

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

Saturday - March 1

Acoustic Music Session with Daniel LeBlanc
Legion Branch 150 Arichat
2:00-4:00 (ish)



Sunday- March 2
Legion Branch 150 Arichat - 8 to 11am
Community Breakfast \$13.00



Isle Madame New Horizons Seniors Club
Lunch and Learn at 11:30
Monthly Meeting 1:30 pm

3
Mass at 9:30am
D'Escouse Civic Improvement Hall
Seniors Take Action Coalition Board Meeting
10am - Zoom

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



Shrove Pancake Supper
By Donations
St. George's Channel Hall at 4-6:00pm

Mardi Gras Party Jambalaya dinner and crafts for kids
4-6pm- La Picasse, Petit de Grat

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



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

5
Coffee Get Togethers
9:00 – 11:30 am
Red Islands Fire Hall



Regular Wednesday Morning Coffee
St George's Channel Hall
10:00 to 12 noon

Café Conversation
La Picasse- 930 to 1100
All levels of French welcome

Digital Wellness
Richmond Literacy 10- 11:40am
Louisdale Fleur-de-Lis Club- Parish Hall 1:00pm - 3:15pm
L'Ardoise Seniors Jolly Club, L'Ardoise

Seniors Games and Fun
10am
Fleur-de-Lis Club
Louisdale Parish Hall

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



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



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

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

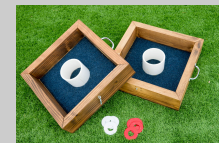
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Seniors Centre Without Walls Virtual Coffee Club
9am to 10:30 Zoom
Join us to hear about the Retirement in Action Project



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



8
Indoor Washer Toss
Acadiaville Community Centre Hall - 7:30pm
West Arichat



Wildlife Photography
Arctic and Rocky
Mountains
2-4pm
St George's Channel
Hall

Louisdale Matinee
An Afternoon Music
2-4pm
Louisdale Parish Hall
Donation at Door

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

Louisdale
New Horizons Club
Cribbage- 7pm
Arichat



Riverdale Seniors Club
Get Together
Lower River- 12pm

New Horizons Club
45 Card Play 2pm
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



9

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



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

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



10

**Seniors Take Action
Coalition Board of
Directors Meeting
10am - Zoom**

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



River Roots Meals
With Friends
Lunch - By Donation
Two seatings
1130 or 1230
River Bourgeois
Call to register

Cafe Reminiscence
1:00 to 2:30
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 - 7:30
West Arichat

Bean Bag Toss
New Horizons Club
Arichat- 7-9pm



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

Café Conversation
La Picasse
930 to 1100
All levels of French
welcome



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

Digital Wellness
Richmond Literacy
10- 11:40am
Louisdale Fleur-de-Lis
Club- Parish Hall
1:00pm - 3:15pm
L'Ardoise Seniors Jolly
Club, L'Ardoise



**Second Annual
Intergenerational
Seniors Games
10am**
Fleur-de-Lis Club
Louisdale Parish Hall



13

Coffee and
Conversation
10am to Noon
West Bay Centre



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

Digital Wellness
Richmond Literacy
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
St. Peter's

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

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

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

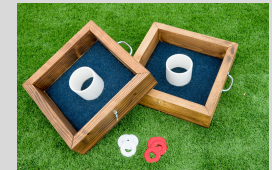


15

St Patrick's Day
Jiggs Dinner
L'Ardoise Jolly Club
Take Out 4:30 to 5
Supper 5:30- \$25.00
Music 7-9pm
Dave & Linda Murphy
Community Center



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



New Horizons Club
45 Card Play 2pm
Arichat
D'Escousse



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

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



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



St Patrick's Dinner
and Dance - 5 to
11pm
Baked Ham Supper
with trimmings
Louisdale Fleur-De-Lis
Seniors Club
5-11PM
Music - Gerald
MacIntyre



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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



18

Jolly Club Sewing
Group 9am in
L' Ardoise



River Roots Meals
With Friends
Lunch - By Donation
Two seatings
1130 or 1230
Call to register
River Bourgeois

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

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

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



Café Conversation
La Picasse
930 to 1100
All levels of French
welcome

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

Digital Wellness
Richmond Literacy
10- 11:40am
Louisdale Fleur-de-Lis
Club- Parish Hall

20

Coffee and
Conversation
10am to Noon
West Bay Centre



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

Digital Wellness
Richmond Literacy
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

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.

Setting Boundaries
Dr Kingston Memorial
Community Health
Centre in L'Ardoise
12 noon
Call to register
(902) 587-2800 ext: 3

22

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



New Horizons Club
Cribbage- 7pm
Arichat



St Paddy's Day
Jiggs Dinner and
Music
4pm

Rocky Bay Irish Club



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



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



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



Seniors Games and Fun-
10am
Fleur-de-Lis Club
Louisdale Parish Hall



Riverdale Seniors Club
Get Together
Lower River
12 noon

Bonnie Brae Seniors
Club Meeting at 2pm
in St Peter's with
your Local Pharmacist
Seniors Pharmacy

Richmond River Roots
7pm - 9:00pm
Gardening 101 and
Starting indoor seedlings
River Bourgeois
Call to register

Jolly Seniors
Monthly Club Meeting
L'Ardoise- 3pm

Adult Drop-In
St. Peter's Lion Hall
1-4pm
1:30 Fraud and Scam
Awareness
(902) 587-2800 ext: 3

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



Fish Fry
Legion Branch 150
Arichat from
4:00pm -6:30
eat in or take out
\$16.00 per dinner



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



23

Cribbage
Tournament- 1pm
L'Ardoise Community
Centre



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



River Roots Meals
With Friends
Lunch - By Donation
Two seatings
1130 or 1230
Call to register
River Bourgeois

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.



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

Digital Wellness
Richmond Literacy
10- 11:40am
Louisdale Fleur-de-Lis
Club- Parish Hall 1:00pm

- 3:15pm L'Ardoise
Seniors Jolly Club,
L'Ardoise



"WE CARE DAY"
Intro to Holistic
Wellness, Mindfulness,
Mediation with
Monica McCarthy
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
Richmond Literacy
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



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



New Horizons Club
Monthly Meal 6pm
Dinner & Dance
Arichat
Tickets sold in advance



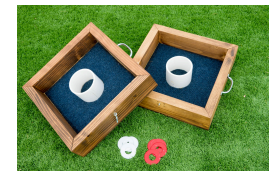
29

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



Richmond River Roots
2pm - 4pm Gardening
101 and Starting indoor
seedlings
River Bourgeois
Call to register

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



30

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



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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



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.

All events take place at River Roots 403 Church Point Rd, River Bourgeois. Please register for all events online at richmondriverroots.ca or by calling 902-785-7918 or by email riverroots2020@gmail.com