

“Since 2014” - BARRHAVEN SENIORS’ COUNCIL - “Since 2014”

May 2025						
◀ Apr 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Exercise classes by “Zoom” have expanded to include Stroke Recovery; Chair Parkinson’s; Diabetes; C.O.P.D.	Call Grace for all the details: 613-796-4729			1 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	2 Zoom Exercises Witer’s Circle 1:30 to 3 PM VIVA CANASTA 12:30 to 3:30 PM	3
4	5 Zoom Exercises DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	6 Zoom Exercises BRIDGE 12: to 3 PM	7 Restaurant Outing Tutti Frutti 9:30 +11 AM (Sign Up) Zoom Exercises FUN EUCHRE 12:30 to 3:30 PM	8 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	9 Zoom Exercises CANASTA 12:30 to 3:30 PM	10
11	12 Zoom Exercises DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	13 Zoom Exercises Men’s Breakfast 8:30 Broadways BRIDGE 12 to 3 PM	14 Zoom Exercises Book Club 10 AM Library Ladies’ Luncheon 11:30 Broadways FUN EUCHRE 12:30 to 3:30 PM	15 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	16 Zoom Exercises CANASTA 12:30 to 3:30 PM	17
18	19 Building Closed Long Weekend	20 Zoom Exercises BRIDGE 12: to 3 PM	21 Zoom Exercises FUN EUCHRE 12:30 to 3:30 PM	22 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	23 Zoom Exercises CANASTA 12:30 to 3:30 PM	24

May 2025						
◀ Apr 2025						Jun 2025 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 Zoom Exercises DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	27 Zoom Exercises BRIDGE 12: to 3 PM	28 Zoom Exercises FUN EUCHRE 12:30 to 3:30 PM	29 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	30 Zoom Exercises CANASTA 12:30 to 3:30 PM	31