

“Since 2014” - BARRHAVEN SENIORS’ COUNCIL - “Since 2014”
Barrhaven Seniors’ Council October 2025 Calendar of events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Z/E Exercise classes by “Zoom” now include: Stroke Recovery Chair Parkinson’s Diabetes COPD	29 Z/E Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	30 Z/E BRIDGE 12:00 to 3:00 pm	1 Z/E FUN EUCHRE 12:30 to 3:30 pm	2 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	3 Z/E Writer’s Circler At V!VA 1:30 to 3:00 pm CANASTA 12:30 to 3:30 pm	4
5 For more details about The Zoom Exercise Classes (Z/E). Call Grace At 613-796-4729	6 Z/E Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	7 Z/E BRIDGE 12:00 to 3:00 pm	8 Z/E Book Club 10:00am Library Ladies’ Luncheon 11:30 Broadways FUN EUCHRE 12:30 to 3:30 pm	9 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	10 Z/E CANASTA 12:30 to 3:30 pm	11
12	13 KEN ROSS BLDG CLOSED Happy Thanksgiving!!	14 Z/E BRIDGE 12:00 to 3:00 pm Men’s Breakfast 8:30 Broadways	15 Z/E FUN EUCHRE 12:30 to 3:30 pm	16 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	17 Z/E CANASTA 12:30 to 3:30PM	18
19	20 Z/E Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	21 Z/E BRIDGE 12:00 to 3:00 pm	22 Z/E FUN EUCHRE 12:30 to 3:30 pm	23 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	24 Z/E CANASTA 12:30 to 3:30 pm	25
26	27 Z/E Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	28 Z/E BRIDGE 12:00 to 3:00 pm DAY TRIP	29	30	31	Day Trip to Gananoque to Watch “9 to 5” At 1,000 Islands PlayHouse

Should you have any questions, please contact Louise Chenier-Dalozzo, Interim President at barrhavenseniors@gmail.com
Please visit our website at www.barrhavenseniors.com