

# The CENTRE POST

www.silverharbourcentre.com

144 East 22<sup>nd</sup> St, North Vancouver, BC V7L 4L5

January 2012

Tel: 604-980-2474



## Happy New Year !

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and our website.*

*Thank you to the  
City and District of  
North Vancouver  
for helping to fund the  
operations of Silver Harbour.*

# Explore Together



Where to go today? Perhaps a boat trip on the Harrison River to see eagles nesting, or a scenic trip to a lavender farm in Langley? Maybe a drive to Whistler to experience the Peak to Peak gondola? So many choices...

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**Where good things come together.**

# Notes from the President... by Betty Lebeter

2012 has arrived and with it comes much turmoil in many parts of our world. We are so blessed to live in this wonderful country and in particular on the North Shore. Let us not forget our leaders and front line workers as they strive to find ways to peace and harmony.

Our Rabbie Burns Dinner Dance is the first social event of the New Year on Saturday, January 21<sup>st</sup>. This is a very popular event and sells out so get your tickets early. Thanks to Jessie and Hugh Mc., along with David G. for hosting this event. This energetic trio and their troupe of Scottish dancers will have us all tapping our toes.

We wrote to members in early December requesting a tax-deductible donation. We are very grateful for the response and certainly appreciate members' ability to support our Centre in this way. We are fortunate to receive about 35% of our annual operating budget in core funding grants from the City and the District of North Vancouver – but the rest we must raise ourselves. If you are interested in making a donation in the future, we welcome donations at any time of the year and will provide an income tax receipt as well. If you have already made a donation, a tax receipt is on its way to you. Thank you all for making Silver Harbour Senior's Activity Centre such a success. And I wish you all a healthy, happy 2012.

## Board of Directors

President	Betty Lebeter
Vice-President	David Gavine
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Member-at-Large	Peg Mclsaac
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Community Member	Margaret Coates
Community Member	Maureen Johnston
Community Member	Ken Mclsaac
Community Member	Jackie Morris

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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



Silver Harbour Seniors' Activity Centre...  
*inspiring and enhancing  
the well-being of adults 55 plus*

144 East 22<sup>nd</sup> Street  
North Vancouver, BC V7L 4L5  
Tel: 604-980-2474 Fax: 604-980-6003  
[www.silverharbourcentre.com](http://www.silverharbourcentre.com)  
Open Monday to Friday  
9:00 am – 4:15 pm

# Notes from the Executive Director... by Annwen Loverin

Happy New Year! I like to think of a new year as full of possibilities and opportunities. And what better way to celebrate new beginnings than with a new program or activity? Silver Harbour has over 70 different programs and services that help you keep fit, stimulate your mind, develop your creativity, and have fun. Our January newsletter is full of great activities – simply find the program that suits you and your lifestyle. Although registration started in December, most of our programs still have plenty of room for new participants. Come join us!

I'd also like to thank Royal Bank of Canada for their recent donations. Three retired RBC employees, Stella D., Joan S., and Enid V., are avid Silver Harbour volunteers and RBC has provided three \$500 donations on their behalf. These are timely in that a major part of our heating and ventilation system faced a very expensive repair this Fall. We are certainly grateful for this support.

## Silver Harbour Bulletin Board

### Watch Batteries

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

### Nordic Pole Walking

Are you interested in Nordic pole walking? If you are, please leave your name at the front desk. If there is sufficient interest, we will look at starting a program.

### The Silver Harbour Choir Wants You!

Come and sing with us! We're a small group, but very friendly. We need all voices – soprano, alto, tenor and bass – but you're welcome even if you don't know where you fit! We do special performances at care facilities and rest homes. Weekly practices take place on Friday mornings, 10:15 am to 12:15 pm. Drop in and give it a try, or contact the front desk for more information.



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## 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)**

## Silver Harbour Refund Policy

As a rule, Silver Harbour does not give refunds.

- If a dinner dance or bus trip is sold out, with a waitlist, and the ticket can be re-sold, the cost of the ticket will then be refunded.
- A full refund will be given for any event which is cancelled by Silver Harbour
- The Executive Director, at her discretion, may authorize a refund for exceptional circumstances.

