

July Activities for Harbourside Friendships & Pender Harbour Seniors Initiative

Harbourside Friendships - Thursdays Drop-In program 10:30am - 1pm in the Lions Park Hall

July 2 - "Hiking in European Mountains" with Sharon Mackay

July 9 - Garden Tour at "GeoPia's Gallery" followed by lunch at "The Cove Restaurant"

July 16 - "Bingo" for all those that are missing our weekly session.

July 23 - "Show & Tell" about something that you made or was given

July 30 - Music with Joan & Ted Woodard

Carpet Bowling - Wednesdays, July 8, 15, 22 & 29th at the Lions Park Hall 1-3pm Cost \$3

Chair Yoga - Mondays & Fridays July 3, 6, 10, 13, 17, 20, 24, 27 & 31 at the Lions Park Hall 11:00-12pm

with Carole Logtenberg or Kristin Tracey Cost: \$3.00

Improve your balance, strength & flexibility with gentle moves

Chair Yoga - Wednesday, July 8, 15, 22 & 29th 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