

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

Barrhaven Seniors Council August 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	Ken Ross Bldg Closed	5 Z/E BRIDGE 12:00 to 3:00 pm	6 Z/E FUN EUCHRE 12:30 to 3:30 pm	7 Z/ E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	8 Z/E Writer’s Circle At VIVA 1:30 to 3:00 pm CANASTA 12:30 to 3:30 pm	
For more details about The Zoom Exercise Classes (Z/E). Call Grace At 613-796-4729	11 Z/E No drop-in KNITTING 1:30 to 4:00 pm	12 Z/E Men’sBreakfast 8:30 Broadways BRIDGE 12:00 to 3:00 pm	13 Z/E Book Club 10:00am Library Ladies’ Luncheon 11:30 Broadways FUN EUCHRE 12:30 to 3:30 pm	14 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	15 Z/E CANASTA 12:30 to 3:30 pm	
	18 Z/E No drop-in KNITTING 1:30 to 4:00 pm	19 Z/E BRIDGE 12:00 to 3:00 pm	20 Z/E FUN EUCHRE 12:30 to 3:30 pm	21 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	22 Z/E CANASTA 12:30 to 3:30PM	
24	25 Z/E No drop-in KNITTING 1:30 to 4:00 pm	26 Z/E BRIDGE 12:00 to 3:00 pm	27 Z/E FUN EUCHRE 12:30 to 3:30 pm	28 Z/E CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	29 Z/ E CANASTA 12:30 to 3:30 pm	30
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Should you have any questions, please contact Louise Chenier-Dalonzo, Interim President at barrhavenseniors@gmail.com
 Please visit our website at www.barrhavenseniors.com