

Silver Harbour Program Schedule

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