

May Activities for Harbourside Friendships & Pender Harbour Seniors Initiative

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

May 1 – Come join us for some Trivia

May 8 – Update on Adult Day Program by Lana

May 15 – BBQ at Lions Park

May 22 – Free Lunch for all that attend. Music with William Leggott

May 29 – Putting at the Pender Harbour Golf Club followed by lunch at the Club House

Carpet Bowling – Wednesdays, May 7, 21 & 28 at the PH Com. Hall 1-3pm Cost \$3 No Carpet Bowling on May 14th due to Children's May Day Dance

Chair Yoga – Mondays & Fridays May 2, 5, 9, 12, 23, 26 & 30 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 May 16 or 19th.

Chair Yoga – Wednesday May 7, 14, 21 & 28th 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