



Pender Islands
Health Centre
Where Caring and Community Come Together



SGI
Neighbourhood
House



Victoria
Foundation



Making a difference...together



United Way
British Columbia

NOVEMBER 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

Bridge in the Lounge 1:00-3:00

Weekly Exercise

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

18 Postures 11:00 - 12:00

Nov 2	10:00 - 11:30 10:30 - 11:30 12:00 12:45-2:15	Book Club with Cee: <i>There are Rivers in the Sky</i> by Elif Shafak Ukulele and U with Ben Beattie (sign up to use a complimentary ukulele) Lunch: BBQ Chicken or Vegetable Hand Pies & Salad \$10 Music, Memory and the Stories We Carry sponsored by Ptarmigan Arts
Nov 9	10:00 - 12:00 10:00 - 12:00 12:00 1:00	Repair Café Cozy Mittens: A Sweater Upcycling Class - Bring an old sweater from home Lunch: Beef Bean & Cheese or Bean & Cheese Burritos with Sour Cream Guacamole & Salsa \$10 Armchair Travel with Shelley & Chris to Malta
Nov 16	10:00 - 12:00 12:00 1:00-3:00 1:00 PM	Music Bingo with Gary Goodman - Songs from the Good Ole Days Lunch: Chilli Con Carne or Vegetarian Chilli with G/F Cornbread & Honey Butter \$10 Sign Making - sponsored by the Pender Island Chamber of Commerce Film: <i>Becoming Astrid</i> (Sweedish with English subtitles)
Nov 23	10: 00 - 12:00 10:00 - 12:00 12:00 1:00 - 2:00 2:30 PM	Repair Café Foraged & Festive: Holiday Wreath Making Sign-up in advance Lunch: Butter Chicken (or Veg) with Fried Rice and Chapatis \$10 Armchair Travel with Shelley & Chris to Norway Film: <i>The Grand Seduction</i>
Nov 30	10:00 - 12:00 12:00 1:00 PM	Nordic Inspired Felt Ornaments - craft with Marcella Lunch: Falafel w Pita Hummus Tzatziki & Greek Salad (Veg G/F) \$10 Film: My Big Fat Greek Wedding 3



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



Sign-up For
Nov Activities