



# Spencer House Seniors' Centre

## May 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
	<b>1</b> Exercise Class 10:30 a.m. Bingo 1:00 p.m.	<b>2</b> Storytellers 10:30 a.m. Iris Folding Craft with Jeannette 1:00p.m. IT with Sean Murphy 1- 2:30 p.m.	<b>3</b> Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	<b>4</b> Charity Group Meeting 11:00am Games Afternoon 1:00 p.m.
<b>7</b> Coffee & Conversation 11:00 a.m. Gentle Chair Yoga with Rebecca 1:30 p.m.	<b>8</b> Exercise Class 10:30 a.m. Bingo 1:00 p.m.	<b>9</b> Storytellers 10:30 a.m. Halifax Central Library: WW2 & Halifax VE Day Riots 1:00 p.m. IT w/ Sean Murphy 1-2:30 p.m.	<b>10</b> Mother's Day Dinner members \$10, non-members \$13 Advance ticket purchase required.	<b>11</b> Thrift Store Bus Trip 10:00 a.m.  Call 902-421-6131 to register.
<b>14</b> Coffee & Conversation 11:00 a.m. Gentle Chair Yoga with Rebecca 1:30 p.m.	<b>15</b> Exercise Class 10:30 a.m. Bingo 1:00 p.m.	<b>16</b> Storytellers 10:30 a.m. Movie Matinee: "The Little Rascals" 1:00 p.m. IT with Sean Murphy 1- 2:30 p.m.	<b>17</b> Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	<b>18</b> Karaoke & Happy Hour 1:00 p.m.
<b>21</b> <b>CLOSED</b> <b>Victoria Day</b>	<b>22</b> Exercise Class 10:30 a.m. Bingo 1:00 p.m.	<b>23</b> Storytellers 10:30 a.m. Movie Matinee: "Miracles From Heaven " 1:00 p.m. IT w/ Sean Murphy 1-2:30 p.m.	<b>24</b> Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	<b>25</b> Therapy Dog with Glen 11:00 a.m. Kitchen Party with Ron & Terry 1:00 p.m.
<b>28</b> Coffee & Conversation 11:00 a.m. Gentle Chair Yoga with Rebecca 1:30 p.m.	<b>29</b> Exercise Class 10:30 a.m. Bingo 1:00 p.m.	<b>30</b> Storytellers 10:30 a.m. Gardening with Sharon 1:00 p.m. IT w/ Sean Murphy 1-2:30 p.m.	<b>31</b> Exercise Class 10:30 a.m. Cribbage Club 1:00 p.m.	

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

More info at [spencerhouse.ca](http://spencerhouse.ca) or [facebook.com/spencerhouse.ca](https://facebook.com/spencerhouse.ca)



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