**April Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

**National Volunteer Week from April 27 – May 3rd** come celebrate with us recognizing volunteers in the community!

**April 30th 2-4pm in PH Com Hall -** Come and view the displays and join us for a piece of cake and refreshments!

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

April 3 – Highland Games in recognition of Tartan Day April 6th

April 10 – Music with Pender Harbour Choir and visiting choir from Germany

April 17 – Learn a new game or play an old favourite

April 24 – Free Lunch for all that attend. Celebration for the 2nd Anniversary for the Better@Home Program

**Carpet Bowling** – **Wednesdays, April 2, 9, 16 & 23rd** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays April 4, 7, 11, 14, 25 & 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 April 18 or 21.**

**Chair Yoga – Wednesday April 2, 9, 16, 23 & 30** 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