

“Since 2014” - BARRHAVEN SENIORS’ COUNCIL - “Since 2014”
Barrhaven Seniors’ Council December 2025 Calendar of events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Z/E Exercise classes by “Zoom” now include: Stroke Recovery Chair Parkinson’s Diabetes COPD	1 Z/E Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	2 Z/E BRIDGE 12:00 to 3:00 pm	3 Z/E FUN EUCHRE 12:30 to 3:30 pm	4 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	5 Z/E Writer’s Circler At V!VA 1:30 to 3:00 pm CANASTA 12:30 to 3:30 pm	6
7 For more details about The Zoom Exercise Classes (Z/E). Call Grace At 613-796-4729	8 Z/E Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	9 Z/E Men’s Breakfast 8:30 Broadways BRIDGE 12:00 to 3:00 pm	10 Z/E Book Club 10:00am Library Ladies’ Luncheon 11:30 Broadways FUN EUCHRE 12:30 to 3:30 pm	11 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	12 Z/E CANASTA 12:30 to 3:30 pm	13
14	15 Z/E Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	16 Z/E BRIDGE 12:00 to 3:00 pm	17 Z/E FUN EUCHRE 12:30 to 3:30 pm	18 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	19 Z/E CANASTA 12:30 to 3:30PM	20
21	22 HAPPY HOLIDAY SEASON EVERYONE!	23	24	25	26	27
	WE WILL SEE YOU AGAIN STARTING JANUARY 5th, 2026					
28	29 HAPPY HOLIDAY SEASON EVERYONE!!	30	31	1 January 1st 2026 Happy New Year!!!	2	3

Should you have any questions, please contact Louise Chenier-Dalonzo, Interim President at barrhavenseniors@gmail.com
Please visit our website at www.barrhavenseniors.com