. Package includes: outstanding afternoon tea, 3 nights accommodation, 3 breakfasts, 2 dinners in the Copper Room, plus a cooking demonstration on Tuesday morning, and all applicable taxes and service charges. You must have your own transportation.

Monday April 23rd

To Thursday, April 26th

Single Rate: \$573 per person

Double Rate: \$377 per person

**Please leave
your name and number
at the front desk.**

***There will be a fee of \$25 per person,
payable to Silver Harbour, for any
cancellations after April 16th.***

Arts and Crafts Corner... by Linda Ramsden

Our winter program has begun with all kinds of opportunities for learning and fun. It has been a pleasure to meet many new members who have joined all kinds of the classes and groups. It is not too late to register in many of the classes, so please do check on anything that may be of interest. Registration for the computer classes is still open, and there are spaces available in several of those courses also.

The volunteer crafters have created a terrific assortment of Valentine's Day treats that can be found in the main hallway until February 14th. All of the funds from the sale of our crafts support the Centre, so please do stop by for your gifts and cards.

We have an exciting new class starting upstairs this session. A Spinning Circle will meet on Thursday mornings, 9:30 am to 12:00 pm, in the main Arts and Crafts room. This group is open to all members. Participants must be prepared to transport their own spinning wheel to and from the Centre weekly. We may have one or two spinners available here for anyone wishing to learn who do not have their own. Alternately, beginners may wish to start with a drop spinner. In due course, there may be opportunity to dye yarn. Please see Linda, upstairs, for more information.



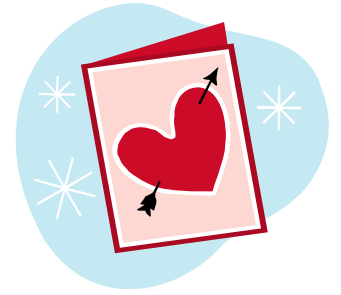
Another recent addition to our Arts and Crafts schedule is a knitting instruction class in both English and Farsi. This group is appropriate for all levels including experienced knitters who wish to expand their skills. Please call or drop in for further information.

On a personal note.....

Silver Harbour Centre has been my place of employment for about 16 years now, but more importantly, it feels like a second home with a huge and wonderful extended family. Over the past two years, during my sister's illness, my family and I have gratefully received expressions of concern and gentle kindness from the board, staff, and so many Centre members. I extend heartfelt thanks to everyone for all the love and support that you have given us. It is apparent from the records for the trust set up for my nieces that there were many more deposits than names of depositors provided. Our appreciation and thanks go to everyone who contributed. All of your generous contributions will be put into a Registered Education Fund to be used for Alannah and Veronica's post-secondary education.

Roving Reporter... by Lin Ardington

Opportunity knocks! We can still jump into classes/events, many of the over 70 programs and services bearing the luxe password – free!



Subtle hint! Time to get your warm, fuzzy feeling on. It's fast ascent to Valentines (February Frolic Dinner Dance, Saturday, February 18th). Your RR, good naturedly, albeit facetiously, is a classic victim of romanticism, so will sniff out “red bits and lacquer lips with vernilion”! Heady stuff! Yet remembering men are entirely different creatures, clarified by Edna C.'s wise words: “Women and cats will do as they please, men and dogs should relax and get used to the idea”! If my bloodhound instincts are dismally unsuccessful, I'll lock my lips around Zoltan C.'s magical appetizing productions.

Pipes were calling as David G., Jessie & Hugh McC., Pres Betty L., and Edna C. graced the Head Table for the annual Burns night. Hugh toasted the haggis (with a wee dram!), David the lassies (could there be anyone better?), Jessie responded. Entertainment by John C. and dance fusion – Scottish dance by Nancy S., Isobelle H., Dave and Pat R., Gunvor T., Dave G., Anne B., Betty L., and Josie S., and led by Jessie and Hugh McC. The above-mentioned Scottish yore wielded like a sword, spoken with the wisdom of Solomon. The men didn't miss the chance to dress like a girl, leaping and twirling in kilts – duty bound of course. All around deserving of a “Standing O” and David complimented front desk girl Holly for being hugely helpful in organizing events/dances.

NS News “Bright Lights” recently showcased 15 folks who help keep SH a nice place to “come home” to – George A., Pat A., Don D., Bob E., Archie D., Gerry G., Joyce H., Dave J., Neil L., Mary M., Jae P.-S., Zarina S., Blanche P., Don R. and Diana S. Never could all the driving forces at SH be listed, volunteers are an absolute gift. Often likened to amateurs, overheard at a volunteer conference “amateurs builds Noah's ark, the Titanic was built by professionals”!

Always ready to let life's pleasures in, sadly we lost greeter / calendar girl / red hatter Dovie W., calligrapher / line dancer / calendar girl Bernadette B., woodcarver / parsley chopper Al R., and too many other members lately (Bob C., Kurt F., Dorothy H.). Our condolences to their families.

Benefits ripple out many SH classes, and Ray E. is on tap is you need an event filming. Bursts with enthusiasm at learning new techniques, meeting new people including NS Archives girl Francis M., and revelling in rekindling already cemented

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Falls Prevention Classes at Silver Harbour

friendships with past classmates – Past Pres Shirley L., Suzanne H., John S., and Corin B./Lisa P. running the Digital Storytelling program this year.

