

Silver Harbour Program Schedule –JULY/AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmoves			Jointmoves	
9:00 am	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Woodworking	Woodworking	Woodworking	Snooker
					Woodworking
9:30 am	Craft & Knit Volunteers		Keep Well	Intermediate ESL (July only)	Craft & Knit Volunteers
		Weaving			Keep Well
9:45 am					Minds in Motion
10:00 am	Chess		Woodcarving		Chess
	Botanical Drawing		Table Tennis		Painting with Gabriele (July only)
10:15 am	Osteofit For Life			Osteofit For Life	
11:45 am	Osteofit 1			Osteofit 1	
12:30 pm	Drop-in Bridge				Duplicate Bridge
1:00 pm	Hula	Cribbage	Chair Yoga – Fully Seated	Pottery	Craft & Knit Volunteers
	Botanical Drawing (in Farsi)	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
					Open Studio
		Beginners ESL Conversation	Pottery		Weaving
					Table Tennis
1:30 pm	Get Up & Go			Get Up & Go	
2:15 pm			Chair Yoga – Standing Options		

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.