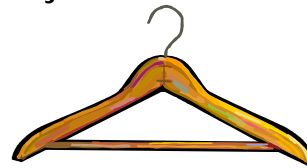
## Lost & Found

Lost and Found items will be displayed on a table in the hallway from January 9<sup>th</sup> to 15<sup>th</sup>. Please claim only items which belong to you. Any unclaimed items will be donated.

### Clothes Closet

#### \$2 Sale

For the entire month of January  
Every item is \$2 or less !



### 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**



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# Community Events

## Seniors Survey Results

Earlier this year, over 1100 seniors completed the North Shore Seniors Survey, giving a detailed and interesting picture of seniors needs and opinions. Come to this workshop to hear what the seniors surveyed say about housing, transportation, public spaces and buildings, health and community services, civic and social participation, inclusion, and more: Tuesday, January 10<sup>th</sup> at 1:30 pm at the City of North Vancouver Library.

## Guest Speaker at Keep Well

Sharon King of St. John Ambulance will come to Keep Well here at Silver Harbour on Wednesday, January 11<sup>th</sup> at 10:30 am, following exercises. She will speak on their First Call Medical Alert Program, fall prevention, and home safety. Everyone is welcome.

# 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, January 3<sup>rd</sup>**  
**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, January 16<sup>th</sup>**  
**10:30 – 11:30 am**  
**Multi-purpose Room**  
**Free of charge, but**  
**please sign up at the front desk.**



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## Heads Up:

### An Introduction to Brain Health

The Alzheimer's Society presents this workshop which encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body, and spirit.

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

**10:30 – 11:30 am**

**Card Room**

**Free of charge, but  
please register at the front desk**

### Newcomers Tour and Tea

All new members and those considering becoming members are invited to attend a tour of Silver Harbour and a cup of tea (or coffee). Come learn about the programs and people that make us famous!

**Thursday, January 19<sup>th</sup>**

**10:00 - 11:00 am**

**Lobby**

**Free of charge, but  
please sign up at the front desk**



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## Rabbie Burns Night

Save the date for our fabulous Rabbie Burns Night. Enjoy a traditional Scottish menu of beefsteak pie and haggis, plus music, dancing, and toasts. Don't forget your tartan!

**Saturday, January 21<sup>st</sup>**

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

**\$25 Members; \$30 Non-members**

**Tickets on sale now!**

## Travel Series

This month's instalment features Stan Ward, speaking on Peru and the Andes.

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

**1:00 - 2:00 pm**

**Auditorium**

**Free of charge, but  
please sign up at the front desk**

## Eat Well, Age Well

Liz Campbell, Whole Foods Markets Healthy Eating Specialist will present this workshop on how food can help you to age with grace. Learn how to unlock the powers of food to give you energy, strength, clarity, and stamina. Liz will show you just how easy it is to prepare delicious, nutrient dense meals and provide you with tips and tricks to get you on track to healthy eating.

**Wednesday, January 25<sup>th</sup>**

**1:00 – 2:00 pm**

**Multi-purpose Room**

**Free of charge, but  
please sign up at the front desk**

## Walker Repairs

A technician from Accessibility Solutions will be available for walker repairs and maintenance, to help keep your walker in top condition. Please be prepared for a short wait if there is a line-up.

**Tuesday, January 31<sup>st</sup>**

**1:00 – 3:00 pm**

**Auditorium**

**Free of charge**

## 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 7<sup>th</sup>**

**10:00 am – 12:00 noon**

**Card Room**

**By Donation**

## Later Life Care Planning

Nobody plans to get diagnosed with dementia, Alzheimers, 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 14<sup>th</sup>**

**9:30 am – 12:00pm**

**Card Room**

**Free of charge, but**

**please register at the front desk**

## 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 15<sup>th</sup>**

**1:00 – 2:30 pm**

**Multi-purpose Room**

**Free of charge, but please register at the front desk**



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2205 Lonsdale Ave  
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Coupon expires January 31, 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.

## February Frolic Dinner Dance

Join us for a delicious dinner, fabulous entertainment, and dancing to the Men In Black.

