

# Silver Harbour Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 am</b>	Jointmoves			Jointmoves	
<b>9:00 am</b>	Computer Club	Snooker	Snooker	Snooker	Computer Club
	Snooker	Tai Chi	Woodworking	Woodworking	Snooker
		Woodworking			Woodworking
					Drop-in Bridge
<b>9:30 am</b>	Craft & Knit Volunteers	Tapestry	Keep Well	Intermediate ESL	Craft & Knit Volunteers
	Spanish – Beg, Level 2	Weaving	Spanish – Int. Conversation		Keep Well
<b>9:45 am</b>					Minds in Motion
<b>10:00 am</b>	Chess	Meditation	Art Space	Stained Glass	Chess
		Tai Chi	Table Tennis		Painting with Gabriele
			Woodcarving		Choir
			Beginner Knit & Crochet		
<b>10:15 am</b>	Osteofit For Life			Osteofit For Life	
<b>11:00 am</b>			French Conversation		
<b>11:45 am</b>	Osteofit 1			Osteofit 1	
<b>12:30 pm</b>	Drop-in Bridge				Duplicate Bridge
<b>1:00 pm</b>	Hula	Cribbage	Chair Yoga – Fully Seated	Pottery	Craft & Knit Volunteers
	Treasure Journals	Quilting Volunteers	Circle of Friends	Bingo	Current Conversations
		Tapestry	Dressmaking		Open Studio
		Beginners ESL Conversation	Beginner Pottery		Weaving
		Daytime Dance			Table Tennis
<b>1:30 pm</b>				Get Up & Go	Line Dance - Beginners
<b>2:00 pm</b>				Open Studio (on Zoom)	
				Tile Rummy	
<b>2:15 pm</b>			Chair Yoga – Stand Options		
<b>2:30 pm</b>					Line Dance - Improvers

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).