**May Activities for Harbourside Friendship**

**& Pender Harbour Seniors Initiative**

**Road Trip to Sechelt Botanical Gardens** May 9, Tuesday, 9:30am – 2:30pm

Walking tour of the Botanical Gardens followed by Lunch at a restaurant in Sechelt call to reserve your seat. Travelling by volunteer drivers and their cars.

**Harbourside Friendships** - **Thursdays** **Drop-In program 10:30am – 1pm** in the PH Community Hall.

**\*\*\*Lunch will be served at 12pm the cost will be $10 per person.**

**May 4th**  –Speaker Jennifer Wright MC, Registered Clinical Counsellor to discuss “Anxiety”

**May 11th** – Discussion-bring a topic.

**May 18th** – Speaker Linda Cordell financial information.

**May 25th** – A visit with Constable Cole Vander Helm RCMP

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

**Chair Yoga – Mondays & Fridays May 1, 5, 8, 12, 15, 26 & 29th** the PH Com Hall 11:00–12pm. Improve your balance, strength & flexibility with gentle moves.

Welcome back Carole Logtenberg Cost: $3.00