





Barrhaven Seniors Council

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

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NEW YEARS DAY	2 Cribbage 1 to 4 PM Scrabble 1 to 4 PM	3 CANASTA 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	4
5 BARRHAVEN SENIORS’ CENTRE is located at: 700 Longfields Drive	6 BUIDLING CLOSED IN THE MORNING ----- Poetry & PlayReading 1 to 3 PM Knitting 1:30 to 3 PM Library	7  Senior Yoga 10:30 AM to 11:30 AM SNCHC Men’s Breakfast Broadways 8:30 BRIDGE: 1 to 4 PM	8 Book Club 10 AM –Library Ladies Lunch Broadways 11:30 EUCHRE: 1 to 4 PM Chair:2:15-3:15SNCHC Writers’CircleLibrary 6:45 PM to 8 :15 PM	9  Conversation Coffee + More 10 AM to Noon Cribbage 1 to 4 PM Scrabble 1 to 4 PM	10 CANASTA 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	11
12 SNCHC = South Nepean Community Health Centre 4100 Strandherd Drive, Suite 201	13  Member Meal Brunch: 2 Sittings 10 AM and 11:30 AM Knitting 1:30 to 3 PM Library	14 Senior Yoga 10:30 AM to 11:30 AM SNCHC BRIDGE 1 PM to 4 PM	15 EUCHRE 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	16 Conversation Coffee + More 10 AM to Noon Cribbage 1 PM to 4 PM	17 CANASTA 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	18
19	20  Popcorn + Movie with Ron 12:30 PM to 4 PM Knitting 1:30 to 3 PM Library	21 Senior Yoga 10:30 AM to 11:30 AM SNCHC BRIDGE 1 PM to 4 PM	22 EUCHRE 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	23 Conversation Coffee + More 10 AM to noon Cribbage 1 to 4 PM Scrabble 1 to 4 PM	24 CANASTA 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	25
26	27  Learn & Lunch CPR ESSENTIALS 9 AM to Noon Current Affairs 1-3PM Knitting 1:30-3 Library	28 Senior Yoga 10:30 AM to 11:30 AM SNCHC BRIDGE 1 PM to 4 PM	29 EUCHRE 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	30 Conversation Coffee + More 10 AM to Noon Cribbage 1 PM to 4 PM	31 CANASTA 1 PM to 4 PM Chair Exercises 2:15 – 315 PM SNCHC	

