

# **November Activities for Harbourside Friendships & Pender Harbour Seniors Initiative**

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

Nov 6 – Oral Health Presentation by Jenna Phelps

Nov 13 – Jeopardy done Harbourside Friendship style

Nov 20 – Discussion / Share - bring a topic, or an item to share

Nov 27 – “Free Lunch” for all who attends the “Dialogue Circle / Family History”

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

**Chair Yoga** – Mondays & Fridays Nov 3, 7, 10, 14, 17, 21, 24 & 28<sup>th</sup> 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, Nov 5, 12, 19 & 26<sup>th</sup> 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