

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	BRIDGE 12:00-3:00	FUN EUCHRE 12:30-3:30	CRIBBAGE & SCRABBLE 12:30-3:30	WRITER'S CIRCLE AT V!VA 1:30-3:00	
	KNITTING 1:30-4:00				CANASTA 12:30-3:30	
5	6	7	8	9	10	11
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	BRIDGE 12:00-3:00	Ladies Lunch 11:30 Broadway	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00		FUN EUCHRE 12:30-3:30			
12	13	14	15	16	17	18
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	Men's Breakfast 8:30 Broadway	FUN EUCHRE 12:30-3:30	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00	BRIDGE 12:00-3:00				
19	20	21	22	23	24	25
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	BRIDGE 12:00-3:00	FUN EUCHRE 12:30-3:30	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00					
26	27	28	29	30	31	
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	BRIDGE 12:00-3:00	FUN EUCHRE 12:30-3:30	Come & visit with Don & Marilyn Winchester Ken Ross bldg. 10:30-12:00	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00			CRIBBAGE & SCRABBLE 12:30-3:30		

NOTES:

Z / E refers to Exercise classes by "ZOOM". It includes : Stroke Recovery, Chair Parkinson's, Diabetes & COPD For more details about the Zoom classes, please contact Grace at (613) 796-4729

Don & Marilyn Winchester will be visiting Ottawa - please come and say hi!, share a cup of coffee and memories with them! Ken Ross Building July 30th - 10:30 to 12:00