



**Spencer House
Seniors' Centre**

April 2018

**5596 Morris St, Halifax
902-421-6131**

**Make today
ridiculously
amazing!**

MONDAY to FRIDAY, 10:00 a.m.- 3:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>CLOSED</u> Easter Monday</p>	<p>3</p> <p>Exercise Class 10:30 a.m. Bingo 1:00 p.m.</p>	<p>4</p> <p>Storytellers 10:30 a.m. Mindfulness 1:30 p.m. IT w/ Sean Murphy 1-2:30 p.m.</p>	<p>5</p> <p>Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.</p>	<p>6</p> <p>Lexicon 11:00 a.m. Halifax Central Library: Online Banking 1:00 p.m.</p>
<p>9</p> <p>Coffee & Conversation 11:00 a.m. Writing Circle with Judy 1:00 p.m.</p>	<p>10</p> <p>Exercise Class 10:30 a.m. Bingo 1:00 p.m.</p>	<p>11</p> <p>Storytellers 10:30 a.m. Mindfulness 1:30 p.m. IT w/ Sean Murphy 1-2:30 p.m.</p>	<p>12</p> <p>Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.</p>	<p>13</p> <p>Therapy Dog with Glen 10:30 a.m. How to be a Smarter Consumer with Yvonne Colbert 1:00 p.m.</p>
<p>16</p> <p>Coffee & Conversation 11:00 a.m. Writing Circle with Judy 1:00 p.m.</p>	<p>17</p> <p>Exercise Class 10:30 a.m. Blood Pressure Clinic 10:30-12:00 p.m. Bingo 1:00 p.m.</p>	<p>18</p> <p>Storytellers 10:30 a.m. Mindfulness 1:30 p.m. IT w/ Sean Murphy 1-2:30 p.m.</p>	<p>19</p> <p>Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.</p>	<p>20</p> <p>Movie Matinee: "The Theory of Everything" 1:00 p.m.</p>
<p>23</p> <p>Coffee & Conversation 11:00 a.m. Writing Circle with Judy 1:00 p.m.</p>	<p>24</p> <p>Exercise Class 10:30 a.m. Bingo 1:00 p.m.</p>	<p>25</p> <p>Storytellers 10:30 a.m. Mindfulness 1:30 p.m. IT w/ Sean Murphy 1-2:30 p.m.</p>	<p>26</p> <p>Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.</p>	<p>27</p> <p>Therapy Dog with Glen 10:30 a.m. Karaoke & Happy Hour 1:00 p.m.</p>
<p>30</p> <p>Coffee & Conversation 11:00 a.m. Writing Circle with Judy 1:00 p.m.</p>				

***A Community Hub in South-End Halifax! Everyone Welcome! Tea & Coffee always FREE !
More info at spencerhouse.ca or facebook.com/spencerhouse.ca***

This calendar is brought to you by