**Saturday, February 18<sup>th</sup>**

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

**\$25 Members; \$30 Non-members**

**Tickets on sale Monday, January 23<sup>rd</sup>**

## 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 28<sup>th</sup>**

**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 28<sup>th</sup>**

**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 29<sup>th</sup>**

**2:00 – 3:00 pm**

**Auditorium**

**\$1.00 admission**



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# Trips and Tours

## Cascades Casino

Cascades Casino in Langley has 80,000 square feet of gaming space, with over 800 of your favourite slot machines and table games. Enjoy lunch (not included in price) at the Pinnacle Grill or Lobby Café. Players will receive \$5 of free slot play with presentation of BC Gold Players Card.

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

10:30 am – 4:30 pm

\$15 members; \$25 non-members

*Please buy your tickets*

*before January 5<sup>th</sup>*

*or the trip may be cancelled.*

## Prospect Point Café & the Vancouver Aquarium

We're off to Stanley Park! First stop is lunch at the Prospect Point Café. After lunch, we'll travel around the park by bus to the Aquarium, where you can take a self-guided tour of the many exhibits and interpretive displays. Price includes aquarium admission but not lunch.

**Wednesday, January 18<sup>th</sup>**

11:00 am – 3:45 pm

\$30 members; \$40 non-members

*Please buy your tickets*

*before January 12<sup>th</sup>*

*or the trip may be cancelled.*



## Fraser Downs

Come to Cloverdale and experience live harness racing, play at the on-site casino, and enjoying a magnificent buffet lunch (included in price) with a variety of sensational selections including fabulous seafood and salad bars, two carving stations, and a decadent dessert selection.

**Sunday, January 29<sup>th</sup>**

11:15 am – 4:15 pm

\$56 members; \$66 non-members

*Please buy your tickets*

*before January 13<sup>th</sup>*

*or the trip may be cancelled.*



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## Bloedel Conservatory & Lunch at Seasons in the Park

Our day begins with a visit to the Bloedel Conservatory. The dome is filled with exotic plants, tropical flowers, colourful Koi fish and over 100 free-flying birds of various species. After your tropical experience, enjoy lunch at Seasons in the Park Restaurant (not included in price) featuring seasonal dishes and Oceanwise seafood.

**Tuesday, January 31<sup>st</sup>**

9:15 am – 2:15 pm

\$17 members; \$27 non-members

Please buy your tickets

before January 24<sup>th</sup>

or the trip may be cancelled.

## 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 8<sup>th</sup>**

8:00 am – 7:45 pm

\$109 members; \$119 non-members

Please buy your tickets

before February 1<sup>st</sup>

or the trip may be cancelled.

## Vancouver International Boat Show

The 49<sup>th</sup> 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 9<sup>th</sup>**


10:45 am – 2:45 pm

\$37 members; \$47 non-members

Please buy your tickets

before February 2<sup>nd</sup>

or the trip may be cancelled.

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Oct. 11	<b>SOUTH AFRICA &amp; VICTORIA FALLS</b>	<b>SOLD OUT!</b>
Nov. 15	<b>PERU, South America</b>	<b>SOLD OUT!</b>
Jan. 05	<b>CAMBODIA VIETNAM Optional BANGKOK</b>	Limited space!
April 10	<b>HOLLAND &amp; Luxembourg &amp; Belgium</b>	<b>Book Now !</b> THE TULIPS ARE IN FULL BLOOM - See the Kaleidoscope Fields of Colour
May 03	<b>NEW YORK CITY</b>	Join Ron on His Return to the "Big Apple"
May 16	<b>CROATIA &amp; SLOVENIA</b> & Bosnia / Herzegovina & Montenegro	<b>Europe's Scenic &amp; Popular Travel Destination Book Now!</b>
June 01	<b>KENYA SAFARI</b>	All Inclusive - 5 Star Safari <b>Limited Space!</b>
June 21	<b>IRELAND "Full Circle Island Tour"</b>	Dublin, Galway, Belfast & more
Sept. 01	<b>ENGLAND &amp; SCOTLAND</b>	London, Glasgow, Isle of Skye & more
Sept. 19	<b>SOUTH AFRICA &amp; VICTORIA FALLS</b>	Yes, Bookings Under Way
Oct. 15	<b>AUSTRALIA</b>	Very Inclusive Melbourne, Ayers Rock, Cairns, Sydney ... You can book on Australia alone, New Zealand alone or do "BOTH" tours
Oct. 30	<b>NEW ZEALAND</b>	North & South Islands Scenic Tour
Nov. 15	<b>PERU, South America</b> (Very Popular)	Don't Miss This Tour! Famous Machu Picchu, Lake Titicaca / Amazon Jungle <i>Bookings Underway</i>
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Email: <a href="mailto:travelwithron@telus.net">travelwithron@telus.net</a> <a href="http://www.TravelWithRon.ca">www.TravelWithRon.ca</a>		

