







# NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

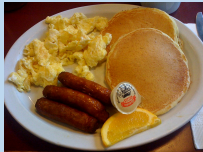
Want to stay informed? Join our FaceBook Group and sign up to receive our Better with Age Newsletter.  
Indoor walking at La Picasse, Take advantage of our indoor walking spaces. Everyday during business hours. 8:30 am - 4:00 pm

					<p><b>1</b></p> <p>Informal Knitting/Crocheting group in the Petit de Grat Library at 2pm. Come when you can' kind of group.</p> 	<p><b>2</b></p> <p>Free Acoustic Music Session with Daniel LeBlanc Legion Branch 150 Arichat 2:00-4:00 (ish)</p>  <p>Annual Christmas Craft and Gift Fair St. Peter's and District Ladies Fire Auxiliary 10 AM - 4 PM Sunday Nov 3, 2024 12 PM - 4 PM St Peter's Area Lion's Club</p>  <p>New Horizons Seniors Club in Arichat 45's card play- 7:30 pm.</p> 
--	--	--	--	--	--	---

3

Legion Branch 150  
Arichat - 8 to 11am  
Community Breakfast  
\$13.00

*Breakfast is free for all veterans of Canada's Armed Forces, the RCMP, and WWII-era Merchant Mariners*



New Horizons Seniors Club - 11:30

Presentation on  
Frauds and Scams  
Monthly Meeting  
Arichat- 1:30pm

Rising Sea Levels and  
the landscape of  
Isle Madame  
Speaker: Don Forbes  
St. John's Centre  
for the Arts- Arichat

Jive Dancing Classes  
with Debbie Morrison  
6:30-8:00 pm at the  
Louisdale Parish Hall  
NO CHARGE



4

Mass at 9:30am  
D'Escousse Civic  
Improvement Hall

Seniors Take Action  
Coalition Board of  
Directors Meeting  
10am via Zoom

River Roots  
Meals with Friends  
12 noon  
River Bourgeois  
(sign up via website)



5

Jolly Club Sewing Group  
9am in L'Ardoise



River Roots  
Market Shed Sale  
10am-4pm  
River Bourgeois  
Hours subject to change  
as season finishes



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

Cafe Reminisce  
River Roots  
1-2:30  
Call Rachael at  
(902) 587-2800 ext: 3

New Horizons Club  
Arichat  
Senior Social Day  
1:30pm to 5:00pm

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



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

6

Coffee Get Togethers  
9:00 – 11:30 am  
Red Islands Fire Hall  
Cards, games and  
puzzles are available

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



Riverdale Seniors Club  
Lower River  
Chair Yoga - 10 to  
11am

Riverdale Seniors Club  
Get Together  
Lower River – 12 noon

7

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



8

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



9

10

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



11



Song Circle hosted by  
the  
St. George's Channel  
Hall at 6:30pm

Watch Facebook for  
possible date change



12

Jolly Club Sewing Group  
9am in L' Ardoise



River Roots  
Market Shed Sale  
10am-4pm

River Bourgeois  
Hours subject to change  
as season finishes



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

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



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

13

Coffee Get Together  
9:00 – 11:30 am  
Red Islands Fire Hall  
Cards, games and  
puzzles are available

Café Conversation  
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

New Horizons Club  
45 Card Play 2pm  
Arichat



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

14

Coffee and Conversation  
10am to Noon  
West Bay Centre



River Roots  
Market Shed Sale  
10am-7pm

River Bourgeois  
Hours subject to change  
as season finishes



Johnstown  
Sewing/Handicraft  
Group 1:00 pm.  
Informal group.

