


# FEBRUARY 2025

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><b>1</b></p> <p>Snowshoeing at the Park Lennox Passage Provincial Park Martinique 2 pm - 4 pm Marg Herdman (902-227-8303)</p> <p>Acoustic Music Session with Daniel LeBlanc Legion Branch 150 Arichat 2:00-4:00 (ish)</p> 
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2 Legion Branch 150  
Arichat - 8 to 11am  
Community Breakfast  
\$13.00



Isle Madame  
New Horizons  
Seniors Club  
Annual Meeting  
1:30 pm



St Louis CWL  
Regular Monthly  
Meeting - 7pm  
Glen Sampson Room -  
Louisdale

New Horizons Club  
Cribbage- 7pm  
Arichat



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

**Seniors Take Action  
Coalition Meeting  
10am - La Picasse,  
Petit de Grat**

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

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



4 Jolly Club Sewing  
Group 9am in  
L'Ardoise



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



Isle Madame  
New Horizons  
Seniors Club  
Lunch and Learn  
1pm  
Brain Health and  
Dementia

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



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5 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



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



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



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

OLA CWL

Take a Bite out of Winter  
Free Tea & Dessert  
2-4pm  
OLA Parish Hall  
Arichat

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

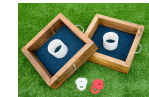
7 **Seniors Centre  
Without Walls  
Virtual  
Coffee Club  
9am to 10:30 Zoom**



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 - 7:30pm  
West Arichat




8 Tea and Tunes  
L'Ardoise Jolly Club  
11 to 1pm  
Bake Sale



**9**

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




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

Chansons du coeur  
St John's Centre for the Arts- Arichat  
Donations at the door  
Contact: Marg  
(902-227-8303)

Superbowl Party!  
4:30pm  
\$5 - 19 and over.  
Food provided.  
Games of chance  
West Bay Community Centre

Fleur-de-Lis Club  
Valentine Dinner and Dance- 5:30 to 11pm  
Music- Gerald MacIntyre

New Horizons Club  
Cribbage- 7pm  
Arichat



**10**


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

Bean Bag Games  
1pm- La Picasse  
Petit de Grat




**11**

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



**12**

Coffee Get Togethers  
9:00 - 11:30 am  
Red Islands Fire Hall


Café Conversation  
La Picasse  
930 to 1100  
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. - 12 noon

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


New Horizons Club  
45 Card Play 2pm  
Arichat



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

**13**

Coffee and Conversation  
10am to Noon  
West Bay Centre



Chair Yoga- 10-11am  
La Picasse  
Petit de Grat

Digital Wellness  
9:00am - 12:00pm  
Municipal Office- Arichat

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

Afternoon Seniors Social- 1-4pm  
Bonnie Brae Club  
t. Peter's  
Adult Drop-In- 1-4pm  
St. Peter's Lion Hall  
(902) 587-2800 ext: 3

Jolly Club Monthly Meeting  
3pm in L'Ardoise

Craft Evening  
La Picasse  
Petit de Grat  
Bring your projects!  
**6:30pm to 8:30 pm**

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

**14**



Brunch- Crepes  
La Picasse

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**


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



**15**

West Bay Winterfest  
1-4pm  
Free outdoor winter activities, weather permitting, and indoor games and food.  
West Bay Community Hall

Cribbage  
Legion Branch 47 Grand Anse  
1pm  
12:30 to Register



16

Breakfast at  
St. George's Channel  
Hall

8:30 am – 11:00 am  
Cost \$15/ Adults,  
\$7/ Children

New Horizons Club  
Cribbage- 7pm  
Arichat



17



Nova Scotia  
Heritage Day

Pilates Wellness  
Circle Chat with  
Sonia of SonicSon's  
Fitness

930 to 1130  
\$5 min, \$10 max.  
Following the  
exercise session,  
herbal teas.

Royal Canadian  
Legion Branch 150  
Arichat

Bean Bag Games  
1pm- La Picasse  
Petit de Grat



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



18

Jolly Club Sewing  
Group 9am in  
L'Ardoise



Isle Madame New  
Horizons Club  
Seniors Social  
1-4pm- Arichat

Soup and Sandwich  
Community Social  
11-1pm- L'Ardoise  
Community Centre

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



19

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.- 12 noon

Riverdale Seniors  
Club  
Get Together  
Lower River  
12 noon

Bonnie Brae Seniors  
Club Meeting at 2pm  
in St Peter's with  
Warden Lois Landry

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



20

Coffee and Conversation  
10am to Noon  
West Bay Community  
Centre



Chair Yoga- 10-11am  
La Picasse  
Petit de Grat

Digital Wellness  
9:00am - 12:00pm  
Municipal Office Arichat

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

Jolly Seniors Club  
L'Ardoise  
3pm

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



21

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



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



Mental Health and  
Aging Info Session  
12 noon  
Dr Kingston Centre

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

Vintage Tea- 7pm  
St Louis CWL  
Louisdale Parish  
Hall- \$10.00



22



Royal Canadian Legion  
Branch # 150 Isle Madame

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

Girls With Guitars  
Bras D'or Lakes Inn  
St. Peter's- 6pm  
\$15.00



23

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



Tea and Tunes  
2:00 to 4 00 pm  
\$5.00  
Lunch provided  
Bonnie Brae Seniors  
Club in St. Peter's



New Horizons Club  
Cribbage - 7pm  
Arichat



24

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

Bean Bag Games  
1pm- La Picasse  
Petit de Grat



25

Jolly Club Sewing  
Group 9am in  
L'Ardoise



Soup and Sandwich  
Community Social  
11-1pm- L'Ardoise  
Community Centre

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



26

Coffee Get Togethers  
9:00 - 11:30 am  
Red Islands Fire Hall

Café Conversation  
La Picasse  
930 to 1100  
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

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

"WE CARE DAY"  
10:00-12:00 noon  
Louisdale Parish Hall  
Lunch provided  
Fleur de Lis Seniors  
Club Meeting-  
1:00pm

27

Coffee and Conversation  
10am to Noon  
West Bay Centre



Chair Yoga- 10-11am  
La Picasse  
Petit de Grat

Digital Wellness  
9:00am - 12:00pm  
Municipal Office-Arichat



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

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

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



28

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.