

“Barrhaven Seniors Council”

Note: Unless otherwise indicated on the calendar, all programs are located at the “Barrhaven Seniors’ Centre”

| Rev. Aug 20 th September 2017 October 2017 ▶ | | | | | | |
|---|---|--|---|----------------------------------|---|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| Chair Exercises: | held at SNCHC = | South Nepean | Community Health Centre | 4100 Strandherd Drive, Suite 201 | 1 Chair Exercises 2:45 – 3:45 PM SNCHC | 2 |
| 3 Barrhaven Seniors’ Centre is located at 700 Longfields Drive | 4 Labour Day | 5 BRIDGE 1 PM to 4 PM | 6 EUCHRE 1 PM to 4 PM Chair Exercises 2:45 – 3:45 PM SNCHC | 7 CRIBBAGE 1 PM to 4 PM | 8 CANASTA 1 PM to 4 PM Chair Exercises 2:45 – 3:45 PM SNCHC | 9 |
| 10 Ruth E Dickinson Library is located at 100 Malvern Drive | 11 Seniors’ Drop In NEW : 9:30 to 11:30 Knitting 1:30 to 3 PM Library Upstairs Board of Directors Meeting 1 PM to 2:30 PM | 12 8:30 AM Men’s Breakfast Broadways, Barrhaven BRIDGE 1 PM to 4 PM | 13 Book Club 10 AM-Library 11:30 AM Ladies’ Lunch Broadways, Barrhaven EUCHRE 1 PM to 4 PM Chair Exercises 2:45 – 3:45 PM SNCHC | 14 CRIBBAGE 1 PM to 4 PM | 15 CANASTA 1 PM to 4 PM Chair Exercises 2:45 – 3:45 PM SNCHC | 16 |
| 17 | 18 Seniors’ Drop In NEW : 9:30 to 11:30 Knitting 1:30 to 3 PM Library “Round The Kitchen Table:” 1 to 4 PM | 19 BRIDGE 1 PM to 4 PM | 20 Out and About “MosaiCanada 150” 9 AM to 3 PM EUCHRE: 1 PM to 4 PM Chair Exercises 2:45 – 3:45 PM SNCHC | 21 CRIBBAGE 1 PM to 4 PM | 22 10 AM Presentation “Comfort Keepers” Library Meeting Rm CANASTA 1 PM to 4 PM 2:45 – 3:45 PM SNCHC | 23 |
| 24 | 25 Seniors’ Drop In NEW : 9:30 to 11:30 Monthly Luncheon 11:15 AM Heart & Crown Knitting 1:30 to 3 PM Library Poetry and Play Reading: 1 to 4 PM | 26 BRIDGE 1 PM to 4 PM | 27 NEW : 1 PM Computers for Seniors Library Meeting Room EUCHRE 1 PM to 4 PM Chair Exercises 2:45 – 3:45 PM SNCHC | 28 CRIBBAGE 1 PM to 4 PM | 29 CANASTA 1 PM to 4 PM Chair Exercises 2:45 – 3:45 PM SNCHC | 30 |

