

WE CONNECT PEOPLE IN THE SGI AND EMPOWER THEM TO CREATE THE CHANGE THEY WANT TO SEE IN THEIR COMMUNITIES. SEE WHAT WE'RE UP TO ON PENDER!

Epicentre and Youth Programs

Select #6 on the spirit board when shopping at our local Tru Value to help support Epicentre programming!

Pender Taxi Savers Program

Over 65 or have mobility issues? Save up to 50% on taxi vouchers! Approval required, register and purchase your vouchers at our office in the Driftwood Centre on Mondays, Wednesdays, and Fridays, 10am - 4pm.

55+ Programs

For more information or to register for workshops, contact us at fiftyfiveplus@sginh.ca or 250.629.3665. Registration fees can be e-transferred to finance@sginh.ca.

All workshops are at the Pender Island Community Hall unless otherwise noted.

Weekly on Mondays		10 am - 12 pm Breakfast Club - by donation Cafe - By Donation Needle Circle - Free	Exercise 8 am - 10 am: Tai Chi Practice Space 10:30 am - 11:30 am: 18 Postures 10 am - 12 pm: Exercise Stations	
Date	Time	Events	Cost	Details
Jan 6	10 am - 11:30 am 11:30 am - 12:30 pm Lunch 1:15 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm	Book Club Seniors Advisory Meeting Braised Pork Belly Film: A Man Called Otto Caregivers & Grief Support P.A.L. Training (Pender Active Living)	- Suggest \$10 - By Donation	- RSVP - Mushroom & Thyme Sauce, Potato & Veg - Mobility Challenges RSVP
Jan 13	10:30 am - 11:30 am 11:30 am - 12 pm Lunch 1:15 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm 2:30 pm - 4 pm	Listen Party: Listen to and Discuss CBC Ideas Journaling for a New Year Butter Chicken Film: The First Grader Art with Audrey - A Sketching Playdate Dining in the Dark Fun Activities - Puzzles, Brainteasers, Games	- Suggest \$10 - By Donation	- RSVP - Naan and Basmati Rice - RSVP - RSVP - RSVP
Jan 20	10:30 am - 11:30 am 11:30 am - 12 pm Lunch 1:15 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm 2:30 pm - 4 pm	Sip & Savour Cafe - Speciality drinks available Emergency Preparedness: Grab and Go Bag Building Lasagna Jeopardy on Pender Caregiver & Grief Support Art with Audrey - A Sketching Playdate Fun Activities - Puzzles, Brainteasers, Games	-Suggest \$10	- RSVP - Competitors RSVP - RSVP - RSVP
Jan 27	10 am - 12 pm 10:30 am - 11:30 am Lunch 1:30 pm 1:30 pm - 3:30 pm 2:30 pm.- 4 pm	Make Do & Mend Morning Listen Party & Discussion Achiote Roast Chicken Ceramic Bowl Painting & Glazing: Bowls of Hope Art with Audrey - A Sketching Playdate Fun Activities - Puzzles, Brainteasers, Games	- Free Drop In - Suggest \$10	- Computers, clothing and appliance repair - The Taylor Swift phenomena - Mexican Rice & Beans, & Veg - RSVP - RSVP - RSVP

Helpers needed: Activity Helper, Activity Leaders, Workshop Leader, Café Host, Baker, Server, Greeter, Kitchen Helper, Seniors Advisory Team, Driver, P.A.L.'s. Or maybe your fun activity group would like to use some space?