## 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 17<sup>th</sup>**

**10:45 am – 3:45 pm**

**\$41 members; \$51 non-members**

**Please buy your tickets**

**before February 10<sup>th</sup>**

**or the trip may be cancelled.**

## 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 21<sup>st</sup>**

**10:45 am – 3:00 pm**

**\$24 members; \$34 non-members**

**Please buy your tickets**

**before February 14<sup>th</sup>**

**or the trip may be cancelled.**



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For more information on these or other tours or to book a tour, inquire at the front desk.

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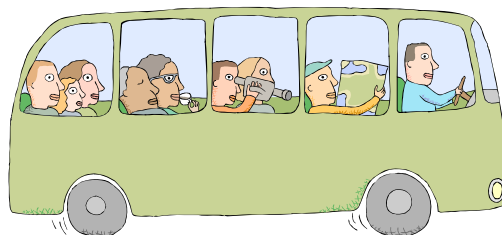
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## Important Information About Bus Trips

This information will be very helpful to anyone interested in joining our bus trips...

1. Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
2. Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
3. Some drivers will appreciate a tip and others prefer not to be tipped. If you would like to tip the driver, please bring a small amount of money for this purpose. If a driver accepts tips, it is still your choice whether you want to give one or not.
4. Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
5. We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Silver Harbour will be refunded in full.
6. If you are driving to Silver Harbour for your bus trip, please park on the street or in the parking lot to the east of our building. Anyone may park in these areas for any length of time.
7. Please limit your use of scented products like hairsprays and perfumes when going on bus trips. Some people can be very sensitive to these scents, especially in enclosed spaces. We very much appreciate your consideration.
8. Enjoy your trip!



# Programs and Activities

## Keep Fit...

### Daytime Dance

Join our ballroom dance group every Tuesday morning.

Tue 10:00 - 11:00 am

\$18/season, or \$2 drop-in

### Keep Well

Exercise to music then it's time for blood pressure checks, massage, nutrition counselling and medication awareness.

Wed 9:30 - 11:15 am

Free of charge or by donation

### Line Dancing

Not just for cowboys! Learn fun dance routines to fabulous music – no partner required.

Beg Fri 1:00 – 2:00 pm

Int Fri 2:00 - 3:00 pm

Adv Fri 3:00 - 4:00 pm

Feb 3 – Mar 30

\$36/9 classes

*There is financial assistance available for those who are unable to pay for Silver Harbour programs and/or membership. Please inquire at the front desk.*

### Echo's

Discontinued  
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Show your Silver Harbour membership card for 10% off

### Osteofit – Morning

A full-body workout designed for those with osteoporosis.

Mon & Fri 8:30 am – 9:30 am

Jan 6 – Feb 27

\$116/16 classes

### Osteofit – Monday PM

A full-body workout designed for those with osteoporosis.

Monday 12:30 – 1:30 pm

Jan 9 – Feb 27

\$58/8 classes

### Scottish Country Dancing

Learn the steps and keep fit too.

Wed 1:00 - 2:30 pm

Jan 4 – Feb 22

\$18/8 classes

### Snooker

Splendid tables for your use. Everyone from novice to expert is welcome.

Mon through Fri, 9:00 am - 4:15 pm

\$4/month or \$40/year

### Beginners Table Tennis

Instruction for beginners and a slower pace for less competitive players.

Fri 1:00 – 3:00 pm

\$18/season

### Table Tennis

Get a great workout with this popular sport. Equipment provided.

Mon, Wed, Thu 10:00 am - 12:00 pm

Fri 1:00 – 3:00 pm

\$18/season

## Tai Chi

A fun class of healing exercises that promote calmness, strength, flexibility and confidence. Everyone welcome, no experience necessary.

Tue 9:00 - 10:00 am

Jan 10 – Feb 28

\$26/8 classes

## Yoga

Gentle stretches and breathing exercises to help increase your flexibility and relax your mind.

