

Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Jointmoves			Jointmoves	
9:00 am	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Snooker	Snooker	Snooker	Snooker	Snooker
	Computer Club	Tai Chi			Computer Club
9:30 am		Weaving	Keep Well	Weaving	
		Tapestry	Spanish Level 2 Plus		
10:00 am	Craft Volunteers	Tai Chi	Woodcarving	Printmaking	Craft Volunteers
	Chess	Meditation	Table Tennis		Chess
	Sonic Weaving		Art Space		Painting with Gabriele
10:15 am	Osteofit For Life			Osteofit For Life	
10:30 am					Choir
11:45 am	Osteofit 1			Osteofit 1	
1:00 pm	Snooker	Snooker	Snooker	Snooker	Snooker
	Silk Painting	Weaving	Dressmaking	Open Studio (on Zoom)	Current Conversations
	Hula	Tapestry	Pottery	Pottery	Open Painting Studio
			Chair Yoga		Stained Glass
		Quilting Volunteers	Circle of Friends		Table Tennis
1:30 pm	Get Up & Go			Get Up & Go	
2:15 pm			Chair Yoga		

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.