

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

DRAFT JAN 31		February 2024					Mar 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Exercise classes by Zoom have expanded to include Stroke Recovery; Chair;	Parkinson’s; Diabetes; C.O.P.D. Call Grace for all the details: 613-796-4729			1 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	2 Zoom Exercises CANASTA 12:30 to 3:30 PM	3	
4	5 Zoom Exercises DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	6 Zoom Exercises BIRTHDAY SOCIAL 10 AM to Noon BRIDGE 12:30 to 3:30 PM	7 Zoom Exercises Writers’ Group 6 to 8 PM at V!VA Barrhaven	8 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	9 Zoom Exercises CANASTA 12:30 to 3:30 PM	10	
11	12 Zoom Exercises Valentines’ Craft Activity Sign Up Req’d 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	13 Zoom Exercises Men’s Breakfast 8:30 Broadways BRIDGE 12:30 to 3:30 PM	14 Zoom Exercises Book Club 10 AM Library Ladies’ Luncheon 11:30 Broadways SPECIAL PRESENTATION CAA Travel 1-3 PM Sign Up Req’d	15 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	16 Zoom Exercises CANASTA 12:30 to 3:30 PM	17	
18	19 FAMILY DAY	20 Zoom Exercises BRIDGE 12:30 to 3:30 PM	21 Zoom Exercises Ottawa Heart Institute Screening by Appointment 8 AM to 4 PM	22 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	23 Zoom Exercises CANASTA 12:30 to 3:30 PM	24	
25	26 Zoom Exercises DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	27 Zoom Exercises BRIDGE 12:30 to 3:30 PM	28 Zoom Exercises SPECIAL PRESENTATION 1 PM to 3 PM Exploring Online Banking & Shopping Sign Up Req’d	29 Zoom Exercises CRIBBAGE + SCRABBLE 12:30 to 3:30 PM			