**June 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.

**June 2** – **Celebrate -** Come see what we did in the past and help plan our future events

**June 9 – Speaker - April Struthers** to speak on Senior Abuse

**June 16** – **Speaker - Cindy Cantelon** to speak about Sculpture & Jewelry Design

**June 23** –**Music with George Connell**

**June 30 – Fashion Show** items from our local boutique the **“Bargain Barn”**

**Carpet Bowling** – **Wednesdays, June 1, 8, 15, 22 & 29** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays June 3, 6, 10, 13 & 17th** at the PH Com Hall 11:00–12pm with Carole Logtenberg Cost: $3

Improve your balance, strength & flexibility with gentle moves