
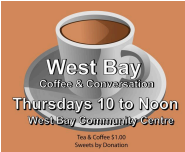




JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want to stay informed? Join our FaceBook Group and sign up to receive our Better with Age Newsletter.</p>						
			<p>1</p> 	<p>2</p> <p>Coffee and Conversation 10am to Noon West Bay Community Centre</p> 	<p>3</p> <p>Fiber Club Informal Knitting/Crocheting group in the Petit de Grats Library 2pm to 4pm Come when you can' kind of group.</p> 	<p>4</p> <p>Midnight Clear 2pm Join James Hill and Anne Janelle for an afternoon performance! St John Centre for the Arts in Arichat</p> <p>Free Acoustic Music Session with Daniel LeBlanc Legion Branch 150 Arichat 2:00-4:00 (ish)</p> 

5

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



New Horizons
Seniors Club
Arichat- 11:30
Presentation on
Technology and
Digital Literacy
Followed by Lunch
Monthly Meeting
Arichat- 1:30pm

New Horizons Club
Cribbage- 7pm
Arichat



6

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

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



7

Jolly Club Sewing
Group 9am in L'Ardoise

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-
Arichat 7-9pm
New Horizons Club



8

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
Get Together
Lower River – 12
noon

Digital Wellness
1:00pm - 3:15pm
L'Ardoise Seniors
Jolly Club, L'Ardoise

New Horizons Club
45 Card Play 2pm
Arichat



9

Coffee and
Conversation
10am to Noon
West Bay Community
Centre



Digital Wellness
9:00am - 12:00pm
Council Chambers
Richmond County
Municipal Office
Arichat

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

Adult Drop-In
St. Peter's Lion Hall
1-4pm
For more information
(902) 587-2800 ext: 3

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



10

**Seniors Centre
Without Walls Virtual
Coffee Club
9am to 10:30 on
Zoom**



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



Learn How to Beat the
Winter Blues
12 noon
Dr Kingston Memorial
Community Health
Centre in L'Ardoise
Call to register
(902) 587-2800 ext: 3

Indoor Washer Toss
Acadiaville
Community Centre
Hall
West Arichat 7:30pm

11

12

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



13

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

14

Jolly Club Sewing
Group 9am in L'
Ardoise



Cafe Reminisce- 2:00
Dr Kingston Memorial
Community Health
Centre in L'Ardoise
Call to register
(902) 587-2800 ext: 3

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



15

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

Digital Wellness
1:00pm - 3:15pm
L'Ardoise Seniors
Jolly Club, L'Ardoise

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

16

Coffee and
Conversation
10am to Noon
West Bay Centre



Digital Wellness
9:00am - 12:00pm
Council Chambers
Richmond County
Municipal Office
Arichat

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

Adult Drop-In
St. Peter's Lion Hall
1-4pm
For more information
(902) 587-2800 ext: 3

Jolly Club Monthly
Meeting
3pm in L'Ardoise

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

17

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

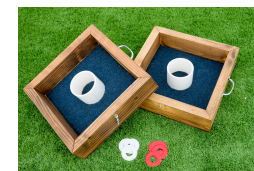


Fish Fry at the Legion
Branch 150 Arichat
from 400pm -6:30
eat in or take out
\$16.00 per dinner

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



Indoor Washer Toss
Acadiaville
Community Centre
Hall
West Arichat 7:30pm



18

19 20

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

Emergency
Preparedness
Workshop
12pm
Grand River Hall
RSVP to Rachele
902) 587-2800 ext:
3

New Horizons Club
Cribbage- 7pm
Arichat



21

Jolly Club Sewing
Group 9am in L'
Ardoise



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



22

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
Get Together
Lower River – 12
noon

Digital Wellness
1:00pm - 3:15pm
L'Ardoise Seniors
Jolly Club, L'Ardoise

23

Coffee and
Conversation
10am to Noon
West Bay Community
Centre



Digital Wellness
9:00am - 12:00pm
Council Chambers
Richmond County
Municipal Office
Arichat

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

Adult Drop-In
St. Peter's Lion Hall
1-4pm
For more information
(902) 587-2800 ext: 3

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

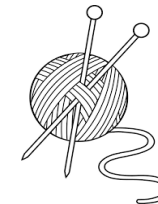


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**Seniors Centre
Without Walls Virtual
Coffee Club
9am to 10:30 on
Zoom**



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



Indoor Washer Toss
Acadiaville
Community Centre
Hall
West Arichat 7:30pm



25

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



Royal Canadian Legion
Branch # 150 Isle Madame

26

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



New Horizons Club Cribbage - 7pm Arichat



27

28

Jolly Club Sewing Group 9am in L'Ardoise



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



29

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

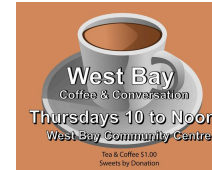
Digital Wellness 1:00pm - 3:15pm L'Ardoise Seniors Jolly Club, L'Ardoise

"WE CARE DAY" Frauds and Scams 10:00-12:00 noon Louisdale Parish Hall Lunch provided

Fleur de Lis Seniors Club Meeting - 1:00pm

30

Coffee and Conversation 10am to Noon West Bay Centre



Digital Wellness 9:00am - 12:00pm Council Chambers Richmond County Municipal Office Arichat

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

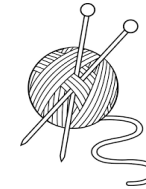
Adult Drop-In St. Peter's Lion Hall 1-4pm For more information (902) 587-2800 ext: 3

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



31

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



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.