

JULY

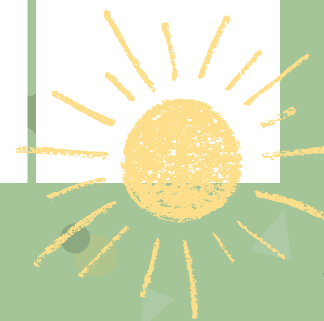


SUN	MON	TUE	WED	THU	FRI	SAT
				1 SSEN office closed for Canada Day	2 SSEN office closed	3
4	5 Afternoon Tea for seniors 13.30pm	6	7	8	9	10 Community Picnic in the park 12pm noon
11	12	13	14	15	16	17
18	19 Gathering at Quai Paquet for seniors 12pm noon	20	21 Gathering at Quai Paquet for seniors 12pm noon	22	23 SSEN office closed for vacation	24
25	26 SSEN office closed for vacation	27 SSEN office closed for vacation	28 SSEN office closed for vacation	29 SSEN office closed for vacation	30 SSEN office closed for vacation	31

AUGUST



SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 SSEN office closed	3 SSEN office closed	4 SSEN office closed	5 SSEN office closed	6 SSEN office closed	7 Parents in the park 11am - 1pm
8	9	10 Seniors' Social Meetup - Chat 1.30pm - 3.30pm	11	12	13	14
15 Walking Group - guided tour at Grande Plée Bleue 13.30pm	16	17	18	19	20	21 Corn picking & Picnic 11am - 2pm
22	23 Blueberry picking & Picnic 11am - 2pm	24 Seniors' Social Meetup - Games 1.30pm - 3.30pm	25	26 Quai Paquet at sunset 6.30pm - 8.30pm	27	28 Walking Group - Chaudière Falls 1.30pm - 3.30pm
29	30	31				



SEPTEMBER



SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Gathering at Quai Paquet for seniors Noon - 2pm	2	3	4
5	6 SSEN closed Labour Day	7	8	9	10	11 Walking Group - guided tour at Grande Plée Bleue 1.30pm - 4.30pm
12	13	14	15	16	17	18
19 Apple picking and picnic 11am - 1pm	20	21 Seniors' Social Meetup - Games 1.30pm - 3.30pm	22	23	24	25 Yoga by the river 10.30am-11.30am
26	27	28	29	30 Summer photo contest deadline!		



OCTOBER



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9 Walking group - Parc Valéro Les Écarts 10.30am-12.30pm
10	11 SSEN closed Thanksgiving	12 Seniors' Social Meetup Thanksgiving Lunch	13 CHEP ON Zoom Understanding and navigating the journey of Dementia 10am - 11.30am	14	15	16
17	18	19	20	21 Games Night at Le Joker Pub Ludique 7.30pm - Late	22	23 Pumpkin Picking 11am-12pm
24 Halloween Bash for kids	25	26 Seniors' Social Meetup 1.30-3.30pm	27 Hangout in English at The Blaxton 7.30pm - Late	28	29	30 Halloween Dinner Party at Kafénio 5.30pm - Late
31						



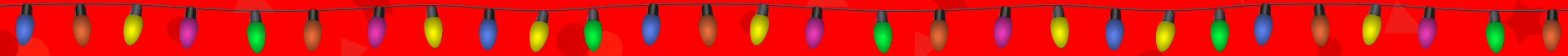
NOVEMBER




SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7 The Brunch Bunch! 11am	8 Seniors' Social Meetup 1.30-3.30pm	9	10	11	12	13 Walking group - Parc de la Rivière Etchemin 10.30am-12.30pm
14	15	16	17 CHEP ON Zoom Fall Prevention 10am - 11.30am	18	19 Games Night 7.00pm - 11pm	20
21	22 Seniors' Social Meetup 1.30-3.30pm	23	24	25	26 Hangout in English at The Blaxton 7.30pm - Late	27
28	29	30				



DECEMBER



SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3 VEQ + SSEN Fun and Board Games Evening 7pm	4 Community Christmas Walk - Parc Régionale de la Pointe de la Martinière 10.30am - 12pm
5 Family Christmas movie time 3-5pm	6	7	8	9 Off-beat Literary Evening 7-9pm	10	11 Children's Crafty Christmas Party 1pm - 2.30pm 3pm - 4.30pm
12	13 Seniors' Christmas Social Meetup with MCDC 10.30am - 5pm	14	15	16	17	18
19	20	21	22	23 SSEN closed for the Holidays	24 SSEN closed for the Holidays	25 SSEN closed for the Holidays
26 SSEN closed for the Holidays	27 SSEN closed for the Holidays	28 SSEN closed for the Holidays	29 SSEN closed for the Holidays	30 SSEN closed for the Holidays	31 SSEN closed for the Holidays	

JANUARY



SUN	MON	TUES	WED	THURS	FRI	SAT
						1 SSEN closed for the Holidays
2 SSEN closed for the Holidays	3 SSEN closed for the Holidays	4 SSEN closed for the Holidays	5 SSEN closed for the Holidays	6	7	8
9	10	11	12	13 The Poetry Factory 6.30pm - 8.30pm	14	15
16	17	18	19 Movie on Zoom You Again 1pm - 3pm	20	21	22
23	24	25 Facial Massage 8pm - 9pm	26 Let's play Bingo! (on Zoom) 10am - 11am	27	28	29
30	31					

FEBRUARY



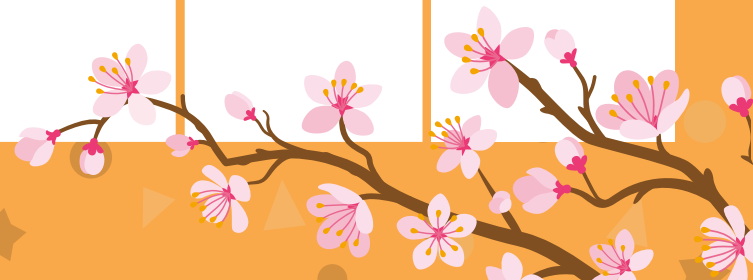
SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7 Adult craft with Sabrina 1.30-3.30pm	8	9	10	11 Games Night 7.00pm - 11pm	12
13	14 Seniors' Social Meetup 1.30-3.30pm	15	16	17	18	19 Walking group - 11am-2.30pm
20	21	22	23 CHEP ON Zoom From Social Isolation and Loneliness to Belonging and Well-Being 10am - 11.30am	24	25 Hangout in English at The Blaxton 7.30pm - Late	26
27	28 Seniors' Social Meetup 1.30-3.30pm					



MARCH



SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7 March Break	8 March Break	9 March Break	10 March Break	11 March Break	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



APRIL



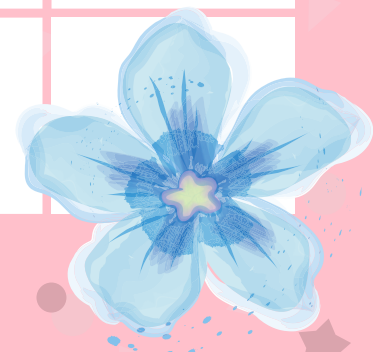
SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Travellin' Toddler Time 9.30am - 11am	2
3	4	5	6	7	8	9 Kiddie Easter craft 9.30am - 11am
10	11	12	13	14	15 Good Friday Closed	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



MAY



SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



JUNE



SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

