



BARRHAVEN SENIORS' COUNCIL

August 2023

July 31 Edition

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
In person Chair Is held at the South Nepean Community Health Centre	located at: 4100 Strandherd Dri. Suite 201	1 BRIDGE <u>12:30 to 3:30 PM</u> Chair Exercise by Zoom	2 Chair Exercise by Zoom In Person Chair Held at SNCHC 11:45AM -12:30PM	3 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	4 Chair Exercise by Zoom In Person Chair Held at SNCHC <u>11:45AM -12:30PM</u> CANASTA 1 to 4	5
6 Virtual Chair exercises by Zoon are held at various times each day. See the note at the end to register.	7 Chair Exercise by Zoom	8 Men's Breakfast <u>8:30 Broadways</u> BRIDGE <u>12:30 to 3:30 PM</u> Chair Exercise by Zoom	9 Chair Exercise by Zoom Ladies' Luncheon <u>11:30 Broadways</u> In Person Chair 11:45AM -12:30PM	10 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	11 Chair Exercise by Zoom In Person Chair <u>11:45AM -12:30PM</u> CANASTA 1 to 4	12
13	14 Chair Exercise by Zoom V!VA: 2 PM Gale Gavin & Sherryl Fitzpatric Concert	15 BRIDGE <u>12:30 to 3:30 PM</u> Chair Exercise by Zoom	16 Chair Exercise by Zoom In Person Chair <u>11:45AM -12:30PM</u> Waterford Euchre Tournament <u>1:30 to 3:30 PM</u> V!VA Movie under the Stars 7 PM	17 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	18 Chair Exercise by Zoom In Person Chair <u>11:45AM -12:30PM</u> CANASTA 1 to 4	19
20	21 Chair Exercise by Zoom	22 V!VA Corn Roast Barn Party -\$10 <u>11:30 to 1:30</u> BRIDGE <u>12:30 to 3:30 PM</u> Chair by Zoom	23  GROUP LUNCH at Boston Pizza <u>11:30 AM</u>	24 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	25 Chair Exercise by Zoom In Person Chair <u>11:45AM -12:30PM</u> CANASTA 1 to 4	26
27 TECH DROP IN  on a Wednesday once each month. Hosted by Barrhaven Manor 110 Berigan Dr.	28 Chair Exercise by Zoom	29 BRIDGE <u>12:30 to 3:30 PM</u> Chair Exercise by Zoom	30 Chair Exercise by Zoom In Person Chair <u>11:45AM -12:30PM</u> TECH DROP IN* 1 to 2:30 PM	31 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	VIRTUAL CHAIR BY ZOOM: The program is offered " several days " each week at a variety of times . For times and other details, please contact Elan at kelancheran@gmail.com	