

August Activities for Harbourside Friendships & Pender Harbour Seniors Initiative

Harbourside Friendships - Thursdays Drop-In social program 10:30am – 1pm
Lunch is served at 12 noon in the PH Community Hall.

August 7 – BBQ at Lions Park

August 14 – Putting at the Pender Harbour Golf Club followed by lunch at the Club House. Meet at the Golf Club at 11am.

August 21 – Piano Music and Songs with Ken Johnson

August 28 – Speakers on Fall Programs – Gwen from the Aquatic Centre and more.

Carpet Bowling – Wednesdays, Aug 6, 13, 20, & 27 at the PH Com. Hall 1-3pm Cost \$3

Chair Yoga – Mondays & Fridays August 1, 8, 11, 15, 18, 22, 25 & 29th 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, August 6, 13, 20 & 27th 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