

News

[News and Events](#)

706, 2019

Notice of Annual General Meeting

June 7th, 2019|[0 Comments](#)

North Shore Keep Well Society's Annual General Meeting will take place in the Card Room at Silver Harbour Seniors' Activity Centre at 144 East 22nd Street in North Vancouver, on Wednesday, June 19th, 2019 at 3:15 p.m. All members welcome.

706, 2019

Summer Classes

June 7th, 2019|[0 Comments](#)

In July there will be exercises only at North Shore Neighbourhood House, Parkgate, Silver Harbour, West Vancouver Seniors Activity Centre and Kiwanis Lynn Manor. In August there will be exercises only at Silver Harbour and Kiwanis Lynn Manor. No exercises on July 1st.

2501, 2019

West Vancouver Christmas Party

January 25th, 2019|[0 Comments](#)

We welcome everyone back after a holiday break, including Christmas and New Year Festivities. We now need to renew our energy level. Our programs are all up and running now and we welcome you to come out (and bring your friends). We hope that [...]

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