



Pender Islands Health Centre
Where Caring and Community Come Together



CRD
Making a difference...together



United Way
British Columbia

JUNE SCHEDULE

Monday Activity Day

Engaging Seniors and Friends in our Community

Pender Island Community Hall

To register for an activity or class, use the **QR code**, visit **fiftyfiveplus@sginh.ca** or **(250) 629-3665**.
For information about the MYI Classes, visit **https://penderislandhealth.org/exercise-programs** or **(250) 629-3346**

<p style="text-align: right;">Maintain Your Independence (MYI) Exercise Classes</p> <p>Strength Training for Overall Health with Stacy Packford 9:30 - 10:30 18 Postures with Judith Young 11:00 - 12:00</p> <p>Weekly Activities Morning Café 9:00 - 12:00 Drop-in Knitting and Stitching Circle 9:00 - 12:00</p> <p style="text-align: right;">Weekly Exercise Walk The Valley Home Trail 11:30 - 12:00</p>	
JUN 1	<p>10:00 - 11:30 Book Club: A Snake and a Feathered Bird by Angie Ellis</p> <p>10:00-11:00 Introduction to Cellphone Photography - Part 1 with Ellie Martin</p> <p>12:00 Lunch: Pizza - Meatlovers or G/F Pesto, Tomato & Mozzarella with Salad \$10</p> <p>1:00 - 3:00 Buttery Baking Powder Biscuits - Bake & Take with Monica \$10</p> <p>2:15 Film: Rocketman</p>
JUN 8	<p>10:00 - 12:00 Repair Café with Shon, Peter and Judy</p> <p>10:00 - 11:00 Introduction to Cellphone Photography - Part 2 with Ellie Martin</p> <p>12:00 Lunch: Chilli or Veggie Dogs with Wedge Fries & Coleslaw \$10</p> <p>1:00 Sense of Smell and Brain Health - Interactive presentation with Jonathan Askholm (aromatherapy kits will be available for purchase)</p>
JUN 15	<p>10:30 - 11:30 Outdoor Games - Corn Hole, Lawn Darts, and Ladderball</p> <p>10:00 - 12:00 Flowerpot Decoupage Workshop - Register in advance by June 11 \$10</p> <p>12:00 Lunch: Chicken or Tofu Salad Sandwich with G/F, D/F Mushroom Soup \$10</p> <p>1:00 - 3:00 English Country Dancing with Brian, Brenda & Bernard from Mayne Island</p>
JUN 22	<p>10:00 - 12:00 Repair Café with Shon, Peter and Judy</p> <p>10:00 - 12:00 Macramé Flower Pot Hanger Workshop - Register in advance by June 18 \$10</p> <p>12:00 Lunch: Vietnamese Salad Roll - Chicken/ Shrimp/ or Tofu; Chilli Lime or Peanut Dipping Sauce with Rice Noodle Veg and Peanut Salad \$10</p> <p>1:00 - 3:00 English Country Dancing with Brian, Brenda & Bernard from Mayne Island</p>
JUN 29	<p>10:00 - 12:00 Arranging Your Summer Blooms Workshop - Register in advance by June 25 \$5</p> <p>12:00 Lunch: Beef or Veggie Burgers with Toppings and Potato Salad \$10</p> <p>1:00 - 3:00 English Country Dancing with Brian, Brenda & Bernard from Mayne Island</p>



Volunteers at the Monday Activity Day receive a complimentary lunch coupon. There are many ways to help out. Join us in helping create a fun, welcoming and enjoyable experience for everyone.
Contact Marcella for more information at:
volunteer@penderislandhealth.org or **250-629-3346**

