







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.

<p>1 Legion Branch 150 Arichat - 8 to 11am Community Breakfast \$13.00</p>  <p>St Louis CWL Christmas Bazaar-11am Louisdale Parish Hall Turkey Dinner- 1130</p> <p>Holiday Bake Sale St. John's Centre for the Arts 11am to 2pm. A Seasonal Serenade Arichat at 3:30 PM afternoon of singing, piano, fiddle, dance and storytelling!</p> <p>New Horizons Seniors Club - 11:30 Presentation on Continuing Care</p> <p>New Horizons Club Cribbage - 7pm Arichat</p> 	<p>2 Mass at 9:30am D'Escousse Civic Improvement Hall</p> <p>Seniors Take Action Coalition General Meeting 10am Bonnie Brae Seniors Club in St Peter's Presentation on Death Cafes and Comfort Teas</p> <p>Pilates Wellness Circle Chat with Sonia of SonicSon's Fitness 930 to 1130 \$5 minimum, \$10 maximum. Following the exercise session, herbal teas. Royal Canadian Legion Branch 150 in Arichat</p>	<p>3 Jolly Club Sewing Group 9am in L'Ardoise</p> <p>Cafe Reminisce- 1-2:30 Dr Kingston Memorial Community Health Centre in L'Ardoise RSVP 902) 587-2800 ext: 3</p> <p>River Roots Market Shed 10am-4pm River Bourgeois</p> <p>Ladies Auxiliary of Louisdale Fire Dept Christmas Tree Lighting 6:00pm- Louisdale Parish. Followed by a visit - Mr. & Mrs. Claus</p> <p>45's card game St. George's Channel Hall 7:30pm</p>  <p>45's Card Play Acadiaville Community Centre West Arichat 7:30pm</p> <p>Bean Bag Toss New Horizons Club 7-9pm</p>	<p>4 Coffee Get Togethers 9:00 – 11:30 am Red Islands Fire Hall Cards, games and puzzles are available</p> <p>Regular Wednesday Morning Coffee St George's Channel Hall 10:00 a.m. until 12 noon</p>  <p>New Horizons Club 45 Card Play 2pm Arichat</p>  <p>Seniors Centre Without Walls Virtual Session on Zoom at 6pm</p> <p>Exploring Mental Health As We Age Register seniorstakeaction.info @gmail.com</p>	<p>5 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 Sale 10am-4pm River Bourgeois</p> 	<p>6 Fiber Club Informal Knitting/Crocheting group in the Petit de Grat Library 2pm to 4pm Come when you can' kind of group.</p>  <p>Seniors Centre Without Walls First Virtual Coffee Club 9am to 10:30 on Zoom</p> <p>Christmas Gospel Concert Rocky Bay Irish Club 6:30pm</p> 	<p>7 Free Acoustic Music Session with Daniel LeBlanc Legion Branch 150 Arichat 2:00-4:00 (ish)</p>  <p>L'Ardoise Annual Christmas Parade 5:30</p> <p>Rocky Bay Irish Club Annual Tree Lighting 6:30pm Free hot chocolate and snacks!</p> 
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8

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



9



Pilates Wellness Circle
Chat with Sonia of
SonicSon's Fitness
930 to 1130
\$5 minimum, \$10
maximum. Following the
exercise session,
herbal teas.
Royal Canadian Legion
Branch 150 in Arichat

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



10

Jolly Club Sewing Group
9am in L'Ardoise

River Roots
Meals with Friends
1130 to 1230 sittings
River Bourgeois
(sign up via website)

River Roots
Market Shed Sale
10am-4pm
River Bourgeois



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

Isle Madame New
Horizons Club
Arichat
Seniors Social Hour
1-4pm
Bean Bag Toss
7-9pm

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



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

11

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



New Horizons Club
45 Card Play 2pm
Arichat



12

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

Christmas is Not Like
it Was
1-3pm
Dr Kingston Memorial
Community Health
Centre in L'Ardoise
RSVP
902) 587-2800 ext: 3

River Roots
Market Shed Sale
10am-4pm
River Bourgeois



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



13

Fiber Club
Informal
Knitting/Crocheting
group in the Petit de Grat
Library 2pm to 4pm
Come when you can' kind
of group.



Emergency Preparedness
1-2pm
Dr Kingston Memorial
Community Health
Centre in L'Ardoise
RSVP
902) 587-2800 ext: 3

Christmas Carol Sing
7pm Lead by
Adam Cooke
St. George's Channel Hall
Admission
Non-perishable food
bank donations, gifts
cards or cash



Isle Madame New
Horizons Club Dance
Music by Jerry, Paul, and
Kenneth Boudreau
Admission \$12.00
9pm to 12am

14

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

New Horizons Club
Cribbage- 7pm
Arichat



L' Ardoise
Community Seniors
Christmas Dinner
12-1pm
L'Ardoise Men's Club

Fleur de Lis
Seniors Club
Xmas Dinner & Dance
5:00 pm- 11:00 pm
at the
Louisdale Parish Hall

16
Pilates Wellness Circle
Chat with Sonia of
SonicSon's Fitness
930 to 1130
\$5 minimum, \$10
maximum. Following the
exercise session,
herbal teas.
Royal Canadian Legion
Branch 150 in Arichat

17
Jolly Club Sewing Group
9am in L' Ardoise

River Roots
Meals with Friends
11:30 and 12:30 sittings
River Bourgeois
(sign up via website)

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



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

Bean Bag Toss
New Horizons Club
Arichat
7-9pm

18

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

Bonnie Brae Seniors
Club Member
Christmas Dinner

New Horizons Club
45 Card Play 2pm
Arichat



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

19
Coffee and Conversation
10am to Noon
West Bay Centre



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

20
Fiber Club
Informal
Knitting/Crocheting
group in the Petit de Grat
Library 2pm to 4pm
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.*



21

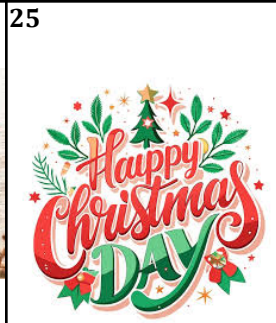
22
Tea and Tunes
Evelyn &
Friends
Bonnie Brae Club
St Peter's
2 until 4pm \$5:00
50/50 draw
Lunch Provided




New Horizons Club
Cribbage- 7pm
Arichat



23
Pilates Wellness Circle
Chat with Sonia of
SonicSon's Fitness
930 to 1130
\$5 minimum, \$10
maximum. Following the
exercise session,
herbal teas.
Royal Canadian Legion
Branch 150 in Arichat



26
Coffee and Conversation
10am to Noon
West Bay Community
Centre

Check before

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



27
Fiber Club
Informal
Knitting/Crocheting
group in the Petit de Grat
Library 2pm to 4pm
Come when you can' kind
of group.



28
Veterans Social
Legion Branch 150
Arichat
2:00-4:00 pm



29

New Horizons Club
Cribbage - 7pm
Arichat



30

Cribbage Tournament
1pm
L'Ardoise Community
Centre

31



Isle Madame New
Horizons Club
New Year Eve Dance
9pm to 1am
light lunch+finger food
will be served
\$12.50 per person
Call Rose Marie Farrell
902 623 0990

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 or by emailing riverroots2020@gmail.com or by telephone at 902-785-7918