

BARRHAVEN SENIORS' COUNCIL

July 2023

June 25th Edition

Sun	Mon	Tue	Wed	Thu	Fri	Sat
In person Chair has resumed at South Nepean Community	Health Centre located at: 4100 Strandherd Drive, Suite 201				June 30 VIVA: Seniors' Summer BBQ 11:30 to 2:30	1  Seniors' Breakfast
2 Virtual Chair Exercises by Zoom are held at various times each day.	3 Chair Exercise by Zoom	4 BRIDGE 12:30 to 3:30 PM Chair Exercise by Zoom	5 Chair Exercise by Zoom Chair at SNCHC 11:45AM -12:30PM	6 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	7 Chair Exercise by Zoom Chair at SNCHC 11:45AM -12:30PM CANASTA 1 to 4	8
9	10 Chair Exercise by Zoom	11 Men's Breakfast 8:30 Broadways BRIDGE 12:30 to 3:30 PM Chair Exercise by Zoom	12 Chair Exercise by Zoom Ladies' Luncheon 11:30 Broadways Chair at SNCHC 11:45AM -12:30PM 1:30 to 3:30 PM TREATS & TOUR WATERFORD	13 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	14 Chair Exercise by Zoom Chair at SNCHC 11:45AM -12:30PM CANASTA 1 to 4	15
16	17 Chair Exercise by Zoom	18 BRIDGE 12:30 to 3:30 PM Chair Exercise by Zoom	19 Chair Exercise by Zoom Chair at SNCHC 11:45AM -12:30PM	20 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	21 Chair Exercise by Zoom Chair at SNCHC 11:45AM -12:30PM CANASTA 1 to 4	22
23	24 Chair Exercise by Zoom	25 BRIDGE 12:30 to 3:30 PM Chair Exercise by Zoom	26 GROUP MEAL  "TWO" SITTINGS 9 AM & 11 AM	27 Chair Exercise by Zoom CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	28 Chair Exercise by Zoom Chair at SNCHC 11:45AM -12:30PM CANASTA 1 to 4	29
30	31 Chair Exercise by Zoom	VIRTUAL CHAIR BY ZOOM: The program is offered " several days " each week at a variety of times. Instructor Elani makes these sessions very enjoyable for all. For times and other details, please contact Elan kelancheran@gmail.com				