Mon 9:00 – 10:00 am

Jan 9 – Feb 27

\$48/8 classes

## Expand Your Mind...

### Bingo

Open to the public! Bonanza on Mondays and Progressive on Thursdays.

Mon 1:00 - 3:30 pm

Thu 1:00 - 4:00 pm

### Bridge

4 bridge groups from which to choose, plus lessons for those wanting to learn.

#### *Bridge Lessons - Intermediate*

Instruction in Standard American bridge.

Wed 9:30 am – 12:00 pm

Jan 4 – Feb 22

\$35/8 classes (optional book \$5.00)

#### *Bridge Lessons – Beginner*

Instruction in Standard American bridge

Wed 1:00 – 3:00 pm

\$40/10 classes (includes book)

Jan 4 – Mar 7

### *Social Bridge*

Bridge with prizes. We cannot accommodate singles.

Mon 1:00 - 4:00 pm

\$3 drop-in

### *Low-Key Bridge*

Friendly games. Table of 4 please.

Thu 1:00 - 3:00 pm

\$2 drop-in

### *Supervised Bridge*

No partners required. Some instruction.

Fri 9:30- 12:00 pm

\$2 drop-in

### *Duplicate Bridge*

More advanced and competitive players.

Play for prizes. Partners required. We will try to accommodate singles.

Fri 12:40 - 4:00 pm

\$3 drop-in

## Chess

A great board game and mental workout. Instruction for beginners and intermediates.

Mon 2:00 – 4:00 pm

No charge

Fri 10:00 am - 12:00 pm

No charge



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### Chinese Seniors Group

This Mandarin and Cantonese-speaking groups meets for ESL class and Tai Chi practice. Please contact Rosanna at 604-988-2931 for details.

### Computer Club

A group who shares newly gained skills so as not to forget what they've learned! Find free programs, solve problems, and look up interesting topics on the web.

Mon & Fri 9:00 am - 12:00 pm

\$40/year (Sep – Aug)

\$25 (Jan – Aug)

### Cribbage

Play for prizes to keep the game interesting.

Tue 1:00 - 3:30 pm

\$3 drop-in

### Digital Storytelling

Learn how to tell your stories using digital format – write, shoot, record and edit. Contact the front desk for more information.

### Farsi Seniors Group

This Farsi-speaking group meets to socialize and practice speaking English.

Thu 10:00am – 12:00 pm

Free of charge

### Laughter Yoga

Laughter yoga combines breathing exercises with the practice of laughing for no reason, resulting in lowered stress levels.

Fri 1:00 – 2:00 pm

\$1 drop in

### Mah Jongg

Ancient Chinese game similar to gin rummy.

Mon 10:00 am - 12:00 pm

\$2 drop-in

### Mandarin Conversation

Learn a new language from an experienced instructor.

Tue 1:30 – 3:00 pm

Jan 10 – Feb 28

\$18/8 classes

### Scrabble

Put your spelling to the test and gather for informal games.

Wed 10:30 am – 12:00 pm

No charge

## Chateau Coiffures for Men & Women

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Hair Colour	31.00	144 Lonsdale Avenue, North Van
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Set or Blow Dry	15.50	Open 6 days a week

(all prices include HST)

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## **Spanish**

For those who want to travel or just like to learn. Written work and conversation.

Spanish IV Mon 10:00 am – 12:00 pm

Spanish III Tue 10:00 am – 12:00 pm

Beginners Spanish II

Wed 10:00 am – 12:00 pm

(Pre-requisite Beginner Spanish I)

\$18 (plus workbook)

## **Spanish for Travelers (Intermediate)**

Emphasis is on expanding vocabulary and conversation.

Thu 10:00 am – 12:00 pm

\$18.00 (plus workbook)

## **Get Creative...**

### **Bazaar Group**

Join this happy group and help make our craft sales a success. Materials provided.

Mon 10:00 am - 12:00 pm No charge

### **Choir**

Mixed choir entertains at the Centre and for outside groups.

Fri 10:15am - 12:15 pm

\$25.00/season

### **Craft Workshops**

A variety of craft workshops are offered throughout the year and are advertised in our newsletter.

### **Creative Crafts**

Learn new projects and create quality items for our craft sales. Materials provided.

