



Pender Islands
Health Centre
Where Caring and Community Come Together



SGI
Neighbourhood
House



Victoria
Foundation



Making a difference...together



United Way
British Columbia

JULY SCHEDULE

Monday Activity Day

Engaging Seniors and Friends in our Community

Pender Island Community Hall

Maintain Your Independence (MYI) Exercise Classes

Strength Training for Overall Health with Stacy 9:30 - 10:30

Weekly Activities

Morning Café 9:00 - 12:00

Drop-in Knitting and Stitching Circle 9:00 - 12:00

Weekly Exercise

Walk The Valley Home Trail 11:30 - 12:00

July 6	10:00 - 11:00 Tour the Pender Radio Airstream with Jaime Maclean 11:00-12:00 Bocce Ball 12:00 Lunch: Greek Souvlaki - Marinated Chicken or Tofu, Rice, Pita & Hummus, Tzatziki and Greek Salad \$10 1:00 - 3:00 Teacup Pincushion - Craft with Veronica \$10
July 13	10:00 - 12:00 REPAIR CAFÉ - Free help with tech, appliance, sewing and darning repairs 10:00 - 12:00 Blooming Watercolours with Vera 12:00 Lunch: Garlic Prawns or Tempe on Coconut Rice & Salad \$10 1:00 Film: <i>Sing Sing</i>
July 20 No Programming or Lunch Today	
July 27	10:00 - 12:00 REPAIR CAFÉ - Free help with tech, appliance, sewing and darning repairs 10:00 - 11:00 Inside the Pender Island Recycling Depot - A Presentation with Laura Begley 12:00 Creamy Mango Chicken or Vegetables on Rice Vermicelli with Garlic Toast \$10 1:00 Film: <i>The Choral</i>

For Information
about **MYI**
Exercise Classes
call Marcella at
(250) 629-3346
or use the
QR Code



MYI Classes

Volunteers at the Monday Activity Day receive a complimentary lunch and a small honorarium.
Join us in helping create a fun, welcoming and enjoyable experience for everyone.
Contact Marcella for more information at: 250-629-3346
volunteer@penderislandhealth.org

♥ Thank you
Volunteers

To register for
Programs & Monday Meal delivery call
SGINH at (250)
629-3346 or use
the QR Code



July Programs