

SENIORS WELLNESS EXCURSIONS



JUNE

- 1 – Thursday Fritz Theatre Shakespeare's Twelfth Night – 3 pm Mat -1 pm lunch At Penny's
- 8– Thursday Duncan Shopping and Lunch at the Dog House Cafe
- 14 - Wednesday SSI Conservancy Presentation with Tour of the grounds (weather Permitting)
Please bring your lunch - Refreshments will be supplied
- 22 – Thursday Mayo Creek Gardens In Lake Cowichan with afternoon Tea
- 26 – Monday Government House Tour – Cary Castle Mews – Teahouse at Butterworth Cottage
A group tour of Government House and Office of the Lieutenant Governor – visit the Cary Castle Mews buildings with afternoon tea at the teahouse - **** Rescheduled from May** Priority to those on the May excursion**
- 29 – Thursday Kizmet Café and Gallery/ Ruckle Park Relaxation with refreshments

JULY

- 6 – Thursday Raptors Birds of Prey with Picnic Lunch at Cowichan River
- 10 – Monday Chinatown Browsing – Opus Art Supply – Value Village
- 13 – Thursday Dinghy Dock Pub in Nanaimo – This is a must if you haven't been - A big Favorite!
- 20 – Thursday Crow and Gate Pub with a stop at the Antique Barn – So many wonderful things!
- 24 – Monday Old Country Market in Coombs – Goats on the Roof - international foods, imported gifts, in store baked goods, and of course... ice cream. Restaurants, a deli and fresh produce, all under the roofs of our recently renovated market. The goats of the Old Country Market are a very important part of our family. So much to see and do!!

Van space is limited so please register early by email seniors@ssics.ca or phone 250-931-0168