



**Spencer House
Seniors' Centre**

August 2018

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

5596 Morris St, Halifax

902-421-6131

Make today
ridiculously
amazing!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Games Afternoon 1:00 p.m.	2 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	3 Social Determinants of Health in African Nova Scotian and Immigrant Communities in Halifax 1:15 p.m.
6 CLOSED Happy Heritage Day!	7 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	8 Seniors Olympics 10:30 a.m. Booklovers Day: Book Share 1:00 p.m.	9 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	10 Pajama Party Karaoke & Happy Hour 1:00 p.m.
13 Coffee & Conversation 11:00 a.m. Picnic at Point Pleasant Park 11:00 a.m.	14 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	15 Visit with Community Health 10:30 a.m. 7 Women Writing at Central Library 1:00 p.m.	16 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	17 Laos Presentation with Rick 1:00 p.m.
20 Coffee & Conversation 11:00 a.m. Seniors Citizens Day Luncheon 12:00 p.m. Sing-a-long with Don 1:00 p.m.	21 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	22 Seniors Olympics 10:30 a.m. Art Gallery Visit with Lisa 1:00 p.m. *Sign-Up at Reception	23 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m. Goodbye Minnie Tea 1:00 p.m.	24 Cole Harbour Heritage Farm & Fisherman's Cove Day Trip 10:00 a.m. Call 902-421-6131 to register.
27 Coffee & Conversation 11:00 a.m. Games Afternoon 1:00 p.m.	28 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	29 Seniors Olympics 10:30 a.m. Goodbye Kathleen Karaoke & Happy Hour 1:00 p.m.	30 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	31 Movie Matinee: "I, Tonya" 1:00 p.m.

A Community Hub in South-End Halifax! Everyone Welcome! Tea & Coffee always FREE !

More info at spencerhouse.ca or facebook.com/spencerhouse.ca



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