

## Silver Lake Utilization Schedule

Day	Group	Location	Time
<b>Monday To Friday</b>	<b>GEDSB</b>	<b>Classroom</b>	<b>9 AM – 3 PM</b>
Every <b>Monday</b>	Forever Fit	Upstairs	9 – 10 AM
Every Monday	Forever Fit Lisa Young 583-9216	Upstairs	6:30 – 7:30 PM
Every Monday	Health Centre Board	Boardroom	4 – 6 PM
Every Monday	P.D. Art Work Shop	Walt's Place	1 – 4 PM
Every Monday	Tai Chi Steve Prettie	Upstairs	4 – 5 PM
Third (3 <sup>rd</sup> ) Monday	Community Policing	Classroom	6 – 10 PM
Every <b>Tuesday</b>	Val Smith-NEC 428-1549	Upstairs	9 – 10 AM
Every Tuesday	Norfolk Bridge	Walt's Place	1 – 3 PM
Tuesday April May	Alzheimer's Society 428-7771	Boardroom	2 – 3:30 PM
Every Tuesday	Karate	Upstairs	7 – 10 PM
Second (2 <sup>nd</sup> ) Tuesday	Silver Lake Committee	Boardroom	6 – 10 PM
Fourth (4 <sup>th</sup> ) Tuesday	Lions Executive	Boardroom	6 – 10 PM
(1 <sup>st</sup> & 3 <sup>rd</sup> ) Tuesday	Lions Social Hour	Walt's Place	5 – 7 PM
First (1 <sup>st</sup> ) Tuesday	Support Group Karen 426-7830	Walt's Place	7 – 9 PM
Second (2 <sup>nd</sup> ) <b>Wednesday</b>	CNIB	Boardroom	9 – 11 AM
First (1 <sup>st</sup> ) Wednesday	Alzheimer's Society 905 768-4488	Boardroom	2 – 3:30 PM
Every Wednesday	Forever Fit	Upstairs	9 – 10 AM
Every Wednesday	Nikki Campbell	Upstairs	5 – 9 PM
Every Wednesday	Knitt Witts Ellen Vardy 428-7290	Boardroom	7 – 9 PM
Every Wednesday	Pwr Sqdrn Bill Jerry 456-5550	Boardroom	7 – 9 PM
Every Wednesday	Power Squadron 456-5550	Classroom	7 – 9 PM
First (1 <sup>st</sup> ) <b>Thursday</b>	Horticultural Society	Walt's Place	7 – 10 PM
Every Thursday	Val Smith-NEC 428-1549	Upstairs	9 – 10 AM
Every Thursday	Karate	Upstairs	7 – 10 PM
Every <b>Friday</b>	Forever Fit	Upstairs	9 – 10 AM
Every Friday	Probus Cards	Walt's Place	7 – 10 PM
Every <b>Saturday</b>	Lions Kitchen & Farmers Market	Walt's Place	6 AM– 1 PM