

## Barrhaven Seniors Council

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

October 2017 (Tentative) <span style="float: right;">November 2017 ▶</span>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> The “Barrhaven Seniors Centre” is located at 700 Longfields Drive.	<b>2</b> 9:30 to 11:30 <u>Seniors’ Drop In</u> <u>Knitting</u> <u>1:30 to 3 PM Library</u> NEW: 1 PM to 4 PM Mahong and Scrabble	<b>3</b> <b>BUS TOUR</b> <u>Laurentian Fall Foliage</u>  BRIDGE 1 PM to 4 PM	<b>4</b> NEW: 9:30 to 10:15 AM <u>VIVA Aquafit</u> NEW: 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 to 4 PM</u> Chair Exercises 2:45 – 3:45PM	<b>5</b> <u>NO PROGRAM</u>  Building Being Used For A Special Event	<b>6</b>  CANASTA <u>1 PM to 4 PM</u>  Chair Exercises 2:45 – 3:45 PM SNCHC	<b>7</b>
<b>8</b> Ruth E Dickinson Library is located at 100 Malvern Drive	<b>9</b>  Thanksgiving	<b>10</b>  8:30 AM <u>Men’sBreakfast</u>  BRIDGE 1 PM to 4 PM	<b>11</b> NEW: 9:30 to 10:15 AM <u>VIVA Aquafit</u> <u>Book Club:10 AM Library</u> 11:30 AM Ladies’ Lunch NEW: 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 PM to 4 PM</u> Chair Exercises 2:45 – 3:45PM	<b>12</b>  CRIBBAGE 1 PM to 4 PM	<b>13</b>  CANASTA <u>1 PM to 4 PM</u>  Chair Exercises 2:45 – 3:45 PM SNCHC	<b>14</b>
<b>15</b>	<b>16</b> 9:30 to 11:30 <u>Seniors’ Drop In</u> <u>Knitting</u> <u>1:30 to 3 PM Library</u> NEW Mahjong 1 to 4 PM	<b>17</b>  BRIDGE 1 PM to 4 PM	<b>18</b> NEW: 9:30 to 10:15 AM <u>VIVA Aquafit</u> NEW: 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 PM to 4 PM</u> Chair Exercises 2:45 – 3:45PM	<b>19</b>  CRIBBAGE 1 PM to 4 PM	<b>20</b>  CANASTA <u>1 PM to 4 PM</u>  Chair Exercises 2:45 – 3:45 PM SNCHC	<b>21</b>
<b>22</b>	<b>23</b> 9:30 to 11:30 <u>Seniors’ Drop In</u> <u>Knitting</u> <u>1:30 to 3 PM</u> <u>Library Upstairs</u> Poetry & Play Reading 1 PM to 4 PM	<b>24</b>  BRIDGE 1 PM to 4 PM	<b>25</b> <u>Out and About</u> <u>9 AM - 3 PM Parliament</u> NEW: 9:30 to 10:15 AM <u>VIVA Aquafit</u> NEW: 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 PM to 4 PM</u> Chair Exercises 2:45 – 3:45PM	<b>26</b> <u>Monthly Luncheon</u> <u>11:30 AM</u> <u>Colonnade</u>  CRIBBAGE 1 PM to 4 PM	<b>27</b>  CANASTA <u>1 PM to 4 PM</u>  Chair Exercises 2:45 – 3:45 PM SNCHC	<b>28</b>
<b>29</b>	<b>30</b> Seniors’ Drop In <u>9:30 to 11:30</u> <u>Knitting</u> <u>1:30 to 3 PM Library</u> Round The Kitchen Table: 1 PM to 4 PM	<b>31</b> NEW: <u>Art For Seniors</u> <u>10 AM to 11:30 AM</u> BRIDGE 1 PM to 4 PM	<b>Notes:</b>  Chair Exercises 2:45 PM to 3:45 PM are held at: SNCHC = South Nepean Community Health Centre 4100 Strandherd Drive, Suite 201			

