## Unless otherwise indicated on the calendar, all programs are at the "Barrhaven Seniors' Centre" **March 2020** Updated Feb. 27/20 Mon Fri Wed Thu Sun Tue Sat 2 ART 3 5 Conversation, Coffee CANASTA **Senior Yoga** 10 AM to Noon **BARRHAVEN** SNCHC = South Dementia 10:30 AM to 11:30 AM EUCHRE: 1 to 4 PM + More 1 PM to 4 PM SENIORS' CENTRE Special Presentation **Nepean Community Chair Exercises** 10 AM to 11:30 AM SNCHC 10 AM to Noon is located at: **Health Centre 4Gen Group** 2:15 - 315 PM SNCHC **Chair Exercises 700 Longfields** 4100 Strandherd Cribbage 1 to 4 PM 2:15 - 315 PM SNCHC 1 to 3 PM - JMSS Writers'CircleLibrary Knitting 1:30-3 Library Drive Scrabble 1 to 4 PM Drive. Suite 201 BRIDGE: 1 to 4 PM 6:45 PM to 8 :15 PM 10 9 AM to Noon ART 12 13 8 9 11 14 Conversation, Coffee **CPR Essentials** 10 AM to Noon CANASTA Learn & Lunch Men's Breakfast **Book Club** + More JMSS = John McCrea **CPR Essentials** Broadways 8:30 10 AM – Library 10 AM to Noon 1 PM to 4 PM **Seconday Schoo Senior Yoga SNCHC** Ladies Lunch 9 AM to Noon **103 Malvern Drive** Cribbage 1 to 4 PM 10:30 AM to 11:30 AM Broadways 11:30 **Chair Exercises** Barrhvaen Scrabble 1 to 4 PM 4Gen Group EUCHRE: 1 to 4 PM 2:15 - 315 PM SNCHC Spring Ahead Knitting 1:30-3 Library 613-823-0367 1 to 3 PM - JMSS Chair:2:15-3:15SNCHC BRIDGE: 1 to 4 PM 15 16 19 21 Senior Yoga 18 20 17 Conversation, Coffee CANASTA Popcorn + Movie 10:30 AM to 11:30 AM ART + More 1 PM to 4 PM SNCHC 10 AM to Noon wth Ron EUCHRE: 1 to 4 PM 12:30 PM to 4 PM 4Gen Group 10 AM to Noon 1 to 3 PM - JMSS **Chair Exercises** Cribbage 1 to 4 PM **Chair Exercises** BRIDGE: 1 to 4 PM Scrabble 1 to 4 PM 2:15 – 315 PM SNCHC 2:15 – 315 PM SNCHC Knitting 1:30-3 Library 22 23 Senior Yoga 25 26 27 28 24 10:30 AM to 11:30 AM ART Conversation, Coffee CANASTA + More 1 PM to 4 PM SNCHC 10 AM to Noon Knitting **4Gen Group** EUCHRE: 1 to 4 PM 1:30 to 3 PM Library 10 AM to Noon 1 to 3 PM - JMSS **Chair Exercises** Cribbage 1 to 4 PM **Chair Exercises** BRIDGE: 1 to 4 PM 2:15 – 315 PM SNCHC Scrabble 1 to 4 PM 2:15 – 315 PM SNCHC 29 30 **Senior Yoga** 31 10:30 AM to 11:30 AM Member Meal Lunch: 2 Sittings SNCHC 11:15 AM + 12:45 PM **4Gen Group** 1 to 3 PM - JMSS Knitting 1:30-3 Library BRIDGE: 1 to 4 PM

## **Barrhaven Seniors Council**