

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	Walking Minto Rec.Center 10:00-11:00	KEN ROSS BLDG Heart Institute Screening	Walking Minto Rec.Center 10:00-11:00	WRITER'S CIRCLE AT V!VA 1:30-3:00	
	KNITTING 1:30-4:00	BRIDGE 12:00-3:00		CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
8	9	10	11	12	13	14
	Z / E	Z / E	Z / E	Z / E	Z / E	
		Men's Breakfast 8:00am Broadway	Ladies' Lunch 11:30 Broadway			
	DROP-IN 10:00-12:00	Walking Minto Rec.Center 10:00-11:00		Walking Minto Rec.Center 10:00-11:00	WRITER'S CIRCLE AT V!VA 1:30-3:00	
	KNITTING 1:30-4:00	BRIDGE 12:00-3:00	FUN EUCHRE 12:30-3:30	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
15	16	17	18	19	20	21
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	Walking Minto Rec.Center 10:00-11:00		Walking Minto Rec.Center 10:00-11:00	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00	BRIDGE 12:00-3:00	FUN EUCHRE 12:30-3:30	CRIBBAGE & SCRABBLE 12:30-3:30		
22	23	24	25	26	27	28
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	Walking Minto Rec.Center 10:00-11:00		Walking Minto Rec.Center 10:00-11:00	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00	BRIDGE 12:00-3:00	FUN EUCHRE 12:30-3:30	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

FEBRUARY 16TH - FIRST ANNUAL OTTAWA MEGA HEART EVENT - 1-4pm Nepean Sportsplex entrance 3 - see newsletter and/or Facebook page for details

FEBRUARY 20TH - COUNCILLOR HILL'S TEA PARTY - 10:00am -12:00pm at Walter Baker Halls A&B - see newsletter and/or Facebook page for details

If you have any questions and/or concerns please contact: barrhavenseniors@gmail.com