

Barrhaven Seniors Council

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

REVISED: June 26, 2018							July 2018	Aug 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1 <u>CANADA DAY</u> Senior's Pancake Breakfast 8 AM to 9:30 AM Clarke Fields + full day of events	2	3 Men's Breakfast 8:30 AM <u>Broadways</u> BRIDGE 1 PM to 4 PM	4 Senior Drop In 9:30 to 11:30 AM 1 PM to 4 PM <u>Euchre + Canasta</u> Chair: 2:30 (1hr) SNCHC Writers –Library-6:45PM	5 1 PM to 4 PM Cribbage + Other activities	6 Chair Exercises 2:30– 3:30 PM SNCHC	7		
8	9	10 BRIDGE 1 PM to 4 PM	11 Senior Drop In 9:30 to 11:30 Ladies Lunch 11:30 <u>Broadways</u> 1 PM to 4 PM <u>Euchre + Canasta</u> Chair: 2:30 (1hr) SNCHC	12 1 PM to 4 PM Cribbage + Other activities	13 Chair Exercises 2:30– 3:30 PM SNCHC	14		
15	16 Restaurant Outing 11:30 <u>Heart & Crown</u>	17 BRIDGE 1 PM to 4 PM	18 Senior Drop In 9:30 to 11:30 AM 1 PM to 4 PM <u>Euchre + Canasta</u> Chair: 2:30 (1hr) SNCHC	19 1 PM to 4 PM Cribbage + Other activities	20 Chair Exercises 2:30– 3:30 PM SNCHC	21		
22	23	24 BRIDGE 1 PM to 4 PM	25 Out and About 9 AM to 4 PM Senior Drop In 9:30 to 11:30 AM 1 PM to 4 PM <u>Euchre + Canasta</u> Chair: 2:30 (1hr) SNCHC	26 1 PM to 4 PM Cribbage + Other activities	27 Chair Exercises 2:30– 3:30 PM SNCHC	28		
29	30	31 BRIDGE 1 PM to 4 PM	Note: Chair Exercises are held at SNCHC = South Nepean Community Health Centre 4100 Strandherd Drive, Suite 201					

