



Pender Islands Health Centre
Where Caring and Community Come Together



VICTORIA FOUNDATION



New Horizons for Seniors Program



Working with communities in BC's North, Interior, Lower Mainland, Central & Northern Vancouver Island

MAY 2025 SCHEDULE

Monday Activity Day

Engaging Seniors and Friends in our Community

Pender Island Community Hall

To register for lunch or a program, use the **QR code** or contact: fiftyfiveplus@sginh.ca or **(250) 629-3665**. Registration fees can be e-transferred to finance@sginh.ca.

Weekly Activities 9:00 - 12:00		Maintain Your Independence (MYI) Exercise Classes	
9:00	Breakfast Bar & Café		
10:00	Self-led Exercise stations		
10:00	Gentle Walk	9:00 - 10:15	Tai Chi Practice Space
10:30	Needle Circle	10:30 - 11:30	18 Postures
May 5	10:00 - 11:30	Book Club with Cee: Read any Book by Maggie O'Farrell	
	11:30	Seniors Advisory Meeting	
	12:00	Lunch: Grilled Cheese with Seasonal Soup	Register/Drop in
	1:00-2:00	Helping Ourselves to Health with Shelley and Violant	Register \$5
	2:15	Film: <i>Calendar Girls</i>	
1:30-3:30	Caregivers & Grief Support Group		
May 12	10:00 - 12:00	Artist Playdate with Audrey	Drop in \$5
	12:00	Lunch: Chef's Choice of Stew, Braised Meat and Vegetable	Register/Drop in
	1:00-2:00	Pender Post Presentation and Workshop	Register
	1:30-2:30	<i>The Artist's Way</i> Discussion Group with Monica	Register
May 19	10:30 - 12:00	Create a Mini Travel Journal with Monica	Register \$10
	10:30	Group Walk on Molly's Trail - 3km	
	12:00	Lunch: Curried Vegetables with Rice Pilaf	Register/Drop in
	1:00	Film: <i>The Secret Life of Walter Mitty</i>	
	1:30-3:30	Caregivers & Grief Support Group	
May 26	10:00 - 12:00	Make Do & Mend Morning Computers, clothing & appliance	Drop in
	10:00-11:00	Raincoast Conservation Foundation - Listening for Whales	Register
	12:00	Lunch: Roast Chicken, Veg with Mushroom Cream Sauce	Register/Drop in
	1:00-3:00	Pender Active Living (P.A.L.) Volunteer training	Register
	1:30 - 2:30	Raven Rock Farm Tour - email Marcella - Limit of 10	Pre-Register \$10

Volunteer 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 free space on Mondays?

Contact Marcella Reay at: volunteer@penderislandhealth.org

