

Barrhaven Seniors Council

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

| Updated: January 27, 2019 | | | | | | | February 2019 | | | | | | |
|--|---|--|---|--|--|-----|----------------------|--|--|--|--|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | | | | | | |
| SNCHC = South Nepean Community Health Centre, 4100 Strandherd Drive, Suite 201 | | | | | 1 CANASTA <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 3:15 PM SNCHC | 2 | | | | | | | |
| 3 | 4 Seniors’ Drop In 9:30 to 11:30 <u>Knitting 1:30 Library</u> <u>Mahjong: 1 to 4 PM</u> “Wild Orchids” 6 PM at Prince of Wales | 5 BRIDGE 1 PM to 4 PM | 6 EUCHRE <u>1 PM to 4 PM</u> Chair:2:15-3:15SNCHC <u>Writers’ Circle Library</u> 6:45 PM to 8 :15 PM | 7 CRIBBAGE 1 PM to 4 PM | 8 CANASTA <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 3:15 PM SNCHC | 9 | | | | | | | |
| 10 | 11 Seniors’ Drop In 9:30 to 11:30 <u>Knitting</u> <u>1:30 to 3 PM Library</u> Poetry & Play Reading: 1 to 3 PM 3 PM: Taiwan Presentation | 12 <u>Men’s Breakfast</u> <u>Broadways 8:30</u> BRIDGE 1 PM to 4 PM | 13 <u>Book Club</u> <u>10 AM –Library</u> <u>Ladies Lunch</u> <u>Broadways 11:30</u> EUCHRE <u>1 PM to 4 PM</u> Chair:2:15-3:15SNCHC | 14 CRIBBAGE 1 PM to 4 PM | 15 CANASTA <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 3:15 PM SNCHC | 16 | | | | | | | |
| 17 | 18 FAMILY DAY Mahjong 1 to 4 PM | 19 BRIDGE 1 PM to 4 PM | 20 EUCHRE <u>1 PM to 4 PM</u> Chair:2:15-3:15SNCHC “Bee Keeping” 2 PM at Prince of Wales | 21 CRIBBAGE <u>1 PM to 4 PM</u> 2:30 PM Presentation “Healthy Heart” at V!VA | 22 CANASTA <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 3:15 PM SNCHC | 23 | | | | | | | |
| 24 | 25 9:30 to 11:30 <u>Seniors’ Drop In</u> <u>Knitting 1:30 Library</u> Current Affairs Group 1 to 3 PM | 26 11:30 Restaurant Outing TUTTI FRUTTI BRIDGE 1 PM to 4 PM | 27 EUCHRE <u>1 PM to 4 PM</u> Chair:2:15-3:15SNCHC | 28 CRIBBAGE <u>1 PM to 4 PM</u> “Wine Tasting” 2 PM at Prince of Wales 2:30 PM “Beach Party” + Open House at V!VA | | | | | | | | | |

