



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



This calendar is brought to you by