**May Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

**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 2 – Alcvin Ryuzen Ramos to speak on his trip to Japan.

May 9 – Share your hobby?

May 16 – A visit with the Elementary Students

May 23 – Jeopardy Harbourside Friendship style

May 30 – Armchair Travel to South Africa

**Carpet Bowling** – **Wednesdays, May 1, 8, 22 & 29** at the PH Com. Hall 1-3pm Cost $3 **No Carpet Bowling May 15th due to Kids May Day Dance**

**Chair Yoga – Mondays & Fridays May 3, 6, 10, 13,24, 27 & 31** at the PH Com Hall 11:00–12pm with Carole Logtenberg Cost: $3

Improve your balance, strength & flexibility with gentle moves.

**No Yoga May 17 & 20th due to May Day & Holiday Monday**

**\*\*NEW CHAIR YOGA – Wednesday’s May 1, 8, 15, 22 and 29th** at the Sarah Wray Hall 11:00–12pm Cost: $3