

Barrhaven Seniors Council

Unless otherwise indicated on the calendar, all programs are at the “Barrhaven Seniors’ Centre”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated: Jan 23, 2020						Mar 2020 ▶
February 2020						
						1
2	3	4	5	6	7	8
<p>BARRHAVEN SENIORS’ CENTRE is located at: 700 Longfields Drive</p>	<p style="text-align: center;">NEW!</p> <p style="text-align: center;">Member Meal Lunch: 2 Sittings 11 AM+ 12:30 PM</p> <p>Poetry & PlayReading <u>1:30 to 3 PM</u></p> <p>Knitting 1:30-3 Library</p>	<p style="text-align: center;">Senior Yoga 10:30 AM to 11:30 AM <u>SNCHC</u></p> <p style="text-align: center;">BRIDGE 1 PM to 4 PM</p>	<p style="text-align: center;">EUCHRE 1 PM to 4 PM</p> <p style="text-align: center;">Chair Exercises <u>2:15 – 315 PM SNCHC</u></p> <p style="text-align: center;">Writers’ Circle Library 6:45 PM to 8 :15 PM</p>	<p style="text-align: center;">Conversation Coffee + More <u>10 AM to Noon</u></p> <p style="text-align: center;">Cribbage 1 to 4 PM Scrabble 1 to 4 PM</p>	<p style="text-align: center;">CANASTA <u>1 PM to 4 PM</u></p> <p style="text-align: center;">Chair Exercises 2:15 – 315 PM SNCHC</p>	
9	10	11	12	13	14	15
<p>SNCHC = South Nepean Community Health Centre 4100 Strandherd Drive, Suite 201</p>	<p style="text-align: center;">NEW!</p> <p style="text-align: center;">Learn & Lunch CPR Essentials <u>9 AM to Noon</u></p> <p>Knitting 1:30-3 Library</p>	<p style="text-align: center;">Senior Yoga 10:30 AM to 11:30 AM <u>SNCHC</u></p> <p style="text-align: center;">Men’s Breakfast <u>Broadways 8:30</u></p> <p style="text-align: center;">BRIDGE 1 PM to 4 PM</p>	<p style="text-align: center;">Book Club <u>10 AM –Library</u></p> <p style="text-align: center;">EUCHRE: 1 to 4 PM</p> <p style="text-align: center;">Ladies Lunch <u>Broadways 11:30</u></p> <p>Chair:2:15-3:15SNCHC</p>	<p style="text-align: center;">Conversation Coffee + More <u>10 AM to Noon</u></p> <p style="text-align: center;">Cribbage 1 to 4 PM Scrabble 1 to 4 PM</p>	<p style="text-align: center;">CANASTA <u>1 PM to 4 PM</u></p> <p style="text-align: center;">Chair Exercises 2:15 – 315 PM SNCHC</p>	
16	17	18	19	20	21	22
	<p style="text-align: center;">NEW!</p> <p style="text-align: center;">Popcorn + Movie wth Ron 12:30 PM to 4 PM</p>	<p style="text-align: center;">Senior Yoga 10:30 AM to 11:30 AM <u>SNCHC</u></p> <p style="text-align: center;">BRIDGE 1 PM to 4 PM</p>	<p style="text-align: center;">ART <u>10 AM to Noon</u></p> <p style="text-align: center;">EUCHRE 1 PM to 4 PM</p> <p style="text-align: center;">Chair Exercises <u>2:15 – 315 PM SNCHC</u></p>	<p style="text-align: center;">Conversation Coffee + More <u>10 AM to Noon</u></p> <p style="text-align: center;">Cribbage 1 to 4 PM Scrabble 1 to 4 PM</p>	<p style="text-align: center;">CANASTA <u>1 PM to 4 PM</u></p> <p style="text-align: center;">Chair Exercises 2:15 – 315 PM SNCHC</p>	
23	24	25	26	27	28	29
	<p style="text-align: center;">NEW!</p> <p style="text-align: center;">Presentation “Safety For Seniors” <u>10 AM to Noon</u></p> <p style="text-align: center;">Current Affairs 1-3PM</p> <p>Knitting 1:30-3 Library</p>	<p style="text-align: center;">Senior Yoga 10:30 AM to 11:30 AM <u>SNCHC</u></p> <p style="text-align: center;">BRIDGE 1 PM to 4 PM</p>	<p style="text-align: center;">ART <u>10 AM to Noon</u></p> <p style="text-align: center;">EUCHRE 1 PM to 4 PM</p> <p style="text-align: center;">Chair Exercises <u>2:15 – 315 PM SNCHC</u></p>	<p style="text-align: center;">Conversation Coffee + More <u>10 AM to Noon</u></p> <p style="text-align: center;">Cribbage 1 to 4 PM Scrabble 1 to 4 PM</p>	<p style="text-align: center;">Restaurant Outing <u>10 AM + 11:30 AM</u></p> <p style="text-align: center;">Tutti Frutti</p> <p style="text-align: center;">CANASTA <u>1 PM to 4 PM</u></p> <p>Chair:2:15-3:15SNCHC</p>	

