

## Barrhaven Seniors' Council

### September 2021

◀ Aug 2021

Oct 2021 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Minto Recreation Centre: See newsletter			1 6 PM Writing Group	2 2 PM Chair Exercises*	3	4
5	6 Labour Day	7 2 PM Chair Exercises*	8 10 AM Library Book Club	9 2 PM Chair Exercises*	10	11 "Plant Sale" 10 AM to 1 PM
12	13	14 8:30 AM Men's breakfast 2 PM Chair Exercises*	15 11:30 AM Ladies Lunch	16 2 PM Chair Exercises* Richmond Fall Fair	17 Richmond Fall Fair	18 Richmond Fall Fair
19 Richmond Fall Fair	20	21 2 PM Chair Exercises* Fall Rhapsody Begins	22	23 2 PM Chair Exercises*	24 Carp Fall Fair	25 Carp Fall Fair
26 Carp Fall Fair	27	28 2 PM Chair Exercises*	29	30 2 PM Chair Exercises* National Day for Truth and Reconciliation		

**\*Sample days and times only:**

**Chair Exercises are offered on a variety of days each week. Contact the instructor for days and times that you would prefer**