

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmasters			Jointmasters	
9:00 am	Snooker	Snooker	Snooker	Snooker	Snooker
	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Computer Club	Tai Chi			Computer Club
9:30 am		Senior Sparks	Spanish-Continuing Beginners	Intermediate Spanish	Supervised Bridge
			Keep Well	Farsi Seniors	
9:45 am				Jointworks II	Choir
					Minds in Motion
10:00 am	Table Tennis	Daytime Dance	Table Tennis	Seniors Acting Up	Watercolour
	Craft Volunteers	On-Loom Weaving	Whittling/Woodcarving		Craft Volunteers
	Chess	Tapestry Weaving			Chess
		Meditation			
10:15 am	Chair Yoga				
11:00 am				Osteofit 4 Life	
12:30 pm	Osteofit 1			Osteofit 1	Duplicate Bridge
12:45 pm	Social Bridge	Jointworks II			
1:00 pm	Hula for Health	On-Loom Weaving	Dressmaking	Bingo	Stained Glass
	Calligraphy	Quilting Volunteers	Knitting & Crocheting	Pottery	Table Tennis Drop-in
	Snooker	Snooker	Snooker	Snooker	Snooker
	Silk Painting	Mandarin - Int		Repujado	Painting Studio
		Tapestry Weaving			Current Conversations
		Cribbage	Flexibly Fit		Line Dance - Beg
2:00 pm		Get Up & Go			Line Dance-Int 1
3:00 pm					Line Dance-Int 2

Food Services Available Monday through Friday

Drinks and Refreshments	9:30 am – 2:30 pm
Soup and Sandwiches	11:30 am – 1:00 pm
Hot Full Course Lunch	11:45 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 for our Program Guide at the front desk.