

Silver Harbour Spring Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Osteofit				Osteofit
9:00 am	Snooker	Snooker	Snooker	Snooker	Snooker
	Yoga	Woodworking	Woodworking	Woodworking	Woodworking
	Computer Club	Tai Chi	Chinese Seniors Group		Computer Club
9:30 am	Brain Fitness	Digital Storytelling	Keep Well	Spinning Circle	Supervised Bridge
10:00 am	Table Tennis	Daytime Dance	Table Tennis		
	Bazaar Group	Computer Classes	Computer Classes	Computer Classes	Creative Crafts
	Chess	Spanish III	Paper Toile		Chess
	Mah Jongg	On-Loom Weaving	Whittling/ Woodcarving	Farsi Seniors Group	Knit & Crochet Volunteers
	Spanish IV	Toile Painting 3		Seniors Acting Up	Watercolour
			Spanish II	Spanish for Travellers	Choir (10:15)
12:30 pm	Osteofit				Duplicate Bridge (12:40)
1:00 pm	Bingo	On-Loom Weaving	Scottish Country Dance	Bingo	Stained Glass
	Computer Classes	Computer Classes	Computer Classes	Computer Classes	Computer Classes
			Dressmaking		Craft Workshops
	Toile Painting 4			Low-Key Bridge	Toile Painting 6
	Social Bridge	Quilting		Pottery	
		Woodworking	Woodworking	Woodworking	Woodworking
	Snooker	Snooker	Snooker	Snooker	Snooker
					Table Tennis
	Silk Painting	Cribbage		Oil Painting	Line Dance – Beg.
1:30 pm		Mandarin			
2:00 pm					Line Dance – Int.
3:00 pm					Line Dance – Adv.
4:00 pm				Flexibly Fit	

Food Services Available Monday through Friday

Coffee Shop	9:30 am – 2:30 pm
Hot Full Course Lunch	11:45 am – 1:00 pm
Soup and Sandwiches	11:30 am – 1:00 pm
Kitchen Closed	1:00 pm – 1:30 pm

For detailed information on programs
please check our website at www.silverharbourcentre.com
or ask at the front desk.