

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		Chinese Seniors	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	Weaving: Shaft	Whittling/Woodcarving	Repujado	Craft Volunteers
	Chess**	Weaving: Tapestry	Printmaking		Chess**
	Paper Tole	Meditation			
10:15 am	Chair Yoga				
11:00 am			Tile Rummy**	Osteofit 4 Life	
12:30 pm	Osteofit 1			Osteofit 1	Duplicate Bridge**
	Social Bridge**				
12:45 pm		Jointworks II			
1:00 pm	Bingo**	Weaving: Shaft	Dressmaking	Bingo**	Stained Glass
	Silk Painting	Quilting Volunteers	Knitting	Pottery: Studio	Table Tennis Drop-in**
	Snooker	Snooker	Snooker	Snooker	Snooker
	Hula for Health	Mandarin - Int	Chess**		Painting Studio**
		Weaving: Tapestry	Pottery: Instructional		Current Conversations**
		Cribbage**			Line Dance-Beg**
2:00 pm		Get Up & Go			Line Dance-Int1**
3:00 pm					Line Dance-Int2**

** Indicates Drop-in Programs

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.