**January Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

**Happy New Year!**

**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.**

**Jan 25** – Literacy Week

**Feb 1 –** Armchair Travel toAustralia

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

**Chair Yoga – Mondays & Fridays January 22, 26 & 29** at the PH Com Hall 11:00–12pm with Kristin Tracey Cost: $3

Improve your balance, strength & flexibility with gentle moves