

Barrhaven Seniors Council

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

◀ October 2017		November 2017 (Tentative Calendar)						December 2017 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
			1 9:30 to 10:15 AM <u>VIVA Aquafit</u> 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 to 4 PM</u> Chair Exercises 2:45 - 3:45PM	2 CRIBBAGE 1 PM to 4 PM	3 Trip Presentation 10 AM TO 11:30 AM “Kilimanjaro” <u>CANASTA 1 PM to 4 PM</u> Chair Exercises 2:45 – 3:45 PM SNCHC	4			
5 Barrhaven Seniors’ Centre is located at 700 Longfields Drive	6 Seniors’ Drop In <u>9:30 to 11:30</u> Knitting 1:30 to 3 PM <u>Library Upstairs</u> 1 PM to 4 PM Scrabble and Mahjong	7 8:30 AM <u>Men’sBreakfast</u> NEW: Art For Seniors <u>10 AM to 11:30 AM</u> BRIDGE 1 PM to 4 PM	8 9:30 to 10:15 AM <u>VIVA Aquafit</u> Book Club 10 AM-Library <u>11:30 AM Ladies’ Lunch</u> 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 to 4 PM</u> Chair Exercises 2:45 – 3:45PM	9 CRIBBAGE 1 PM to 4 PM	10 Presentation 10 AM to 11:30 AM “Waterford” Project” 1 PM to 4 PM <u>CANASTA</u> Chair Exercises 2:45 – 3:45 PM SNCHC	11 Remembrance Day			
12 Ruth E Dickinson Library is located at 100 Malvern Drive	13 Seniors’ Drop In <u>9:30 to 11:30</u> Knitting 1:30 to 3 PM <u>Library Upstairs</u> 1 PM to 4 PM Poetry & Play Reading	14 NEW: Art For Seniors <u>10 AM to 11:30 AM</u> BRIDGE 1 PM to 4 PM	15 Out and About <u>St. Laurent Mall: 9 AM - 3 PM</u> 9:30 to 10:15 AM <u>VIVA Aquafit</u> 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 to 4 PM</u> Chair Exercises 2:45 – 3:45PM	16 CRIBBAGE 1 PM to 4 PM	17 1 PM to 4 PM <u>CANASTA</u> Chair Exercises 2:45 – 3:45 PM SNCHC	18			
19	20 Seniors’ Drop In <u>9:30 to 11:30</u> Knitting 1:30 to 3 PM Library 1 PM to 4 PM MAHJONG	21 NEW: Art For Seniors <u>10 AM to 11:30 AM</u> BRIDGE 1 PM to 4 PM	22 9:30 to 10:15 AM <u>VIVA Aquafit</u> 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 to 4 PM</u> Chair Exercises 2:45 – 3:45PM	23 CRIBBAGE 1 PM to 4 PM	24 Potluck, Seniors’ Celebration, and AGM 11 AM to 3 PM (No Games Afternoon)	25			
26	27 Seniors’ Drop In <u>9:30 to 11:30</u> Knitting 1:30 to 3 PM Library “Round The Kitchen Table:” 1 PM to 4 PM	28 NEW: Art For Seniors <u>10 AM to 11:30 AM</u> BRIDGE 1 PM to 4 PM	29 9:30 to 10:15 AM <u>VIVA Aquafit</u> 1 PM Library Mtg Rm <u>Computers for Seniors</u> <u>EUCHRE 1 to 4 PM</u> Chair Exercises 2:45 3:45PM	30 CRIBBAGE 1 PM to 4 PM	Notes: Chair Exercises are held at SNCHC = South Nepean Community Health Centre 4100 Strandherd Drive, Suite 201				

