



**The Good Companions**

## July Senior Centre With and Without Walls 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>VESTA Phone 1-866-261-6767 Listen for a voice and then input Code 7722700#</p>	<p>1 Happy Canada Day <b>In Person</b> 1p.m. Pike Bay Park Canada Day Activities</p>	<p>2 <b>In Person</b> 11:30 – 1:30 a.m. OSHS Lunch LHL RSVP at 519-793-3589</p>	<p>3 <b>In Person</b> 7:00 p.m. Friendship Club Lion's Head</p>	<p>4 <b>In Person</b> Corn hole at the Lion's Head Legion 1:00 p.m. 6:30 p.m. Lion's Head Legion Meeting</p>	<p>5 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone</p>	<p>6 <b>In Person</b> BPEG Lion's Head 9:00 – 1:00 p.m. Yard Sale PBCC 1:00 – 3:00 p.m. PBCC Monarch Butterflies</p>
<p>PBCC – Pike Bay Community Centre at West and Sutter Road has euchre at 7:00 p.m. on Mondays.</p>	<p>8 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn – VESTA <b>In Person</b> Euchre 7:00 p.m. PBCC</p>	<p>9 <b>In Person</b> 5: 00 - 7:00 p.m. Country Roast Beef Dinner at Lion's Head Legion - \$25 a ticket</p>	<p>10 <b>In Person</b> 7:00 p.m. Friendship Club Lion's Head</p>	<p>11 <b>In Person</b> Corn hole at the Lion's Head Legion 1:00 p.m.</p>	<p>12 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone</p>	<p>13 <b>In Person</b> <b>Tobermory</b> Men's Breakfast RSVP <a href="mailto:hogarth@auracom.com">hogarth@auracom.com</a></p>
<p>Every Monday morning at 9:00 – 11:00 a.m. BMS enjoys coffee and talk at the Lion's Head Legion.</p>	<p>15 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn – VESTA <b>In Person</b> Euchre 7:00 p.m. PBCC</p>	<p>16</p>	<p>17 <b>In Person</b> PBCC 1:00 p.m. Writing workshop <b>In Person</b> 7:00 p.m. Friendship Club Lion's Head</p>	<p>18 <b>In Person</b> Corn hole at the Lion's Head Legion 1:00 p.m.</p>	<p>19 10:00 – 10:30a.m Laughter Chair Yoga with Carolyn – VESTA Phone <b>In Person</b> PBCC "Felting a Sunset" Cost \$40.00 to make and take home.</p>	<p>20 <b>In Person</b> Bruce Men's Shed Meeting 9:00 – 11:30 a.m. Lion's Head Legion</p>
<p>Lion's Head Legion Branch 202 on highway 6 north of Ferndale.</p>	<p>22 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn – VESTA <b>In Person</b> Euchre 7:00 p.m. PBCC</p>	<p>23</p>	<p>24 <b>In Person</b> 7:00 p.m. Friendship Club Lion's Head</p>	<p>25 <b>In Person</b> Corn hole at the Lion's Head Legion 1:00 p.m. PBCC 1:00 p.m. Nature Conservancy Of Canada</p>	<p>26 10:00 – 10:30 Laughter Chair Yoga with Carolyn – VESTA Phone <b>In Person</b> PBCC 1:00 – 3:00 p.m. Card Making</p>	<p>27</p>
<p>Phone Sharron or Don at 519-793-3473 to purchase a ticket for the roast beef dinner on July 9<sup>th</sup> at 5:00 – 7:00 p.m.</p>	<p>29 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA <b>In Person</b> Euchre 7:00 p.m. PBCC</p>	<p>30 <b>In Person</b> 5:00 – 7:00 p.m. OSHS Dinner at LHL Br. 202 RSVP 519-793-3589</p>	<p>31 <b>In Person</b> 7:00 p.m. Friendship Club Lion's Head</p>	<p>August 1 <b>In Person</b> Corn hole at the Lion's Head Legion 1:00 p.m. 6:30 p.m. Legion Meeting</p>	<p>August 2 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone</p>	<p>August 3</p>

Contact Sharron Colter at [nbpcsac@eastlink.ca](mailto:nbpcsac@eastlink.ca) or 519-793-3473 for information.