

# Silver Harbour Program Schedule – Winter 2023-24

	<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				
	Beginner Ukulele				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>	Advanced Ukulele		Meditation	Stained Glass	Choir
	Osteofit For Life		Table Tennis	Osteofit For Life	
			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
	Beginner Watercolour	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
		Stand Strong	Dressmaking	What's News	Open Studio
		Daytime Dance	Wheel Throw Pottery	Creative Journey	Weaving
			Beginner Mandarin		
<b>1:30 pm</b>	Flexibly Fit		Line 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).