


BARRHAVEN SENIORS' COUNCIL

January 2023

Dec 31st Edition

Feb 2023 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 NOTE: All activities take place at the Barrhaven Seniors' Center unless indicated	3 Chair Exercise 2:20 PM by Zoom	4 Chair Exercise 9:20 AM by Zoom EUCHRE 1 to 4 PM	5 Chair Exercise 11:45 AM by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	6 Chair Exercise 10 AM by Zoom CANASTA 1 to 4 PM	7
8 CHAIR TIMES may differ so please contact Grace at the phone number or email at the bottom of this page to confirm.	9 Chair Exercise 12:20 by Zoom Knitting 1:30 PM to 4 PM Library	10 Men's Breakfast 8:30 Broadways BRIDGE 12:30 to 3:30 PM Chair Exercise 2:20 PM by Zoom	11 Chair Exercise 9:20 AM by Zoom Book Club 10 AM Library Ladies' Luncheon 11:30 Broadways EUCHRE 1 - 4 PM	12 Chair Exercise 11:45 AM by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	13 Chair Exercise 10 AM by Zoom CANASTA 1 to 4 PM	14
15	16 Chair Exercise 12:20 by Zoom SPECIAL PRES: 1 PM to 3:30 PM Aging In Place w/Supports etc. Knitting: Library 1:30 PM to 4 PM	17 DROP IN 10 to Noon BRIDGE 12:30 to 3:30 PM Chair Exercise 2:20 PM by Zoom	18 Chair Exercise 9:20 AM by Zoom EUCHRE 1 to 4 PM	19 Chair Exercise 11:45 AM by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	20 Chair Exercise 10 AM by Zoom CANASTA 1 to 4 PM	21
22	23 Chair Exercise 12:20 by Zoom Knitting 1:30 PM to 4 PM Library	24 DROP IN 10 to Noon BRIDGE 12:30 to 3:30 PM Chair Exercise 2:20 PM by Zoom	25 Chair Exercise 9:20 AM by Zoom EUCHRE 1 to 4 PM	26 Chair Exercise 11:45 AM by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	27 Chair Exercise 10 AM by Zoom CANASTA 1 to 4 PM	28
29	30 CATERED MEMBER MEAL Reservation Req'd Chair Exercise 12:20 by Zoom Knitting: Library 1:30 PM to 4 PM	31 DROP IN 10 to Noon BRIDGE 12:30 to 3:30 PM Chair Exercise 2:20 PM by Zoom	CHAIR EXERCISES BY ZOOM: Please remember that every new participant should contact Grace at gkowalczyk@familyphysio.com or call her at 6137964729 for proper registration and to confirm times and days of the week.			