

# Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<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>	Spanish Conversation	Chinese Seniors	Spanish for 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	Creative Crafts Volunteers
	Bazaar Group Volunteers	On-Loom Weaving	Whittling/ Woodcarving		Knit & Crochet Volunteers
	Chess	Tapestry Weaving			Chess
		Meditation			Watercolour
<b>10:15 am</b>	Chair Yoga				
<b>11:00 am</b>				Osteofit 4 Life	
<b>12:30 pm</b>	Osteofit 1			Osteofit 1	Duplicate Bridge
<b>12:45 pm</b>	Social Bridge	Jointworks II			
<b>1:00 pm</b>	Hula for Health	On-Loom Weaving	Dressmaking	Bingo	Stained Glass
	Calligraphy	Cribbage	Knitting Instruction	Low-Key Bridge	Craft Workshops
	Sudoku	Quilting Volunteers		Pottery	Table Tennis Drop-in
	Snooker	Snooker	Snooker	Snooker	Snooker
		Mandarin - Int		Oil Painting	Painting Studio
		Tapestry Weaving			Current Conversations
<b>1:15 pm</b>			Line Dance - Beg		
<b>2:00 pm</b>		Get Up & Go		PWR! Exercise	
<b>2:15 pm</b>			Line Dance - Int		
<b>3:15 pm</b>			Line Dance - Adv		

## **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.