

# MAY 2025

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

1  
Coffee and  
Conversation  
10am to Noon  
West Bay Community  
Centre



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



Paint Nite  
La Picasse  
Petit de Grat  
(902)-226-0149  
6:30pm to 8:30 pm



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



Strait Richmond  
Palliative Care Society  
Sunflower Day  
throughout Richmond  
county at Jeanties,  
Louisdale Co-op, Arichat  
Co-op, and Farmer's  
Pantry in St Peter's.  
Society members will be  
available to answer  
questions.



3  
Community of L'Ardoise  
Roadside Cleanup  
Chapel Cove Road  
L'Ardoise Legion



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



Meals on the Go  
St. George's Channel  
Hall  
10:00am  
There will be 2-3 cup  
servings of Soups,  
Chowder, spaghetti  
& Meatballs, Baked  
beans etc. Cost will be  
from 5.00 and up  
depending on  
the meal

1

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

Annual General  
Meeting 7pm  
Riverdale Community  
Centre  
Lower River  
Executive members,  
upcoming events, &  
recruitment of  
volunteers



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

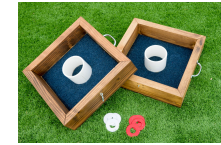


"May Day"  
West Bay Community  
Centre- 7pm  
Original Works Writers  
Larry Gibbons  
Lois Ann Dort  
Jeff Townsend  
Norma Jean MacPhee  
Fee: By Donation  
Refreshments & Door  
Prizes  
Contact: Mike  
(902)-345-0799

2

District 2 Councillor  
Lois Landry  
Community Meeting  
6:30pm  
D'Escousse Civic  
Improvement Hall

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

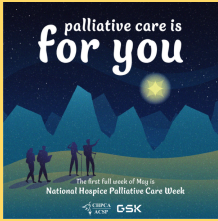


3

St Georges' Channel  
Ceilidh  
To Honour the Gael  
Settlers  
St. George's Channel  
Hall  
645 pm  
10.00

4

**National Hospice Palliative Care Week  
May 4 - 10th**



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



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

Legion Branch 150  
2pm  
Battle of the Atlantic  
Ceremony  
Light Lunch Provided



Cribbage  
Tournament- 1pm  
L'Ardoise Community  
Centre

5

**Mental Health Week  
May 5th- May 11**



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



Stride into Spring with  
a BodyBoost Wellness  
Circle

Modified Strength  
Core-/Cardio Class  
Sonia of SonicSon's  
Fitness- 930 to 1130  
\$5 min, \$10 max.

Royal Canadian Legion  
Branch 150 Arichat

Bean Bag Games  
1pm- La Picasse  
Petit de Grat



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



6

Jolly Club Sewing  
Group 9am in  
L' Ardoise



River Roots  
Farm Stand  
11:00am - 4:00pm



River Roots Meals With  
Friends  
Lunch - By Donation

Two seatings  
1130 or 1230  
River Bourgeois  
Call to register



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



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

7

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



Digital Wellness  
Richmond Literacy  
9:30- 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



Louisdale Parish Hall  
Line Dancing  
2pm-4pm

New Horizons Club  
45 Card Play 2pm  
Arichat



8

Coffee and  
Conversation  
10am to Noon  
West Bay Centre



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



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



Richmond County  
Literacy Network  
Annual General  
Meeting  
6:45pm  
Grenville Street,  
St Peter's

9

New Horizons Club  
Arichat  
Lunch and Learn  
1130  
Grief, Loss and  
Bereavement  
Bereavement NS  
Members call to register



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



Mothers' Day Dessert  
La Picasse  
2:30 pm- \$7.00  
Musique and Interviews  
with Moms by Telile

Rocky Bay Irish Club  
Trivia Night 7pm

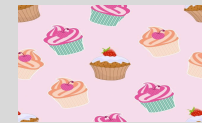


10

Mother's Day Breakfast  
Grand River Seniors  
Club  
7am-10am  
Grand River Fire Hall  
\$12 adults  
\$5 kids under 12



