


“Since 2014” - BARRHAVEN SENIORS’ COUNCIL - “Since 2014”

March 24th Editon		April 2024				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Exercise classes by Zoom have expanded to include Stroke Recovery; Chair;	1  Building Closed	2 Zoom Exercises BRIDGE 12:30 to 3:30 PM	3 Zoom Exercises Writers’ Group 6 to 8 PM at VIVA Barrhaven	4 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	5 Zoom Exercises CANASTA 12:30 to 3:30 PM	6
	7 Parkinson’s; Diabetes; C.O.P.D. Call Grace for all the details: 613-796-4729	8 Zoom Exercises DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	9 Zoom Exercises Men’s Breakfast 8:30 Broadways BRIDGE 12:30 to 3:30 PM	10 Zoom Exercises Book Club 10 AM Library Ladies’ Luncheon 11:30 Broadways	11 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	12 Zoom Exercises CANASTA 12:30 to 3:30 PM
14	15 Zoom Exercises KNITTING 1:30 PM to 4 PM	16 Zoom Exercises BRIDGE 12:30 to 3:30 PM	17 Zoom Exercises Ottawa Heart Institute Screening By Appointment 8 AM to 4 PM	18 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	19 Zoom Exercises CANASTA 12:30 to 3:30 PM	20
21	22 Zoom Exercises DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	23 Zoom Exercises BRIDGE 12:30 to 3:30 PM	24 Zoom Exercises Ottawa Heart Institute Screening By Appointment 8 AM to 4 PM	25 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	26 Zoom Exercises CANASTA 12:30 to 3:30 PM	27
28	29 Zoom Exercises KNITTING 1:30 PM to 4 PM	30 Zoom Exercises BRIDGE 12:30 to 3:30 PM				