

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

## **Special Events at the Community Hall:**

April 18<sup>th</sup> Health & Wellness Fair 10-2pm

April 19<sup>th</sup> Presentation on Clutter 2-4pm

April 22<sup>nd</sup> Volunteer Appreciation Tea 2-4pm

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

April 2 – Bring your “Eggcellent” ideas for Egg Decorating

April 9 – Discussions on “New Connections” through “Loss” with Sharon Halford & Caron Hawrychuk

April 16 – Armchair Travel to Hungry

April 23 – Free Lunch for all who attend Jeopardy Harbourside Friendships style

April 30 – Lunch and Shopping in Powell River

**Carpet Bowling** - Wednesdays, April 1, 8, 15 & 29<sup>th</sup> at the PH Com. Hall 1-3pm  
Cost \$3

**Chair Yoga** – Mondays & Fridays April 10, 13, 17, 20, 24 & 27<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, April 1, 8, 15, 22 & 29<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