**March Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

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

March 6 – Presentation with Kelly Foley - Help shape seniors housing on the Sunshine Coast

March 13 – Update on “Who Cares”

March 20 – Presentation on the PCN (Primary Care Network) Pharmacist in Pender Harbour

March 27 – Free Lunch for all that attend. Presentation on the “Greensleeves Advance Care Planning” with Sunshine Coast Hospice

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

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

Improve your balance, strength & flexibility with gentle moves

**No classes on March 17, & 21st.**

**Chair Yoga – Wednesday March 5, 12 & 26th** 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

**No classes on March 19th.**