













FEBRUARY 2024






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Want to stay informed? Join our FaceBook Group and sign up to receive our Better with Age Newsletter

Note: Always remember to check ahead if the weather is questionable.

				<p>1</p> <p>45's Card Play D'Ecousse Civic Improvement Hall 7:30pm</p> 	<p>2</p>  <p>Ground Hog Day Informal Knitting/Crocheting group in the PDG Library at 2pm. Come when you can' kind of group.</p> 	<p>3</p>
<p>4</p> <p>Legion Branch 150 Arichat - 8 to 11am Community Breakfast</p> <p>New Horizons Seniors Club Monthly Meeting at 1:30PM at Club in Arichat</p> <p>New Horizons Club Cribbage- 7pm Arichat</p> 	<p>5</p> <p>D' Ecousse Hall Mass at 9:30am</p> <p>Seniors Take Action Coalition Meeting 10am Bonnie Brae Club St Peter's</p>	<p>6</p> <p>Sprouting and Mico- Greens Workshop River Roots in River Bourgeois 6-8pm</p> <p>45's card game St. George's Channel Hall 7:30pm</p> 	<p>7</p> <p>Jolly Club Sewing Group 9am in L'Ardoise</p> <p>Seniors Club Coffee Break from 9-11:30 Red Islands Fire Hall</p> <p>Riverdale Seniors Club Get Together Lower River – 12 noon</p> <p>Men's Club in L'ardoise 7pm</p> <p>New Horizons Club 45 Card Play 2pm Arichat</p>	<p>8</p> <p>Coffee and Conversation 10am to Noon West Bay Community Centre</p>  <p>45s Card Play 7:30 pm D'Escousse Civic Improvement Hall</p> 	<p>9</p> <p>Informal Knitting/Crocheting group in the PDG Library at 2pm. Come when you can' kind of group.</p> 	<p>10</p>

<p>11 Hungry Man's Breakfast D'Escouse Hall 8:00-11:00am</p> <p>Love and Peace Musical Celebration St John's Centre for the Arts in Arichat 2pm Admission – Donation</p> <p>Fleur-de-Lis Seniors Valentine Dinner and Dance- 5:00-11:00pm Louisdale Parish Hall</p>  <p>New Horizons Club Cribbage- 7pm Arichat</p>	<p>12</p>	<p>13 Pancakes, Baked Beans & Sausage Supper St.Georges Channel Hall 4:30 - 6:00 Admission: Goodwill Offering. Sponsored by South Mountain Arm of Gold</p> <p>45's card game St. George's Channel Hall 7:30pm</p> 	<p>14</p>  <p>Jolly Club Sewing Group 9am in L'Ardoise</p> <p>Retired Teachers Meeting 1130 Seal Cove in Louisdale</p> <p>Seniors Club Coffee Break from 9-11:30 Red Islands Fire Hall</p>  <p>New Horizons Club 45 Card Play 2pm Arichat</p>	<p>15 Coffee and Conversation 10am to Noon West Bay Centre</p>  <p>Jolly Club Monthly Meeting 3pm in L'Ardoise</p> <p>45s Card Play 7:30 pm D'Escousse Civic Improvement Hall</p> 	<p>16 Informal Knitting/Crocheting group in the PDG Library at 2pm. Come when you can' kind of group</p>  <p>Legion Branch 150 Fish Fry 4:00 pm – 6:30 pm.</p>	<p>17</p>
<p>18 Tea and Tunes Evelyn McRae & Les Boys. Admission \$5.00 per person, Light Lunch Provided, 50/50 draw 2-4pm Bonnie Brae Seniors Club in St Peter's</p> <p>New Horizons Club Cribbage at 7pm Arichat</p> 	<p>19 Nova Scotia Heritage Day</p>	<p>20 De-hydrating 101 Workshop 6:00 to 8:00pm River Roots in River Bourgeois</p> <p>45's card game St. George's Channel Hall 7:30pm</p> 	<p>21 Jolly Club Sewing Group 9am in L'Ardoise</p> <p>Seniors Club Coffee Break from 9-11:30 Red Islands Fire Hall</p> <p>We Care Café- 10am to 1 Fleur-de-Lis Club in Louisdale Parish Hall Bring your own Lunch</p> <p>Bonnie Brae Seniors Club Meeting at 2pm in St Peter's</p> <p>New Horizons Club 45 Card Play 2pm</p>	<p>22 Coffee and Conversation 10am to Noon West Bay Community Centre</p>  <p>45s Card Play 7:30 pm D'Escousse Civic Improvement Hall</p> 	<p>23 Informal Knitting/Crocheting group in the PDG Library at 2pm. Come when you can' kind of group</p>  <p>l oooo</p> <p>New Horizons Club Arichat - Jam Session 7pm to 10:30 pm Light lunch provided</p>	<p>24</p>

<p>25</p> <p>Lions Club Breakfast Louisdale Lions Den 10:00 am - 11:00 am Adults \$13.00, \$10.00 for children 6-12 years Children under 5- Free</p> <p>Food Workshop with Chef Ben Kelly- Filled 2:00 to 4:00pm River Roots River Bourgeois</p> <p>New Horizons Club Cribbage at 7pm Arichat</p> 	<p>26</p>	<p>27</p> <p>45's card game St. George's Channel Hall 7:30pm</p> 	<p>28</p> <p>Jolly Club Sewing Group 9am in L'Ardoise</p> <p>We Care Days Grief and Loss Fleur-de-Lis Club in Louisdale Parish Hall 10am to 1pm Lunch is provided Followed by Monthly Meeting at 1pm Seniors Club Coffee Break from 9-11:30 Red Islands Fire Hall</p>  <p>New Horizons Club 45 Card Play 2pm Arichat</p> 	<p>29</p> <p>It's a Leap Year</p> 		
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Note: Seniors Take Action Coalition wishes to acknowledge the contribution of the Government of NS, Department of Seniors and Long-Term Care for the Age- Friendly Grant received to make things like this, our Better with Age newsletter and active FB presence possible. This calendar is one of several projects we are able to offer due to the funding provided.

River Roots Workshops

All workshops are capped at 10 people and each cost \$20. Please register on the events section of our website www.richmondriverroots.ca or by emailing riverroots2020@gmail.com or by telephone at 902-785-7918