

**October
1st - 7th**

Seniors for Seniors

Nova Scotia

A week of celebration for, by, and with the 55+ community

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada



Fri Oct 1

1 PM - 1:15 PM

Opening Ceremony

(Online via Youtube)

1:15 PM - 2 PM

Kitchen Party Watch Party

(Online via Youtube)

ALL DAY

**Free Admission for
Seniors** at the Art
Gallery of Nova Scotia

Sat Oct 2

11 AM - 2 PM

FAST FRIENDS

(held at
DoubleTree in
Dartmouth)

Sun Oct 3

12 PM - 1 PM

Guided Walk
(at Shannon Park)

Mon Oct 4

9 AM - 10:30 AM

Fitness with DebFit

(hosted at Shannex)

1 PM - 2 PM

Music Therapy - Heartsparks

(hosted by Spencer
House)

2 PM - 3 PM

**Caring for
Caregivers** (Online
via Youtube)

Tue Oct 5

9:30 AM - 10 AM

BoneFit

10:20AM - 10:50AM

StretchFit

(both at Zatzman
Sportsplex with
DebFit)

10:30AM - 11:30AM

**Music Therapy
with Heartsparks**
(hosted at
Northwood)

Wed Oct 6

10:20AM - 10:50AM

BoneFit

(hosted at Spencer
House with DebFit)

1:00PM

Virtual Tour of Art
Gallery of Nova
Scotia

ALL DAY

Restaurant DAY!
Partnering restaurants
offering discounts!

Thu Oct 7

1 PM - 3 PM

Social Foxtrot Class

2 PM - 3PM

Jive Class

with Dancing with
Michel
(in Bayers Lake)

3PM

Closing
Details TBA