



MARCH 2025 SCHEDULE

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.

Monday Activity Day at the Community Hall

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		<u>Weekly Activities 9 am - 12 pm</u> Breakfast Bar & Cafe (9:00) Exercise Stations (9:45) Walking Group (10:00) Needle Circle (10:30) Games & Activities (11:00)	<u>Exercise</u> 9 am - 10:15 am: Tai Chi Practice Space 10:30 am - 11:30 am: 18 Postures 10 am - 12 pm: Exercise Stations
Date	Time	Events	Details
Mar 3	10 am - 11:30 am 11:35 am Lunch 1:15 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm	Book Club: Come and Take About a Book you Enjoyed Seniors Advisory Meeting Chicken Schnitzel, Spaetzle and Lemon Sauce Film: The Leisure Seeker Caregivers & Grief Support Art with Audrey - Watercolour Workshop 2 of 2	- Drop in - Pre-Register - Reserve/Drop in -By Donation - Drop in - Pre-Register
Mar 10	10:30 am - 11:30 am 11 am Lunch 1:15 pm 1:30 pm - 3:30 pm	Listen Party & discussion Games & Activities with Rob Jerk Chicken, Rice and Peas, Coleslaw Film: Up Art with Audrey - Journal Collage & Binding workshop 1 of 2	- Drop in - Drop in - Reserve/Drop in - By Donation - Pre-Register \$20
Mar 17	10 am - 11:30 am 10:30am - 11:30 am 11 am Lunch 1:15 pm 1:30 pm - 3:30 pm 1:30 pm - 3:30 pm	Make Blue Ribbon winning Soda Bread with Monica B. Listen Party: Irish Music - St. Patrick's Day at the Hall Games & Activities with Rob Bubble & Squeak Armchair Travel: Ireland with Barb Pender Caregiver & Grief Support Art with Audrey - Journal Collage & Binding workshop 2 of 2	- Pre-register \$5 - Drop in - Drop in - Reserve/Drop in - Drop in - Drop in - Pre-Register
Mar 24	10 am - 12 pm 10:30 am - 11:30 am 11 am Lunch 1:30 pm - 3 pm 1:30 pm - 3 pm 2 pm - 4 pm	Make Do & Mend Morning - Computers, clothing and appliance repair help Listen Party & Discussion Games & Activities with Rob Kansas BBQ Ribs, Beans, Coleslaw Cellphone Camera Photography with Ellie Martin Intro to P.A.L.: What is Pender Active Living about? Cooking with Connie chef and nutritionist extraordinaire	- Drop in - Drop in - Drop in - Reserve/Drop in - Pre-Register \$5 - Pre-Register - Pre-Register \$15
Mar 31	10:30 am - 11:30 am 11 am Lunch 1:15 pm 1:30 pm	Listen Party & discussion Games & Activities with Rob Chili and Cornbread with Jalapeno Butter Film: Loving Vincent Woodworking 101 - Tools, etc. with Bob Vergette	- Drop in - Drop in - Reserve/Drop in - By Donation - Pre-Register \$5

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?



Please reach out to us for more information or to register for our programs! We're here for you!

To register go to:
www.sginh.ca

Call our office:
(250) 629-3665

Email us:
admin@sginh.ca



VICTORIA FOUNDATION