

October Activities for Harbourside Friendships & Pender Harbour Seniors Initiative

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

Oct 2 –Tour of “Campbell House” meet at Community Hall at 10:30am Lunch will follow after tour in the Community Hall

Oct 9 – Music with Joan & Ted Woodard

Oct 16 – Armchair travel to Borneo

Oct 23 – “Free Lunch” for all who attends the “Presentation by Pender Harbour Volunteer Firefighters on fire safety.

Oct 30 – Sorry No gathering this day.

Oct 28th Road Trip to Powell River to go shopping. Will depart on the 8:20am ferry and return on the 4:35pm ferry. Cost is \$20.00 for passengers to help cover the transportation costs. Please call to reserve a seat.

Carpet Bowling – Wednesdays, Oct 1, 8, 22 & 29 at the PH Com. Hall 1-3pm Cost \$3 “No Bowling Oct 15th”

Chair Yoga – Mondays & Fridays Oct 3, 6, 10, 17, 20, 24, 27 & 31 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, Oct 1, 8, 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