

Barrhaven Seniors Council

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

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

