



SGI
Neighbourhood
House



Victoria
Foundation



Making a difference...together



United Way
British Columbia

SEPTEMBER 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 10:00 - 12:00

Weekly Exercise

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

Sept 14	10:00-12:00	REPAIR CAFÉ - Free help with tech, appliance, sewing and darning repairs
	10:00-12:00	Book Club: <i>There are Rivers in the Sky</i> by Elif Shafak
	10:00-12:00	Decoupage Dried Flower Mason Jar Lanterns \$10
	12:00	Lunch: Spaghetti & Meatballs, Garlic Bread and Salad \$10
	1:00	End of Life Conversations with Julia Nichols and the G'OLD Network
Sept 21	11:00-12:00	Presentation with Dave Manning and Eroca Dancer: The Old Man and the Vultures
	12:00	Lunch: Sweet & Sour Spareribs, Vegetable Chow Mien & Vegetable Fried Rice \$10
	1:00	Film: Shook
Sept 28	10:00-12:00	REPAIR CAFÉ - Free help with tech, appliance, sewing and darning
	10:00-11:30	Sashiko Mending Workshop - Create a Beautiful Patch to Take Home
	12:00	Lunch: Crab and Avocado Sushi, Spinach Gomaе and Tangy Japanese Sunomono
	1:00	AI Awareness and Fraud Prevention Workshop with Sarah Downey
Sept 7 — Closed for Labour Day — 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



Sept Programs