



## BARRHAVEN SENIORS' COUNCIL

Dec. 1 <sup>st</sup> Edition		December 2023					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
In Person Chair Wed & Fri <u>11:45AM -12:30PM</u>					1 Chair Exercise by Zoom In Person Chair CANASTA 1 to 4	2	
3	4 Zoom Chair  KNITTING <u>1:30 PM to 4 PM</u>	5 Zoom Chair BIRTHDAY SOCIAL + "Gift Exchange" <b>NEW</b> 10 AM to Noon BRIDGE <u>12:30 to 3:30 PM</u>	6 Zoom Chair BUS TRIP Upper C. Playouse Ladies' Luncheon <u>11:30 Broadways</u> In Person Chair Legion: Open Mic Noon to 3 PM	7 Chair Exercise by Zoom  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	8 Chair Exercise by Zoom  In Person Chair <u>11:45AM -12:30PM</u>  CANASTA 1 to 4	9	
10 Presentation on on the 13 <sup>th</sup> <u>1 PM to 3:30 PM</u> Council On Aging Navigating In & Out of Hospital	11 Zoom Chair  DROP IN "Gift Exchange" <u>10 AM to 12 Noon</u>  KNITTING <u>1:30 PM to 4 PM</u>	12 Zoom Chair  Men's Breakfast <u>8:30 Broadways</u>  BRIDGE <u>12:30 to 3:30 PM</u>	13 Zoom Chair Book Club <u>10 AM Library</u> In Person Chair "PRE-REGISTER" PRESENTATION <u>1 to 3:30 PM</u>	14 Zoom Chair  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	15 Zoom Chair  In Person Chair <u>11:45AM -12:30PM</u>  CANASTA 1 to 4	16	
17	18 Zoom Chair  CATERED FESTIVE <u>MEMBER MEAL</u>	19 Zoom Chair  BRIDGE <u>12:30 to 3:30 PM</u>	20 Zoom Chair In Person Chair Legion: Open Mic Noon to 3 PM	21 Zoom Chair  CRIBBAGE + SCRABBLE To be decided	22 Zoom Chair In Person Chair <u>11:45AM -12:30PM</u> CANASTA To be decided	23	
24 Wednesday TECH DROP IN* Barrhaven Manor (110 Berigan Dr.)	25 	26 	27 TECH DROP IN* 1 to 2:30 PM	28	29	30	
31 New Years Family Blowout 1 to 5 PM Walter Baker	"In person Chair" is held at the South Nepean Community Health Centre 4100 Strandherd Dr., Suite 201. "VIRTUAL CHAIR" exercises by Zoon are held at various times each day. Every new participant should contact Grace at 613-796-4729.						