

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

May 27 <sup>th</sup> Ed		June 2024				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Exercise classes by Zoom have expanded to include Stroke Recovery; Chair	Parkinson’s; Diabetes; C.O.P.D. Call Grace for all the details: 613-796-4729					1
2	3 <a href="#">Zoom Exercises</a> Restaurnt Outing 11:30 AM BOSTON PIZZA Reservations Pl. KNITTING 1:30 PM to 4 PM	4 <a href="#">Zoom Exercises</a>  BRIDGE 12:30 to 3:30 PM	5 <a href="#">Zoom Exercises</a> Bus Trip to 1000 Islands Playhouse - Gananoque Writers’ Group 6 to 8 PM at V!VA Barrhaven	6 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	7 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	8
9	10 <a href="#">Zoom Exercises</a>  KNITTING 1:30 PM to 4 PM	11 <a href="#">Zoom Exercises</a> Men’sBreakfast 8:30 Broadways BRIDGE 12:30 to 3:30 PM	12 <a href="#">Zoom Exercises</a> Book Club 10 AM Library Ladies’ Luncheon 11:30 Broadways	13 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	14 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	15
16 Father's Day	17 <a href="#">Zoom Exercises</a>  KNITTING 1:30 PM to 4 PM	18 <a href="#">ZoomExercises</a>  BRIDGE 12:30 to 3:30 PM	19 <a href="#">Zoom Exercises</a> Ottawa Heart Institute Screening By Appointment 8 AM to 4 PM	20 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	21 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	22
23	24 <a href="#">Zoom Exercises</a>  KNITTING 1:30 PM to 4 PM	25 <a href="#">Zoom Exercises</a>  BRIDGE 12:30 to 3:30 PM	26 <a href="#">Zoom Exercises</a> Ottawa Heart Institute Screening By Appointment 8 AM to 4 PM	27 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	28 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	29
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