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Want to stay informed? Join our FaceBook Group and sign up to receive our Better with Age Newsletter.
Indoor walking at La Picasse, Take advantage of our indoor walking spaces. Everyday during business hours. 8:30 am - 4:00 pm

	<p>30</p>  <p>National Day for Truth and Reconciliation September 30</p> <p>Song Circle hosted by the St. George's Channel Hall at 6:30pm</p>  <p><i>Song Circle</i> St. George's Channel Monday, Sept 30, 2024 6:30 pm Light lunch at break Bring something to share! Good will offering at the door</p>	<p>1</p> <p>National Seniors Day "RETIREMENT IN ACTION" 2:00-4:00 pm Louisdale Lions Community Centre</p> <p>Jolly Club Sewing Group 9am in L'Ardoise</p>  <p>River Roots Market Shed Sale 10am-4pm River Bourgeois</p>  <p>New Horizons Club Arichat Senior Social Day from 1:30pm to 5:00pm</p>	<p>2</p> <p>Regular Wednesday Morning Coffee St George's Channel Hall 10:00 a.m. until 12 noon</p>  <p>Riverdale Seniors Club Get Together Lower River - 12 noon</p>	<p>3</p> <p>River Roots Market Shed Sale 10am-7pm River Bourgeois</p>  <p>River Roots River Bourgeois Pollinator Workshop 3:00 to 4:30pm FREE</p> <p>Artisans Evening La Picasse All ages welcome Bring your projects! 6:30pm to 8:30 pm Knitting, macrame, crochet, sewing and more!</p>	<p>4</p> <p>L'Ardoise Fall Fair Informal Knitting/Crocheting group in the Petit de Grat Library at 2pm. Come when you can' kind of group.</p>  <p>Seniors Take Action Coalition Meeting 10am- 12noon Red Island Red Islands Fire Hall, 14799 Highway 4, Red Islands</p> <p>New Horizons Club Dance 8pm to 11pm music by Paul MacInnis and Jimmy Webb \$12.00</p>	<p>5</p> <p>L'Ardoise Fall Fair Breakfast L'ardoise Community Centre 7am to 11am</p>  <p>Free Acoustic Music Session with Daniel LeBlanc Legion Branch 150 Arichat 2:00-4:00 (ish)</p>  <p>New Horizons Seniors Club in Arichat 45's card play 7:30 pm.</p>  <p>L'Ardoise Fall Fair Trivia Night 8pm</p>
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<p>6</p> <p>Legion Branch 150 Arichat - 8 to 11am Community Breakfast \$13.00 <i>Breakfast is free for all veterans of Canada's Armed Forces, the RCMP, and WWII-era Merchant Mariners</i></p>  <p>L'Ardoise Seniors Jolly Club Celebrating Seniors Week 2:00:pm Music & Song by Club Members</p> <p>New Horizons Seniors Club Monthly Meeting- Arichat- 1:30pm</p> <p>Barbel Albert and Ruth Matthews. An afternoon of Baroque violin and piano music 2513 Highway 206, Arichat Donation at the door Contact: 902-227-8303</p> <p>Jive Dancing Classes with Debbie Morrison 6:30-8:30 pm at the Louisdale Parish Hall NO CHARGE</p>	<p>7</p> <p>Mass at 9:30am D'Escousse Civic Improvement Hall</p> <p>A lunch of Crêpes in honour of International Seniors Day La Picasse Free admission Registration appreciated 11:30 a.m. – 12:30 pm</p> <p>River Roots Meals with Friends 11:30 to 1:30 River Bourgeois (sign up via website)</p> 	<p>8</p> <p>Jolly Club Sewing Group 9am in L'Ardoise</p>  <p>Riverdale Seniors Club Lower River Seniors Spin Class 10 to 11am</p> <p>River Roots Market Shed Sale 10am-4pm River Bourgeois</p>  <p>River Roots Learning Garden 4:00pm-5:30pm</p> <p>45's card game St. George's Channel Hall 7:30pm</p>  <p>45's Card Play Acadiaville Community Centre Hall in West Arichat 7:30pm</p>	<p>9</p> <p>Regular Wednesday Morning Coffee St George's Channel Hall 10:00 a.m. until 12 noon</p>  <p>Riverdale Seniors Club Lower River Chair Yoga - 10 to 11am</p>	<p>10</p> <p>Coffee and Conversation 10am to Noon West Bay Community Centre</p>  <p>Johnstown Sewing/Handicraft Group 1:00 pm Informal group. Bring your own project District 10 Fire Hall Red Islands</p> <p>River Roots Market Shed 10am-7pm River Bourgeois</p> <p>Strait Richmond Palliative Care Society AGM at 5pm Port Hawkesbury Evergreen Seniors Club RSVP Nancy 902 631-2470</p> <p>Artisans Evening La Picasse All ages welcome Bring your projects! 6:30pm to 8:30 pm Knitting, macrame, crochet, sewing and more!</p> <p>45s Card Play 7:30 pm D'Escousse Civic Improvement Hall</p>	<p>11</p> <p>Informal Knitting/Crocheting group in the Petit de Grat Library at 2pm.Come when you can' kind of group.</p>  <p>Fraud Awareness for Seniors 1pm Dr Kingston Memorial Community Health Centre- L'Ardoise</p>	<p>12</p> <p>Saturday's Artisan Market United Church Hall Grenville St, St Peter's 10-2pm</p>  <p>FundRaising Auction and Brunch Dr Kingston Memorial Community Health Centre 1200 Brunch 1:30 Auction</p> <p>Octoberfest 2024 Food, Entertainment and Activities Legion Branch 150 Arichat</p> <p>Municipal Election Advance Polls</p>
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13

