**February Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

**Harbourside Friendships** - **Thursdays** **Drop-In program 10:30am – 12pm** in the PH Community Hall. No lunch will be served at this time. We do encourage all to bring your own packed lunch to enjoy as a group following the program.

**\*\*All participants entering the community hall (recreation center) must show proof of vaccination per updated BC regulations.**

**February 3** – Creating Valentines for the Students

**February 10 –** Music with Ken Johnson

**February 17** – **Speaker Linda Cordell** to speak on **“Joint Accounts vs Power of Attorney”**

**February 24** – **Focus on Mindfulness & Gratitude** with **Krystin Clark**

**Carpet Bowling** – **Wednesdays, Feb 2, 9, 16 & 23** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays Feb 4, 7, 11, 14, 18, 21, 25 & 28** the PH Com Hall 11:00–12pm with Maureen Clifford Cost: $3

Improve your balance, strength & flexibility with gentle moves

**Added Special**

**February 10 & 17 – 12:30pm – 2:30pm -** Learn to play Mahjong at the PH Community Hall with instructor Allison Spears