**February Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

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

Feb 6 – Come make a Valentine Card to give to a student. The more crafters the better.

Feb 13 – Board Games

Feb 20 –Presentation on Pender Harbour’s Community Hall “Raising the Roof Campaign”

Feb 27 – Free Lunch for all that attend. Music with Joan & Ted Woodard

**Carpet Bowling** – **Wednesdays, Feb 5, 12, 19 & 26** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays Feb 3, 7, 10, 14, 21, 24, & 28** at the PH Com Hall 11:00–12pm with Carole Logtenberg Cost: $3

Improve your balance, strength & flexibility with gentle moves

**Chair Yoga – Wednesday Feb 5, 12, 19 & 26** at the Sarah Wray Hall 11:00–12pm. Improve your balance, strength & flexibility with gentle moves.

With Carole Logtenberg Cost: $3.00