

# Silver Harbour Program Schedule

|                 | <b>Monday</b>           | <b>Tuesday</b>      | <b>Wednesday</b>           | <b>Thursday</b>          | <b>Friday</b>           |
|-----------------|-------------------------|---------------------|----------------------------|--------------------------|-------------------------|
| <b>8:15 am</b>  | Jointmoves              |                     |                            | Jointmoves               |                         |
| <b>9:00 am</b>  | Computer Club           | Snooker             | Snooker                    | Snooker                  | Computer Club           |
|                 | Snooker                 | Woodworking         | Woodworking                | Woodworking              | Snooker                 |
|                 | Yoga                    | Chair Yoga          |                            |                          |                         |
|                 |                         |                     |                            |                          | Woodworking             |
| <b>9:30 am</b>  | Craft & Knit Volunteers | Tapestry            | Keep Well                  | Intermediate ESL         | Craft & Knit Volunteers |
|                 |                         | Weaving             |                            |                          | Keep Well               |
| <b>9:45 am</b>  |                         |                     |                            |                          | Minds in Motion         |
| <b>10:00 am</b> | Ukulele                 |                     | Meditation                 | Stained Glass            | Choir                   |
|                 | Osteofit For Life       |                     | Table Tennis               | Osteofit For Life        | Printmaking             |
|                 |                         |                     | Woodcarving                | Intermediate Watercolour |                         |
|                 |                         |                     | Knit & Crochet Circle      | Tea & Talk               |                         |
| <b>11:00 am</b> | Music Therapy           |                     | Tile Rummy                 |                          |                         |
| <b>11:45 am</b> | Osteofit 1              |                     |                            | Osteofit 1               |                         |
| <b>12:30 pm</b> | Silk Painting           |                     |                            |                          | Duplicate Bridge        |
| <b>1:00 pm</b>  | Hula for Health         | Cribbage            | Chair Yoga – Fully Seated  | Pottery: Open Studio     | Table Tennis            |
|                 |                         | Quilting Volunteers | Circle of Friends          | Bingo                    | Current Conversations   |
|                 |                         |                     | Dressmaking                |                          | Open Studio             |
|                 |                         | Daytime Dance       | Pottery: Open Studio       | Creative Journey         | Weaving                 |
|                 |                         |                     | Beg. Mandarin - Level 2    |                          |                         |
| <b>1:30 pm</b>  | Flexibly Fit            |                     | Lined Dance – Level 1      | Get Up & Go              | Line Dance – Level 2    |
| <b>2:15 pm</b>  |                         |                     | Chair Yoga – Stand Options |                          |                         |
| <b>2:30 pm</b>  |                         |                     |                            |                          | Line Dance – Level 3    |

If you have any questions about programs or would just like to connect please give us a call at 604-980-2474 or email us at [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com).