St. John' Centre for the  
Arts 10am- 1pm  
Bake Sale  
2513 Hwy 206, Arichat



Isle Madame Historical  
Society  
Mother's Day Vintage  
Cup & Saucer Sale  
11pm-3pm  
708 Memorial Dr,  
Arichat



Basic Rug Hooking  
Workshop  
2pm-430pm  
St. Johns Centre For The  
Arts  
\$40 Kit Included  
Contact: Chrissy  
DeRoche@  
902-623-2253

4

New Horizons Club  
Cribbage- 7pm  
Arichat



St Louis CWL Monthly  
Meeting  
7:00pm  
Glen Sampson Room  
Loisdale

5

District 2 Councillor  
Lois Landry  
Community Meeting  
7:00pm  
Acadiaville  
Community Centre  
W5est Arichat

7

River Roots  
Community Learning  
Garden  
4:00 pm - 6:00 pm  
From seeds to table,  
we'll plant, grow, and  
learn together. All  
ages welcome. Under  
age 12 must have  
adults with them.  
Learning materials  
provided. Free



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



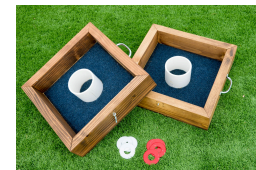
8

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



9

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



11

Happy Mother's Day



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



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

12

Stride into Spring with  
a BodyBoost Wellness  
Circle  
Modified Strength  
Core-/Cardio Class  
Sonia of SonicSon's  
Fitness- 930 to 1130  
\$5 min, \$10 max.  
Royal Canadian Legion  
Branch 150 Arichat

13

Jolly Club Sewing  
Group 9am in  
L' Ardoise



River Roots  
Farm Stand  
11:00am - 4:00pm



14

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



15

Coffee and  
Conversation  
10am to Noon  
West Bay Centre



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

16

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



17

11

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

Breakfast at the Hall  
Riverdale Community Centre  
Lower River  
9-12 Noon  
Adults - \$13.00

New Horizons Club  
Cribbage- 7pm  
Arichat



12

Bean Bag Games  
1pm- La Picasse  
Petit de Grat



Song Circle hosted by the St. George's Channel Hall at 6:30pm  
Doors open at 6:00  
All Levels Of Talent  
Welcome  
By Donation  
Light Lunch Available



13

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



District 2 Councillor  
Lois Landry  
Community Meeting  
12:30pm  
New Horizons Seniors Club - Arichat

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



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



14

NS Walk Day  
Richmond County Rail Trail 10am  
Lennox Passage  
Provincial Park 630pm



Digital Wellness  
Richmond Literacy 9:30- 11:40am  
Louisdale Fleur-de-Lis Club- Parish Hall 1:00pm - 3:15pm  
L'Ardoise Seniors Jolly Club, L'Ardoise



Housing Matters Forum  
Louisdale Lions Den  
3128 Whiteside Rd, Louisdale,  
8:30 to 11:30 a.m.  
To register, visit <https://straitareans.com/.../the-housing...>  
Contact (902) 625-1588

Riverdale Seniors Club Get Together  
Lower River 12 noon

15

Jolly Seniors Monthly Club Meeting  
L'Ardoise- 3pm  
Annual Birthday Party with music and potluck

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

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



16



New Horizon Club  
Jam Session  
7pm-10pm  
\$5.00 / Person  
50/50 Tickets At Door  
Light Lunch Served

Proceeds for Richmond Academy Safe Grad 7pm  
Hosted by St Joseph's Credit Union  
REgister at 902-226-2288  
\$10.00 per person  
Maximum 6 per team

14

New Horizons Club  
45 Card Play 2pm  
Arichat



Louisdale Parish Hall  
Line Dancing  
2pm-4pm



18

19

Happy Victoria Day



Stride into Spring with a BodyBoost Wellness Circle

Modified Strength Core-/Cardio Class  
Sonia of SonicSon's Fitness- 930 to 1130  
\$5 min, \$10 max.

