**August Activities for Harbourside Friendships**

**& Pender Harbour Seniors Initiative**

**Harbourside Friendships** - **Thursdays** **Drop-In program**. We will be meeting outside at the back of the hall and following self-distancing rules. No lunch will be served at this time. We do encourage all to bring your own packed lunch to enjoy as a group following the program.

**August 5 –**

**August 12 – Music by Joan & Ted**

**August 19 –**

**August 26 – Music by Ken Johnson**

**Carpet Bowling** – **Wednesdays, August 4, 11, 18, & 25** at the PH Com. Hall 1-3pm Cost $3

**Chair Yoga – Mondays & Fridays August 6, 9, 13, 16, 20, 27 & 30** at the PH Com Hall 11:00–12pm with Carole Logtenberg Cost: $3

Improve your balance, strength & flexibility with gentle moves