



Spencer House Seniors' Centre

March 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 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	2 Dr. Seuss Word Search 11:00 a.m. Movie Matinee: "The Lorax" 1:00 p.m.
5 Coffee & Conversation 11:00 a.m. Blood Pressure Clinic 10:30-12:00 p.m. Gentle Chair Yoga with Rebecca 1:00 p.m.	6 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	7 Storytellers 10:30 a.m. International Women's Day: Mona Parson's Presentation 1:00pm IT w/ Sean Murphy 1-2:30 p.m.	8 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m. Medication Review w/ Nova Pharmacy 1:30 p.m. (Sign Up)	9 Lexicon 11:00 a.m. Karaoke & Happy Hour 1:00 p.m.
12 Coffee & Conversation 11:00 a.m. Gentle Chair Yoga with Rebecca 1:00 p.m.	13 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	14 Storytellers 10:30 a.m. Games Afternoon 1:00 p.m. IT with Sean Murphy 1- 2:30 p.m.	15 St. Patricks Day Luncheon & Dance \$12 - members, \$17 - non-members <i>*Tickets are non-refundable, call to reserve.</i>	16 Movie Matinee: "27 Dresses" 1:00 p.m.
19 Coffee & Conversation 11:00 a.m. Gentle Chair Yoga with Rebecca 1:00 p.m.	20 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	21 Storytellers 10:30 a.m. Family Feud: Spencer House 1:00p.m. IT w/ Sean Murphy 1-2:30 p.m.	22 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	23 Therapy Dog with Glen 11:00 a.m. Karaoke & Happy Hour 1:00 p.m.
26 Coffee & Conversation 11:00 a.m. Trim Your Easter Bonnet 1:00 p.m.	27 Exercise Class 10:30 a.m. Bingo 1:00 p.m.	28 Easter Dinner \$13 - members, \$18 - non- members <i>*Tickets are non-refundable, call to reserve.</i>	29 Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	30 <u>CLOSED</u> <u>Good Friday</u>

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