With musical director John C., new cast members, the fun, restless-by-nature, provocative Seniors Acting Up participants stage a new show of songs/skits, Wednesday, February 29th, 2 to 3 pm. Expect a “hot” show, they’ve got “fever.”

Words trigger emotion, laughs, etc and poet Marni N will present a free writing class, Tuesday, February 15th, 1 to 2:30 pm. No doubt she’ll guide “this girl” (who simply just looks for beauty in everyday rituals) better RR’s.

Then another lack of hope when it comes to my wardrobe too! “Heels” are my library – but in less than a flattering light, am continually guilty about wearing them. Now I’m warned my calf muscles will be 13% shorter than anybody else’s! I try to think anything is possible so long as I believe in myself, but have to resist the temptation of envisioning my body as a “temple.” I’m forever walloped with failures! Still picking up cheap tinsel and stray sequins, bending to retrieve supposedly secure appliquéd daisies from a bargain blouse, tracking a cuff bracelet that refuses to cuff, and another thing to get through – catching wayward feathers when absurdity lead to me cut up an eiderdown for cushions. Craft boss, Linda R., would rightly label me nuts. Don’t know if I’m residing a chicken coop or am the centre of an aggressive cockfight. Does little to help my 5-minute tidy when company’s coming.

Hope lots of happiness moves right in with Holly, moved to a new home – new front desk girl Mary-Ann is a treat, another fabulously sunny disposition (Annwen knows how to pick ‘em!). Shorn of any delusions you’re awaiting this RR, for friends and lovers of any age – Happy Valentines.

Toodles.

**A Gift to the Living
From the Living**

The decision to prearrange your cemetery or funeral needs today is very economically sound, although the strongest reasons to prearrange are love and peace of mind.

Please contact Debby Stephenson of First Memorial Funeral Services to discuss your prearrangements.

604-202-3509
Debby.Stephenson@sci-us.com



**FIRST MEMORIAL
FUNERAL SERVICES**

Silver Harbour Winter Program Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|------------------|----------------------|------------------------|------------------------|---------------------------|
| 8:45 am | Osteofit | | | | Osteofit |
| 9:00 am | Snooker | Snooker | Snooker | Snooker | Snooker |
| | Yoga | Woodworking | Woodworking | Woodworking | Woodworking |
| | Computer Club | Tai Chi | Chinese Seniors Group | | Computer Club |
| 9:30 am | | Digital Storytelling | Bridge Lessons | | Supervised Bridge |
| | | | Keep Well | | |
| 10:00 am | Table Tennis | Daytime Dance | Table Tennis | Table Tennis | Paper Tole Studio |
| | Bazaar Group | Computer Classes | Computer Classes | Computer Classes | Creative Crafts |
| | Chess | Spanish III | | Harmonicats | Chess |
| | Mah Jongg | On-Loom Weaving | Whittling/ Woodcarving | | Knit & Crochet Volunteers |
| | Spanish IV | Tole Painting 3 | Scrabble (10:30) | Seniors Acting Up | Watercolour |
| | | | Beginners Spanish | Spanish for Travellers | Choir (10:15) |
| | | | | Farsi Seniors Group | |
| 12:30 pm | Osteofit | | | | Duplicate Bridge (12:40) |
| 1:00 pm | Bingo | On-Loom Weaving | Scottish Country Dance | Bingo | Stained Glass |
| | Computer Classes | Computer Classes | Computer Classes | Computer Classes | Computer Classes |
| | | | Dressmaking | | Craft Workshops |
| | Tole Painting 4 | | Bridge Lessons | Low-Key Bridge | Tole Painting 6 |
| | Social Bridge | Quilting | | Pottery | Laughter Yoga |
| | | Woodworking | Woodworking | Woodworking | Woodworking |
| | Snooker | Snooker | Snooker | Snooker | Snooker |
| | | | | | Table Tennis – Beg |
| | Silk Painting | Cribbage | | Oil Painting | Line Dance – Beg. |
| 1:30 pm | | Mandarin | | | |
| 2:00 pm | | | | | Line Dance – Int. |
| 3:00 pm | | | | | Line Dance – Adv. |

Food Services Available Monday through Friday

| | |
|-----------------------|--------------------|
| Coffee Shop | 9:30 am – 2:30 pm |
| Hot Full Course Lunch | 11:45 am – 1:00 pm |
| Soup and Sandwiches | 11:30 am – 1:00 pm |
| Kitchen Closed | 1:00 pm – 1:30 pm |

For detailed information on programs please check our website at www.silverharbourcentre.com or ask at the front desk.

Silver Harbour's February 2012 Calendar...

| | | | | | | |
|----|-------------------------|--|---|--|---|-----------------------|
| 29 | 30 | 31 Bloedel Conservatory & Seasons Bus Trip * Walker Repairs | 1 | 2 | 3 | 4 |
| 5 | 6 Watch Batteries | 7 Affirmations | 8 NW Flower & Garden Show Bus Trip | 9 Vancouver International Boat Show Bus Trip | 10 | 11 |
| 12 | 13 Sing-Along | 14 Later Life Care Planning | 15 Writing from the Now | 16 | 17 Granville Island & Lunch at Bistro 101 Bus Trip | 18 February Frolic |
| 19 | 20 | 21 Remembering to Play Workshop * Vancouver Police Museum Bus Trip | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 Ovarian Cancer * Mandate Tours Presentation | 29 Special Performance: Seniors Acting Up | 1 | 2 | 3 |