



SGI
Neighbourhood
House



Victoria
Foundation

CRD
Making a difference...together



United Way
British Columbia

AUGUST 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

Last class is August 17

Weekly Activities

Morning Café 9:00 - 12:00

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

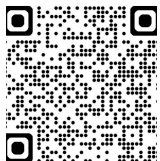
Weekly Exercise

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

Aug 3	10:00 - 12:00 10:00-12:00 12:00 1:00 PM	Book Club: <i>Miss Eliza's English Kitchen</i> by Annabel Abbs Natural Paint Making: Create Your Own Botanical Watercolour Palette with Joanne Green. Advanced registration by Friday, July 31. \$10 Lunch: Beef or Veg & Bean Burrito with Side Salad \$10 Film: Jane Goodall: The Hope
Aug 10	10:00 - 12:00 10:00 - 11:30 12:00 1:00-2:00	REPAIR CAFÉ - Free help with tech, appliance, sewing and darning repairs Create Beautiful Handmade Cards with Sun Prints (Cyanotypes) with Joanne Green. Advanced registration by Friday, August 7. \$10 Lunch: Thai Curried Chicken & Coconut Milk Soup with Rice & Salad \$10 Mountaineering Presentation with Peter Paré
Aug 17	10:00 - 12:00 12:00 1:00	Crystal Bead Suncatchers - For Your Window or Garden \$10 Chicken & Cashew or Veg & Cashew Risotto with Mixed Salad Film: Tracks

Aug 24, Aug 31 & Sept 7 – Summer Break – No Programming or Lunch

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



Aug Programs