Royal Canadian Legion Branch 150 Arichat

20

Jolly Club Sewing Group 9am in L' Ardoise



River Roots Farm Stand  
11:00am - 4:00pm



River Roots Meals With Friends

Lunch - By Donation  
Two seatings  
1130 or 1230  
Call to register  
River Bourgeois



New Horizons Club Arichat  
Lunch and Learn  
1130

Seniors Driving, Vehicle and Road Safety  
Members call to register



21

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



New Horizons Club  
45 Card Play 2pm  
Arichat



Digital Wellness Richmond Literacy  
9:30- 11:40am  
Louisdale Fleur-de-Lis Club- Parish Hall  
1:00pm - 3:15pm  
L'Ardoise Seniors Jolly Club, L'Ardoise



Louisdale Parish Hall  
Line Dancing  
2 to 4pm



Bonnie Brae Seniors Club Meeting at 2pm in St Peter's

22

Coffee and Conversation  
10am to Noon  
West Bay Centre



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



Seniors Take Action Coalition & ACTing Collectively Research Team  
Virtual Community Presentation on Zoom  
10am-11:15am



Or attend in person to watch as a group  
New Horizons Club in Arichat

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

23



Proceeds for Richmond Academy Safe Grad  
7pm

Hosted by St Joseph's Credit Union  
Register at  
902-226-2288  
\$10.00 per person  
Maximum 6 per team

24

Riverdale Community Centre  
Lower River  
7 to 10pm



20

Film by Natalie Robichaud « Trécarré : À la source du son de la Baie Sainte-Marie »  
La Picasse  
2 pm – 3 pm  
Meet the director  
Free

Cafe Reminisce  
1:00-2:30  
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  
West Arichat 7:30pm

Bean Bag Toss  
New Horizons Club  
Arichat  
7-9pm



21

River Roots Community Learning Garden  
4:00 pm - 6:00 pm  
From seeds to table, we'll plant, grow, and learn together.  
All ages welcome. Under age 12 must have adults with them. Learning materials provided.  
Free



22

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



25

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



Alzheimer Walk  
Havre Boucher  
Register 1pm  
Walk 2pm



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

New Horizons Club  
Cribbage- 7pm  
Arichat



26

Stride into Spring with  
a BodyBoost Wellness  
Circle  
Modified Strength  
Core-/Cardio Class  
Sonia of SonicSon's  
Fitness- 930 to 1130  
\$5 min, \$10 max.  
Royal Canadian Legion  
Branch 150 Arichat



Song Circle hosted by  
the St. George's  
Channel Hall at  
6:30pm  
Doors open at 6:00  
All Levels Of Talent  
Welcome  
By Donation  
Light Lunch Available

27

Jolly Club Sewing  
Group 9am in  
L' Ardoise



River Roots  
Farm Stand  
11:00am - 4:00pm



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

28



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

Senior Centre Without  
Walls  
2nd Annual  
Community Showcase  
Louisdale Parish Hall  
10am-2pm



New Horizons Club  
45 Card Play 2pm  
Arichat

Digital Wellness  
Richmond Literacy  
9:30- 11:40am  
Louisdale Fleur-de-Lis  
Club- Parish Hall  
1:00pm - 3:15pm  
L'Ardoise Seniors Jolly  
Club, L'Ardoise



Louisdale Parish Hall  
Line Dancing  
2-4pm

29

30

Dr Kingston Memorial  
Community Health  
Centre  
L'Ardoise - 12pm  
Presentation  
Trauma - Julia  
Godsworthy, RCI  
PRESENTATION



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



31

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



A Musique Royale Event  
Conundrum - a flute and  
harp duo  
St.Johns Centre for The  
Arts - 7pm  
\$20 Advance/\$25 Door  
\$10 Student

**27**

Bean Bag Toss  
New Horizons Club  
Arichat  
7-9pm



**28**

Evening Concert with  
Moyenne Rig  
6 pm- La Picasse  
\$5 (student) \$10

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](http://richmondriverroots.ca) or by calling 902-785-7918 or by email [riverroots2020@gmail.com](mailto:riverroots2020@gmail.com)