



OCTOBER 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

18 Postures with Judith 11:00 - 12:00

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

Oct 5	10:00 - 11:30	Book Club with Cee: <i>Miss Eliza's English Kitchen</i> by Annabel Abbs
	10:00-12:00	Fall Garden Scarecrow - Craft with Veronica \$10
	12:00	Lunch: Shepherds Pie with Marinated Vegetables and Quinoa Salad \$10
	1:00 - 2:00	Singing for Fun, Singing for Joy with Mary Reher
Oct 12	12:00	Thanksgiving Lunch: Turkey with all the Trimmings with chef Andrew Dimech \$15 Pre-Registration is Required email Ben at: fiftyfiveplus@sgnih.ca
	1:15 PM	Film: <i>Hidden Figures</i>
Oct 19	10:30-11:30	Ukulele and U with Ben Beattie
	12:00	Lunch: Greek Souvlaki with Tzatziki, Greek Salad and Pita Bread \$10
	12:30-2:00	Nordic-Inspired Felt Folk Ornaments - Craft with Marcella
	2:15 PM	Film: <i>The Upside</i>
Oct 26	10:00 - 12:00	REPAIR CAFÉ - Free help with tech, appliance, sewing, and darning repairs
	10:30-11:30	Free Seminar on Home Generators with Peter Murphy
	12:00	Lunch: Seafood Chowder, with Toasted Cheese Bun and Salad \$10
	1:00 - 2:00	Armchair Travel with Shelley & Chris to Thailand



For information about **MYI Exercise Classes** and to find a monthly class calendar, 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 **Meals To Go** delivery call SGINH at (250) 629-3346. Use the QR Code to sign-up for **classes**. Payment is collected at the class.



Oct Programs