





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

Feb 24 Edition		March 2024				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Exercise classes by Zoom have expanded to include: Chair; Parkinson’s;	Stroke Recovery; Diabetes; C.O.P.D.	Call Grace for all the details: 613-796-4729			1 <a href="#">Zoom Exercises</a> CANASTA 12:30 to 3:30 PM	2
3	4 <a href="#">Zoom Exercises</a>  KNITTING 1:30 PM to 4 PM	5 <a href="#">Zoom Exercises</a> BIRTHDAY SOCIAL 10 AM to Noon BRIDGE 12:30 to 3:30 PM	6 <a href="#">Zoom Exercises</a> CATERED MEMBER MEAL Writers’ Group 6 to 8 PM at V!VA Barrhaven	7 <a href="#">Zoom Exercises</a> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Ladies High Tea V!VA Barrhaven	8 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	9
10  Daylight Savings Time Begins	11 <a href="#">Zoom Exercises</a> DROP IN Special Activity Sign Up 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	12 <a href="#">Zoom Exercises</a>  Men’s Breakfast 8:30 Broadways  BRIDGE 12:30 to 3:30 PM	13 <a href="#">Zoom Exercises</a>  Ladies’ Luncheon 11:30 Broadways  Book Club 10 AM Library	14 <a href="#">Zoom Exercises</a> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Casino Nigh 6:30 PM V!VA Barrhaven	15 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	16
17 	18 <a href="#">Zoom Exercises</a>  KNITTING 1:30 PM to 4 PM	19 <a href="#">Zoom Exercises</a> BRIDGE 12:30-3:30 	20 Ottawa Heart Institute Screening By Appointment 8 AM to 4 PM	21 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	22 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	23
24	25 <a href="#">Zoom Exercises</a> DROP IN Sign Up 10 AM to 12 Noon KNITTING 1:30-4	26 <a href="#">Zoom Exercises</a>  BRIDGE 12:30 to 3:30 PM	27 <a href="#">Zoom Exercises</a> “SPECIAL PRESENTATION” Assurance Health	28 <a href="#">Zoom Exercises</a> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	29  GOOD FRIDAY	30
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