**January Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

**Happy New Year!**

**Jan 22 – Tuesday 11 – 2pm – Pender Harbour Reading Centre – Drop In-** One to One assistance signing up for a Sechelt Library card and accessing a **Free** Libby account to access **Free** audiobooks and ebooks. (please bring your device - phone or tablet or kobo).

Note: (If snow falls it will be pushed to Jan 29th)

**Jan 26, Sunday from 1:30 – 3pm** – **Excessive Clutter Free Public Presentation** by April Struthers, BC Association of Community Response Networks at the PH Community Hall

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

Jan 16 – Jeopardy played Harbourside Friendship style with the Grade 7’s

Jan 23 – TBA (Free Lunch for all who attend program)

Jan 30 – Seniors and Grade 7’s discussion on Careers

**Carpet Bowling** – **Wednesdays, Jan 15, 22 & 29** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays Jan 13, 17, 20, 24, 27 & 31st** at the PH Com Hall 11:00–12pm with Carole Logtenberg or Kristin Tracey Cost: $3

Improve your balance, strength & flexibility with gentle moves

**Chair Yoga – Wednesday Jan 15, 22 & 29** at the Sarah Wray Hall 11:00–12pm. Improve your balance, strength & flexibility with gentle moves.

With Carole Logtenberg or Kristin Tracey Cost: $3.00