**August 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.

**Aug 4** –

**Aug 11 –**

**Aug 18** –

**Aug 25** –

**Carpet Bowling** – **Wednesdays, Aug 3, 10, 17, 24 & 31st** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays August 5, 8, 12, 15, 19, 22, 26, 29th** at the PH Com Hall 11:00–12pm with Carole Logtenberg Cost: $3

Improve your balance, strength & flexibility with gentle moves