Bring your own project  
District 10 Fire Hall  
Red Islands

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

15

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



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

16

A Seasonal Art Show and  
Sale  
St John's Centre  
for the Arts- Arichat  
1 pm - 4 pm



**17**

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

Tea and Tunes  
Evelyn &  
Friends  
Bonnie Brae Club  
St Peter's  
2 until 4pm \$5:00  
50/50 draw  
Lunch Provided

New Horizons Club  
Cribbage- 7pm  
Arichat



**18**

River Roots  
Meals with Friends  
12 noon  
River Bourgeois  
(sign up via River  
Roots website)



**19**

Jolly Club Sewing Group  
9am in L'Ardoise

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

River Roots  
Market Shed Sale  
10m-4pm  
River Bourgeois  
Hours subject to change  
as season finishes

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

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



**20**

Coffee Get Together  
9:00 – 11:30 am  
Red Islands Fire Hall  
Cards, games and  
puzzles are available

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

**Frauds and Scams**  
Presentation  
Money Path Atlantic  
Bonnie Brae Seniors  
Club Meeting at 2pm  
in St Peter's

New Horizons Club  
45 Card Play 2pm  
Arichat



**21**

Coffee and Conversation  
10am to Noon  
West Bay Community  
Centre

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

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

**Falls Prevention**  
followed by  
Jolly Club Monthly  
Meeting  
3pm in L'Ardoise

Artisans Evening  
La Picasse  
6:30pm to 8:30 pm  
Knitting, macrame,  
crochet, sewing & more!

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



**22**

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



**23**

The Midnight Clear  
A Sparkling Collection of  
Carols and Winter Songs  
St. John's Centre for the  
Arts - Arichat  
2pm  
<https://jameshillanneja.nelle.com/the-midnight-clear>

Angel Fund Holiday  
Market  
10-2pm  
D'Escousse Civic  
Improvement Centre

Festival of Trees  
November 23 and 24  
St. Peter's Lions Hall



**24**  
 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



**Food in a Just World**  
 Q and A with  
 authors Tracey Harris  
 and Terry Gibb  
 River Roots Cafe  
 River Bourgeois  
 2pm  
 OLA Christmas  
 Concert  
 2-4pm  
 Our Lady of  
 Assumption Church  
 Arichat



New Horizons Club  
 Cribbage- 7pm  
 Arichat



**25**  
 River Roots  
 Meals with Friends  
 12 noon  
 River Bourgeois  
 (sign up via River  
 Roots website)



Song Circle hosted by  
 the  
 St. George's Channel  
 Hall  
 6:30pm



**26**  
 Jolly Club Sewing Group  
 9am in L'Ardoise



River Roots  
 Market Shed Sale  
 10m-4pm  
 River Bourgeois  
 Hours subject to change  
 as season finishes



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



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



**27**  
 Coffee Get Together  
 9:00 - 11:30 am  
 Red Islands Fire Hall  
 Café Conversation  
 La Picasse- 930 à 1100  
 All levels welcome



Regular Wednesday  
 Coffee- 10 to noon  
 St George's Channel  
 Hall

Riverdale Seniors Club  
 Get Together  
 Lower River - 12:00pm

**"WE CARE DAY"**  
**Co-hosted by Seniors  
 Centre Without Walls**  
 10:00-12:00 noon  
 Louisdale Parish Hall  
 Guest Speakers  
**Primary Health Care**  
 Lunch provided  
 Fleur de Lis Seniors  
 Club Meeting - 1:00pm

**Seniors Centre  
 Without Walls**  
 Virtual Session - Zoom  
**Embracing Your Fear  
 of Technology -  
 Internet Safety**  
 6:00 to 7:00pm

Strait Richmond  
 Health Care  
 Foundation  
 Annual Tree Lighting  
 6pm

**28**  
 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  
 Hours subject to change  
 as season finishes



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

RECA Holiday Market  
 6-8pm  
 Richmond Academy in  
 Louisdale



**29**  
 Informal  
 Knitting/Crocheting  
 group - 2pm  
 Petit de Grat Library  
 Come when you can' kind  
 of group.

**30**  
 Christmas Market  
 10-2pm  
 St Peter's Area Lion's  
 Club  
 Proceeds go to  
 Make A Wish



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



*Note: Seniors Take Action Coalition acknowledges the Gov of NS, Dept of Seniors and Long-Term Care for the Age-Friendly Grant received to make this calendar, Better With Age and active FB presence possible. This calendar is one of several projects we offer as part of the **Seniors Centre Without Walls Project** due to the funding provided. **River Roots Workshops** - Please register on the events section of their website [www.richmondriverroots.ca](http://www.richmondriverroots.ca) or by emailing riverroots2020@gmail.com or by telephone at 902-785-7918*