Hungry Man's Breakfast
D'Escousse Hall
8:00-11:00am



D'Escousse Civic Improvement Hall
Hungrymans Breakfast 8am to 11am

New Horizons Club
Cribbage- 7pm Arichat



14



St. John's Centre for the
Arts- Arichat
Tales and Tunes
2:00 pm Fee: \$10

tunes & tales

Song Circle hosted by
the
St. George's Channel
Hall at 6:30pm
Watch Facebook for
possible date change



15

Jolly Club Sewing Group
9am in L' Ardoise



Riverdale Seniors Club
Lower River
Seniors Spin Class
10 to 11am

River Roots
Market Shed 10am-4pm
River Bourgeois



Memory Cafe
River Roots
Call Rachael at
(902) 587-2800 ext: 3

Beet Pickling Workshop
with Anne Landry
6:00pm - 7:30pm

Municipal Election
Advance Polls

45's card game
St. George's Channel
Hall 7:30pm

45's Card
PlayAcadiaville
Community Centre
Hall in West Arichat
7:30pm

16

Café Conversation at La
Picasse
9h30 à 11h00
All levels of French
welcome.
Come converse in
French while
participating in a fun
activity!



Regular Wednesday
Morning Coffee
St George's Channel Hall
10:00 a.m. until 12 noon

Riverdale Seniors Club
Get Together
Lower River - 12:30
Chair Yoga -11 - 12
noon

Bonnie Brae Seniors
Club Meeting at 2pm
in St Peter's

New Horizons Club
45 Card Play 2pm
Arichat



D'Escousse
Mixed Dart League
7:30 p.m
D'Escousse Civic
Improvement Hall

17

Coffee and Conversation
10am to Noon
West Bay Centre



River Roots
Market Shed Sale
10am-7pm
River Bourgeois



Johnstown
Sewing/Handcraft
Group 1:00 pm.
Informal group.
Bring your own project
District 10 Fire Hall
Red Islands

Jolly Club Monthly
Meeting
3pm in L'Ardoise

Artisans Evening
La Picasse
All ages welcome
Bring your projects!
6:30pm to 8:30 pm
Knitting, macrame,
crochet, sewing and
more!

45s Card Play 7:30 pm
D'Escousse Civic
Improvement Hall

18

Informal
Knitting/Crocheting
group in the Petit de
Grat Library at
2pm.Come when you
can' kind of group.



