

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 Bar Needle Circle Cafe Games and Activities (11 am)	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
Feb 3	10 am - 11:30 am 11:30 am Lunch 1:15 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm	Book Club: The Little Paris Bookshop Seniors Advisory Meeting Sweet and Sour Pork, Steamed Rice Film: Groundhog Day Caregivers & Grief Support Art with Audrey - Sketching 1 of 2	- By Donation	- Drop in - Register - Reserve/Drop in - Drop in - Register
Feb 10	9:30 am - 2:30 pm 10:30 am - 11:30 am Lunch 1:15 pm 1:30 pm - 3:30 pm 2 pm - 4 pm	Service Canada: Tax credits, CPP & OAS, My Service Canada, Dental Plan Listen Party: CBC Ideas BBQ Meatloaf, Veg, Mashed Potato Film: Going in Style Art with Audrey - Sketching 2 of 2 P.A.L.: How to support a friend with Dementia	- By Donation	- Drop in - Drop in - Reserve/Drop in - Register - Register
Feb 17	10:30 am - 11:30 am 10:30 am - 12 pm Lunch 1 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm	Listen Party: Father Knows Best 50's Radio Show 50's & 60's Games & Activities Burgers Sock Hop with DJ Marc - prizes - best dressed, dance off Caregiver & Grief Support Art with Audrey - Watercolour 1 of 2 Ice Cream Parlour Sundae Bar	- By Donation	- Drop in - Drop in - Reserve/Drop in - Drop in - Drop in - Register
Feb 24	10 am - 12 pm 10:30 am - 11:30 am Lunch 1:15 pm 1:15 pm - 3:15 pm 1:30 pm - 4 pm 2 pm - 4 pm	Make Do & Mend Morning - Computers, clothing and appliance repair help Listen Party: The secret to a happy life Bangers and Mash Film: Road to Wellville Wellness Workshop: Self-care Art with Audrey - Watercolour 2 of 2 Cooking with Connie	- By Donation	- Drop in - Drop in - Reserve/Drop in - Register - Register - Register

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?