**August Activities for Harbourside Friendship**

**& 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.**

**August 1st – Jeopardy** Harbourside Friendship Style

**August 8th** – **Loving-Kindness Meditation with Neora Snitz**

**August 15th**  – **BBQ at Lions Park**

**August 22nd – Free Lunch for this event for those who attend the social event – Food Demonstration with one of our cooks Jazzy**

**August 29th – Music with Ken Johnson**

**Carpet Bowling** – **Wednesdays, August 7, 14, 21 & 28** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays, August 2, 9, 12, 16, 19, 23, 26 & 30th** the PH Com Hall 11:00–12pm. Improve your balance, strength & flexibility with gentle moves.

With Carole Logtenberg Cost: $3.00

**Chair Yoga – Wednesday August 7, 14, 21 & 28th** at the Sarah Wray Hall 11:00–12pm. Improve your balance, strength & flexibility with gentle moves.

 With Carole Logtenberg Cost: $3.00