Fri 10:00 am–12:00 pm

No charge

### **Dressmaking**

Expert instruction in all aspects of sewing including tailoring, cutting, sewing, and fitting. Sewing machines and sergers available to use but bring your materials.

Wed 1:00 - 3:00 pm

\$18/season

### **Harmonicats**

Join our harmonica group.

Thu 10:00 - 11:00 am

\$18/season

### **Knit and Crochet Volunteers**

Great social group. All skill levels. Work on fundraising sale projects for the Centre. Materials provided.

Fri 10:00 am - 12:00 pm

No charge

*There is financial assistance available for those who are unable to pay for Silver Harbour programs and/or membership. Please inquire at the front desk.*

## Knitting Instruction – *NEW!*

Are you interested in learning how to knit or improving your knitting skills? We have an excellent instructor who will teach in English or Farsi. A class will be scheduled once we have enough interested participants. Please leave your name and number at the front desk.

## Oil Painting

Skilled instruction in a studio atmosphere. You must have basic drawing skills and bring your own materials.

Thu 1:00 - 3:00 pm

\$18/season

## Paper Tole Studio

Small group working independently. Come in and share your paper tole skills.

Fri 10:00 am – 12:00 pm

No charge

## Pottery

Hand building wheel work, low and high fire. Wheel throwing instruction. Beginners welcome! Pay as you go for materials.

Thu 1:00 - 3:00 pm

\$18/season

## Quilting

A friendly volunteer group. Beginners are welcome. Large raffle quilt and small projects all year round.

Tue 1:00 - 3:00 pm

No charge

## Seniors Acting Up

This group rehearses jokes, songs and other cabaret acts with a view to performance. Helpers for props and staging always welcome.

Thu 10:00 am - 12:00 pm

\$18/season

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- Shopping and errands

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## Silk Painting

Learn salt and resist techniques to make cards, scarves, and yardage. Students work at all levels. Pay as you go for materials.

Mon 1:00 - 3:00 pm

\$18/season

## Stained Glass

Popular group with all levels at work. Three instructors provide lots of help. Some materials provided.

Fri 1:00 - 3:00 pm

\$18/season, plus cost of materials

## Tole Painting

III Tue 10:00 am - 12:00 pm

IV Mon 1:00 - 3:00 pm

VI Fri 1:00 - 3:00 pm

Space is usually limited to students from previous class though occasional space is available to those with requisite skills. Extra fee for materials. Interested beginners can leave their name and phone number.

\$18/season.

## Watercolour Painting

Learn watercolour techniques from artist Barbara Ohl. All levels welcome.

Fri 10:00 am - 12:00 pm

\$18/season

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## Weaving

Exceptional instructor travels the world to learn new techniques. Beginners welcome.

Tue 10:00 am - 3:00 pm

\$18/season

## Whittling/Woodcarving

Receive instruction on a whittling project ideal for beginners. Wood and pattern supplied. All levels are welcome.

Wed 10:00 am - 12:00 pm

\$18/season

## Woodworking Shop

A splendidly equipped woodworking shop for those of you who no longer have the space at home to enjoy your hobby.

Tue through Fri

Please call first for hours.

Shop use by donation to cover material costs.

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# Computer Classes

## ***Introduction to Facebook – NEW!***

This hands-on course will introduce you to the use of Facebook, a very popular social networking application for communicating with friends and relatives through email, chat and pictures.

Wed 1:00 – 3:00 pm

Jan 11<sup>th</sup> – 18<sup>th</sup> \$14 (2 classes)

## ***Computers for Beginners***

How to start using the computer and understand how it works. Note: a home computer is not required to take this class. If you are planning to buy a new computer, please wait until after taking this class. If you already have one, please note that class instructions are designed for Windows 7.

Tue & Thu 10:00 am – 12:00 pm

Jan 17<sup>th</sup> – Feb 2<sup>nd</sup> \$34 (6 classes)

## ***Email and Internet in Farsi – NEW!***

This class is for Farsi speakers who would like to learn how to use email and the Internet. Learn how to connect with friends and family, find movies and music, read newspapers online, and more.

