


Revised: May 25/2018

Barrhaven Seniors Council

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

◀ May 2018							June 2018							Jul 2018 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
Chair Exercises are held at SNCHC =		South Nepean Community Health Centre at		4100 Strandherd Drive, Suite 201						1 “FREE” Seniors’ Lunch Sponsored by Lisa MacLeod <u>3050 Woodroffe Ave</u> Chair Exercises 2:30– 3:30PM SNCHC		2								
3 REMINDER: “ALL” Card Games are opportunities for “FUN” –not competitive		4 Knitting <u>1:30 to 3 PM Library</u>		5 Men’s Breakfast <u>8:30 AM Broadways</u> BRIDGE 1 PM to 4 PM		6 Ladies Lunch <u>11:30 Broadways</u> <u>EUCHRE** 1 PM to 4 PM</u> Chair Exercises <u>2:30 – 3:30 PM SNCHC</u> Writers –Library-6:45PM		7 REMEMBER TO VOTE !  Elections Ontario CRIBBAGE 1 PM to 4 PM		8 “FREE” “Age Well Celebration” 9:30 AM to 2 PM <u>Nepean Sportsplex</u> Chair Exercises <u>2:30 – 3:30 PM SNCHC</u>		9								
10		11 Knitting <u>1:30 to 3 PM Library</u> 1 PM to 4 PM Poetry & Play Reading		12 BRIDGE 1 PM to 4 PM		13 <u>Book Club 10 AM-Library</u> <u>EUCHRE** 1 PM to 4 PM</u> Chair Exercises <u>2:30 – 3:30 PM SNCHC</u> Writers –Library-6:45PM		14 CRIBBAGE 1 PM to 4 PM		15 Chair Exercises 2:30 – 3:30 PM SNCHC		16								
17 Father’s Day		18 Knitting <u>1:30 to 3 PM Library</u> DISCUSSION GROUP <u>1 PM to 4 PM</u>		19 11:30 AM Monthly Lunch <u>Royal Oak</u> BRIDGE 1 PM to 4 PM		20 <u>EUCHRE** 1 PM to 4 PM</u> Chair Exercises <u>2:30 – 3:30 PM SNCHC</u> Writers –Library-6:45PM		21 CRIBBAGE 1 PM to 4 PM		22 Chair Exercises 2:30 – 3:30 PM SNCHC		23								
24 RCMP Sunset Ceremony takes place at the Musical Ride Centre, 1 Sandridge Road in Ottawa		25 Knitting <u>1:30 to 3 PM Library</u>		26 BRIDGE 1 PM to 4 PM		27 Out and About 9 AM to 3 PM <u>EUCHRE** 1 PM to 4 PM</u> Chair Exercises <u>2:30– 3:30 PM SNCHC</u> <u>Writers –Library-6:45PM</u> RCMP Sunset Ceremony		28 CRIBBAGE 1 PM to 4 PM RCMP Sunset Ceremony		29 Chair Exercises 2:30 – 3:30 PM SNCHC RCMP Sunset Ceremony		30 RCMP Sunset Ceremony								