Estate Planning
Information session
1pm
Dr Kingston Memorial
Community Health
Centre- L'Ardoise

Fish Fry at the Legion
Branch 150 Arichat
from 400pm -6:30
eat in or take out
\$16.00 per dinner

*Fish Fry Dinners are
free for all veterans of
Canada's Armed Forces,
the RCMP, and
WWII-era Merchant
Mariners.*



New Horizon Club
Jam Session
Arichat
7pm to 10pm \$5.00
per person 50/50
tickets at the door light
lunch will be served

19

Municipal Election Day

Don't Forget to Vote



20

Breakfast at St. George's Channel Hall
8:30 am – 11:00 am. Cost
\$15/ Adults,
\$7/ Children

All you can eat pancakes,
eggs, sausage, baked
beans, toast, juice, tea,
coffee



River Roots
River Bourgeois
Cooking Curry- 2pm
with Chef Ben Kelly
\$20.00

Register on RR Website

New Horizons Club
Cribbage- 7pm Arichat



Jive Dancing Classes with
Debbie Morrison
6:30-8:30 pm at the
Louisdale Parish Hall NO
CHARGE



21

River Roots
Meals with Friends
11:30 to 1:30
River Bourgeois



22

Jolly Club Sewing Group
9am in L'Ardoise



Riverdale Seniors Club
Lower River
Seniors Spin Class
10 to 11am

River Roots
Market Shed 10am-4pm
River Bourgeois



River Roots
Learning Garden
4:00pm-5:30pm

45's card game
St. George's Channel
Hall 7:30pm



45's Card Play
Acadiaville
Community Centre
Hall in West Arichat
7:30pm



23

Regular Wednesday
Morning Coffee
St George's Channel Hall
10:00 a.m. until 12 noon



Riverdale Seniors Club
Lower River
Chair Yoga - 11 to 12pm

New Horizons Club
45 Card Play 2pm
Arichat



24

Coffee and Conversation
10am to Noon
West Bay Community
Centre



Johnstown
Sewing/Handicraft
Group 1:00 pm.
Informal group.
Bring your own project
District 10 Fire Hall
Red Islands

River Roots
Market Shed Sale
10am-7pm
River Bourgeois



Artisans Evening
La Picasse
All ages welcome
Bring your projects!
6:30pm to 8:30 pm
Knitting, macrame,
crochet, sewing and
more!

45s Card Play 7:30 pm
D'Escousse Civic
Improvement Hall



25

Informal
Knitting/Crocheting
group in the Petit de
Grat Library at
2pm.Come when you
can' kind of group.



26

Community Yard Sale
8am to 2pm
L'Ardoise Community
Centre



Lakeside Community
Association
Fall Fair
LakeSide Community
Centre
10-2pm
Sampsonville



Veterans Social
Legion Branch 150
Arichat
2:00-4:00

<p>27</p> <p>Louisdale Lions Club Monthly Breakfast 8:00 11:00 am at the Louisdale Lions Community Centre Adults -\$13.00 Children 6-12 - \$10.00 Children under 5 - Free</p>  <p>New Horizons Club Cribbage- 7pm Arichat</p>  <p>Fleur de Lis Seniors Club Halloween Masquerade Dance - 7:00-11:00 pm Louisdale Parish Hall \$7.00 per member Music by Gerald Mac`Intyre</p> 	<p>28</p> <p>Richmond River Roots River Bourgeois Annual General Meeting 5:00 to 6pm</p> <p>Song Circle hosted by the St. George's Channel Hall 6:30pm</p> 	<p>29</p> <p>River Roots Market Shed Sale 10m-4pm River Bourgeois</p>  <p>Riverdale Seniors Club Lower River Seniors Spin Class 10 to 11am</p>	<p>30</p> <p>Café Conversation at La Picasse 9h30 à 11h00 All levels of French welcome. Come converse in French while participating in a fun activity!</p>  <p>Regular Wednesday Morning Coffee St George's Channel Hall 10:00 a.m. until 12 noon</p> <p>Riverdale Seniors Club Get Together Lower River - 12:30 Chair Yoga - 11 to 12pm</p> <p>"WE CARE DAY" 10:00-12:00 noon at the Louisdale Parish Hall Guest Speakers -Palliative Care Society and Team Strait Richmond Hospital Lunch provided</p> <p>Fleur de Lis Seniors Club Monthly Meeting 1:00pm</p>	<p>31</p>  <p>Johnstown Sewing/Handicraft Group 1:00 pm. Informal group. Bring your own project District 10 Fire Hall Red Islands</p> <p>River Roots Market Shed Sale 10am-7pm River Bourgeois</p>  <p>Artisans Evening La Picasse All ages welcome Bring your projects! 6:30pm to 8:30 pm Knitting, macrame, crochet, sewing and more!</p>		
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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 -Please register on the events section of their website www.richmondriverroots.ca or by emailing riverroots2020@gmail.com or by telephone at 902-785-7918