

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Jointmoves	Tai Chi		Jointmoves	
	Snooker		Snooker		Snooker
9:30 am	Computer Club			Advanced Farsi Seniors	Computer Club
			Spanish Level 2+		
10:00 am	Craft Volunteers	Meditation	Art Space	Watercolour	Knitting Volunteers
		Weaving	Woodcarving	Weaving	Watercolour Painting
		Tapestry			
10:30 am	Yoga	Tai Chi			
11:00 am				Osteofit For Life	
12:30 pm	Osteofit 1			Osteofit 1	
1:00 pm	Knitting Volunteers	Snooker	Open Painting Studio	Snooker	Current Conversations
	Silk Painting	Weaving	Pottery	Pottery	Craft Volunteers
		Tapestry	Chair Yoga		Knitting Volunteers
		Quilting Volunteers			Watercolour Painting
2:00 pm				Get Up & Go	

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.