

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

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

**June 4** - Val Haines presenting her "Trunk Show of Talents"

**June 11** - Come to a Mini Fashion Show. Summer items that you could add to your wardrobe. All items reasonably priced from our local Bargain Barn

**June 18** - Surprise Event. We will be meeting at the Seafarers Millenium Park at 10:45am

**June 25** - Learn about our local clubs the Lions and Rotary. Each will do a presentation on their purpose and history and their community achievements. Free Lunch for all who attend the presentation.

**Carpet Bowling** - **Wednesdays, June 3, 10, 17 & 24** at the Lions Park Hall 1-3pm  
Cost \$3

**Chair Yoga** - **Mondays & Fridays June 1, 5, 8, 12, 15, 19, 22, 26 & 29<sup>th</sup>** 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, June 3, 10, 17 & 24** 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