Tue & Fri 1:00 – 3:00 pm

Jan 17<sup>th</sup> – Feb 3<sup>rd</sup> \$34 (6 classes)

## ***Computers for Intermediates***

Develop confidence using computers, organize information, and find your way around your computer. Learn how to install programs and protect your computer from virus attacks, and spying activities. This course is based on Windows 7. Pre-requisite: Computers for Beginners.

Tue & Thu 10:00 am – 12:00 pm

Feb 7<sup>th</sup> – 23<sup>rd</sup> \$34 (6 classes)

## ***Digital Photography***

An introduction to taking pictures with digital cameras, camera settings, improving pictures, sharing pictures, printing, posting on the internet.. Please bring your digital camera and its manual. Prerequisite Computers for Intermediates.

Wed 10:00 am – 12:00 pm

Feb 22<sup>nd</sup> – Mar 28<sup>th</sup> \$34 (6 classes)

## ***Digital Storage***

This two-session hands-on class will teach you how to store and retrieve your documents, pictures, movies and music on DVDs, flash drives, external drives and cloud formats.

Wed & Fri 1:00 – 3:00 pm

Mar 14<sup>th</sup> – 16<sup>th</sup> \$14 (2 classes)

## ***Skype***

Hands-on installation, profile creation, contact lists, messaging, audio and video calls, chatting, transmitting and receiving attachments, creating groups for conferencing, and more.

Tue & Thu 1:00 – 3:00 pm

Mar 27<sup>th</sup> – Apr 5<sup>th</sup> \$24 (4 classes)



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### ***Email and Internet***

Learn how to create, send, receive, save, block and forward e-mail, attach pictures and files, addresses and contacts. Browse the internet, navigate, set up a home page, use search engines, web-mail.

Tue & Thu 1:00 – 3:00 pm

April 10<sup>th</sup> – 26<sup>th</sup> \$34 (6 classes)

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### ***Slideshows***

This hands-on course will show you how to use your pictures to create slideshows, and add music or commentary

Tue & Thu 10:00 am – 12:00 pm

Apr 10<sup>th</sup> – 19<sup>th</sup> \$24 (4 classes)

### ***Computers for Beginners in Farsi***

An equivalent beginners course for predominantly Farsi speakers. Instructors are native Farsi speakers who will help develop basic computer skills.

Wed & Fri 1:00 – 3:00 pm

Apr 4<sup>th</sup> – 20<sup>th</sup> \$34 (6 classes)

## **Computer Demonstration Workshops**

### ***Storage Demonstration Workshop***

A 2-hour demonstration session on saving and using your valuable pictures, music, videos and documents.

Mon Feb 27<sup>th</sup> 1:00 – 3:00 pm

\$5 members/\$15 non-members

### ***Skype Demonstration Workshop***

A 2-hour demonstration session to show the various uses of Skype.

Mon Mar 19<sup>th</sup> 1:00 – 3:00 pm

\$5 members/\$15 non-members

### ***Slideshow Demonstration Workshop***

A 2-hour demonstration on how pictures can be assembled in an interesting sequence with overlaid music or commentary. their enjoyment.

Mon Apr 2<sup>nd</sup> 1:00 – 3:00 pm

\$5 members/\$15 non-members

### ***Genealogy Demonstration Workshop***

An introduction to using computers to research and record your family history. An in-depth hands-on course will follow in May/June.

Mon Apr 16<sup>th</sup> 1:00 – 3:00 pm

\$5 members/\$15 non-members

### ***Facebook Demonstration Workshop***

An introduction to the use of Facebook, a very popular social networking application for communicating with friends and relatives through email, chat and pictures.

