

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

July 27th Ed.		August 2024				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <u>Zoom Exercises</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	2 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM	3 Busker Festival Byward Market 
4 	5 CIVIC HOLIDAY	6 <u>Zoom Exercises</u> BRIDGE 12:30 to 3:30 PM	7 <u>Zoom Exercises</u> Writers’ Group 6 to 8 PM at V!VA Barrhaven	8 <u>Zoom Exercises</u> Bus Trip to <u>Rockport Cruise</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	9 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM	10
11	12 <u>Zoom Exercises</u>	13 <u>Zoom Exercises</u> Men’s Breakfast 8:30 Broadways BRIDGE 12:30 to 3:30 PM	14 <u>Zoom Exercises</u> Ladies’ Luncheon 11:30 Broadways	15 <u>Zoom Exercises</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	16 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM	17
18	19 <u>Zoom Exercises</u>	20 <u>Zoom Exercises</u> BRIDGE 12:30 to 3:30 PM	21 RESTAURANT OUTING <u>Rerervations</u> 12 Noon + 1:30 PM	22 <u>Zoom Exercises</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	23 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM	24
25	26 <u>Zoom Exercises</u>	27 <u>Zoom Exercises</u> BRIDGE 12:30 to 3:30 PM	28 <u>Zoom Exercises</u>	29 <u>Zoom Exercises</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	30 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM	31

**Exercise classes by Zoom have expanded to include:
Stroke Recovery; Chair; Parkinson’s; Diabetes; C.O.P.D.; etc.
Call Grace for all the details at 613-796-4729**