

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

**July 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>June 30</b>  <b>Last day for the RCMP Sunset Ceremonies</b> <b>1 Sandridge Road</b>	<b>1</b> 	<b>2</b> <u>Zoom Exercises</u>  <b>BRIDGE</b> <b>12:30 to 3:30 PM</b>	<b>3</b> <u>Zoom Exercises</u>  <b>Writers’ Group</b> <b>6 to 8 PM at V!VA Barrhaven</b>	<b>4</b> <u>Zoom Exercises</u>  <b>CRIBBAGE + SCRABBLE</b> <b>12:30 to 3:30 PM</b>	<b>5</b> <u>Zoom Exercises</u>  <b>CANASTA</b> <b>12:30 to 3:30 PM</b>	<b>6</b> <b>Celtfest Almonte</b> 
<b>7</b> <b>Celtfest Almonte</b> 	<b>8</b> <u>Zoom Exercises</u>	<b>9</b> <u>Zoom Exercises</u>  <b>Men’s Breakfast</b> <b>8:30 Broadways</b>  <b>BRIDGE</b> <b>12:30 to 3:30 PM</b>	<b>10</b> <u>Zoom Exercises</u>  <b>Ladies’ Luncheon</b> <b>11:30 Broadways</b>	<b>11</b> <u>Zoom Exercises</u>  <b>CRIBBAGE + SCRABBLE</b> <b>12:30 to 3:30 PM</b>	<b>12</b> <u>Zoom Exercises</u>  <b>CANASTA</b> <b>12:30 to 3:30 PM</b>	<b>13</b> Free: Clarke Fields 
<b>14</b>	<b>15</b> <u>Zoom Exercises</u>  <b>11:30 AM Large Group Restaurant Outing: Reservations Required</b>	<b>16</b> <u>Zoom Exercises</u>  <b>BRIDGE</b> <b>12:30 to 3:30 PM</b>	<b>17</b> <u>Zoom Exercises</u> <b>Lebanese Festival</b> 	<b>18</b> <u>Zoom Exercises</u>  <b>CRIBBAGE + SCRABBLE</b> <b>12:30 to 3:30 PM</b>  <b>Lebanese Festival</b>	<b>19</b> <u>Zoom Exercises</u>  <b>CANASTA</b> <b>12:30 to 3:30 PM</b>  <b>Lebanese Festival</b>	<b>20</b> <b>Lebanese Festival Continues</b> 
<b>21</b>	<b>22</b> <u>Zoom Exercises</u>	<b>23</b> <u>Zoom Exercises</u>  <b>BRIDGE</b> <b>12:30 to 3:30 PM</b>	<b>24</b> <u>Zoom Exercises</u>	<b>25</b> <u>Zoom Exercises</u>  <b>CRIBBAGE + SCRABBLE</b> <b>12:30 to 3:30 PM</b>	<b>26</b> <u>Zoom Exercises</u>  <b>CANASTA</b> <b>12:30 to 3:30 PM</b>	<b>27</b>
<b>28</b>	<b>29</b> <u>Zoom Exercises</u>	<b>30</b> <u>Zoom Exercises</u>  <b>BRIDGE</b> <b>12:30 to 3:30 PM</b>	<b>31</b> <u>Zoom Exercises</u>	<b>Exercise classes by Zoom have expanded to include: Stroke Recovery; Chair; Parkinson’s; Diabetes; C.O.P.D.; etc.</b> <b>Call Grace for all the details at 613-796-4729</b>		