Mon Apr 30<sup>th</sup> 1:00 – 3:00 pm

\$5 members/\$15 non-members

***IMPORTANT: Please read these “Computer Course Policies”  
before registering for Silver Harbour computer classes***

1. Please register for the first course “Computers for Beginners” before any other course (unless the requirement is waived by one of the principal instructors). Each course has ten places unless stated otherwise. 15
2. You may register for other courses at the same time. But please do not take overlapping courses.
3. For maximum benefit, take courses in the following order: “Computers for Beginners”; “Basic Word Processing”; then preferably “Email and Internet” and “Computers for Intermediates” before any other course.
4. Courses may be cancelled if instructors are not able to teach or if there are not enough students registered. Your fees will be refunded for such cancellations. The course may be rescheduled or replaced.
5. Please attend your class regularly, unless you are sick. The first class is vitally important. We find that once two classes are missed, it is not feasible for the student to catch up without direct help from the instructor, and this is both disruptive to the class and unfair to the teacher. Therefore, any student who misses two classes will not be re-admitted to the class. Refunds will not be given unless the absences can be shown to be a direct result of serious illness or injury.
6. If you are going to miss a course, please notify the Centre and do not swap your place with a friend. Others are usually waiting ahead of your friend for the same spot.
7. Five computers are available for instruction and two students will be working cooperatively on each machine. Every week each student pair will be required to change to new partners.
8. If you cannot practice what you learned, further progress becomes a frustrating experience for everyone. Therefore, except for “Computers for Beginners”, you **MUST** have regular access to a computer with the Windows 7 or Windows XP operating system with the same (or similar) software, as the ones used in courses. The Centre cannot supply them. If you are considering buying a new computer, it is always best to wait until you have started your course and can ask for advice from the instructor.



## Arts and Crafts Corner... by Linda Ramsden

Our annual Christmas Bazaar was a tremendously successful event this year! Many thanks are extended to all of our members who contributed to the sale and to everyone who faithfully attended in order to do some Christmas shopping.

The crafters and wood shop volunteers took a much deserved break over the holiday season and they are already thinking about spring. We'll be sure to have some inspired and creative crafts offerings to celebrate the occasions that lie just ahead: Rabbie Burns' Night, Valentine's Day and St. Patrick's Day. If you think that crafting is for you, then come join us upstairs on a Monday or Friday morning and forget all about the grey days of winter!

### WINTER PROGRAM REGISTRATION

Registration has started for the winter session. Most Arts and Crafts classes begin the week of January 9<sup>th</sup>. There are still spaces in many of the classes as well as space in many computer classes. Please check at the front desk for more information.

### WATERCOLOUR PAINTING SCHEDULE CHANGE

Please note the following class schedule change: Watercolour Painting has moved from Thursday morning 10am – 12 pm to Friday morning 10am – 12 pm.

#### January Workshop

#### Introduction to Needle Felting

Come and learn the basics of this portable and addictive craft technique. It requires no special skills or abilities. The possibilities are endless; from sculpture in felt to wearable art or even pictures that can be framed. Everything you need to get started will be provided. Participants will work on samples and finish with a small 'picture.'

2 sessions

Monday, January 20 & February 6

1 – 3 pm

Instructor: Linda Ramsden

Cost \$10



## Roving Reporter... by Lin Ardington

Roving Reporter gives you a deserved respite this month! Actually, an earlier deadline looms, and as I write, many members are still prancing about like Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen! Engaged in the varied antics of Yule. But here it is! An unspoiled, brand New Year. Annwen will again be providing unparalleled opportunities, and she's always listening. Inside your scribe's head, it's like a kaleidoscope: every time I shake it, it's a new picture. So let's start our 2012 wish list like a warrior.



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# Silver Harbour Winter Program Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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](http://www.silverharbourcentre.com) or ask at the front desk.

# Silver Harbour's January 2012 Calendar...

<p><b>1</b> New Years Day Silver Harbour Closed</p>	<p><b>2</b> Silver Harbour Closed</p>	<p><b>3</b> Affirmations</p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b> Watch Batteries</p>	<p><b>10</b> Cascades Casino Bus Trip</p>	<p><b>11</b> First Call Medical Alert at Keep Well</p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>
<p><b>15</b></p>	<p><b>16</b> Sing-Along</p>	<p><b>17</b> Brain Health Seminar</p>	<p><b>18</b> Prospect Point &amp; Aquarium Bus Trip</p>	<p><b>19</b> Newcomers Tour &amp; Tea</p>	<p><b>20</b></p>	<p><b>21</b> Rabbie Burns Night</p>
<p><b>22</b></p>	<p><b>23</b> February Frolic Tickets On Sale</p>	<p><b>24</b> Travel Series "Peru"</p>	<p><b>25</b> Eat Well, Age Well Seminar</p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b> Fraser Downs Bus Trip</p>	<p><b>30</b></p>	<p><b>31</b> Bloedel Conservatory &amp; Seasons Bus Trip * Walker Repairs</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>