

# Silver Harbour Program Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:30 am</b>	Jointmasters			Jointmasters	
<b>9:00 am</b>	Snooker	Snooker	Snooker	Snooker	Snooker
	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Computer Club	Tai Chi			Computer Club
<b>9:30 am</b>		Senior Sparks	Spanish-Continuing Beginners	Intermediate Spanish	Supervised Bridge
			Keep Well	Farsi Seniors	
<b>9:45 am</b>				Jointworks II	Choir
					Minds in Motion
<b>10:00 am</b>	Table Tennis	Daytime Dance	Table Tennis	Seniors Acting Up	Watercolour
	Craft Volunteers	Weaving: Shaft	Whittling/ Woodcarving		Craft Volunteers
	Chess	Tapestry Weaving			Chess
		Meditation			
<b>10:15 am</b>	Chair Yoga				
<b>11:00 am</b>			Tile Rummy	Osteofit 4 Life	
<b>12:30 pm</b>	Osteofit 1			Osteofit 1	Duplicate Bridge
	Social Bridge				
<b>12:45 pm</b>		Jointworks II			
<b>1:00 pm</b>	Hula for Health	Weaving: Shaft	Dressmaking	Bingo	Stained Glass
	Silk Painting	Quilting Volunteers	Knitting	Pottery	Table Tennis Drop-in
	Snooker	Snooker	Snooker	Snooker	Snooker
	Bingo	Mandarin - Int	Chess	Brain Energizer	Painting Studio
		Tapestry Weaving	Pottery: Instructional		Current Conversations
		Cribbage			Line Dance-Beg
<b>2:00 pm</b>		Get Up & Go			Line Dance-Int 1
<b>3:00 pm</b>					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](http://www.silverharbourcentre.com) or ask for our Program Guide at the front desk.