


## Barrhaven Seniors Council

Unless otherwise indicated on the calendar, all programs are at the “Barrhaven Seniors’ Centre”

Updated Feb. 27/20							March 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat							
1	2	3	4	5	6	7							
<p><b>BARRHAVEN SENIORS' CENTRE</b> is located at: 700 Longfields Drive</p>	<p><b>Dementia Special Presentation</b> <u>10 AM to 11:30 AM</u></p> <p>Knitting 1:30-3 Library</p>	<p>Senior Yoga 10:30 AM to 11:30 AM <b>SNCHC</b> 4Gen Group <u>1 to 3 PM - JMSS</u> BRIDGE: 1 to 4 PM</p>	<p>ART <u>10 AM to Noon</u> <b>EUCHRE: 1 to 4 PM</b> Chair Exercises <u>2:15 – 315 PM SNCHC</u> Writers' Circle Library 6:45 PM to 8 :15 PM</p>	<p>Conversation, Coffee + More <u>10 AM to Noon</u> <u>Cribbage 1 to 4 PM</u> <u>Scrabble 1 to 4 PM</u></p>	<p><b>CANASTA</b> <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 315 PM SNCHC</p>	<p><b>SNCHC = South Nepean Community Health Centre</b> 4100 Strandherd Drive, Suite 201</p>							
8	9	10	11	12	13	14							
 <p>Time to Spring Ahead</p>	<p>Learn &amp; Lunch <b>CPR Essentials</b> <u>9 AM to Noon</u></p> <p>Knitting 1:30-3 Library</p>	<p><u>9 AM to Noon</u> <b>CPR Essentials</b> Men's Breakfast <u>Broadways 8:30</u> Senior Yoga SNCHC <u>10:30 AM to 11:30 AM</u> 4Gen Group <u>1 to 3 PM - JMSS</u> BRIDGE: 1 to 4 PM</p>	<p>ART <u>10 AM to Noon</u> Book Club <u>10 AM –Library</u> Ladies Lunch <u>Broadways 11:30</u> <b>EUCHRE: 1 to 4 PM</b> Chair:2:15-3:15SNCHC</p>	<p>Conversation, Coffee + More <u>10 AM to Noon</u> <u>Cribbage 1 to 4 PM</u> <u>Scrabble 1 to 4 PM</u></p>	<p><b>CANASTA</b> <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 315 PM SNCHC</p>	<p><b>JMSS = John McCrea Secondary School</b> 103 Malvern Drive Barrhvaen 613-823-0367</p>							
15	16	17	18	19	20	21							
	<p>Popcorn + Movie with Ron <u>12:30 PM to 4 PM</u></p> <p>Knitting 1:30-3 Library</p>	<p>Senior Yoga 10:30 AM to 11:30 AM <b>SNCHC</b> 4Gen Group <u>1 to 3 PM - JMSS</u> BRIDGE: 1 to 4 PM</p>	<p>ART <u>10 AM to Noon</u> <b>EUCHRE: 1 to 4 PM</b> Chair Exercises 2:15 – 315 PM SNCHC</p>	<p>Conversation, Coffee + More <u>10 AM to Noon</u> <u>Cribbage 1 to 4 PM</u> <u>Scrabble 1 to 4 PM</u></p>	<p><b>CANASTA</b> <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 315 PM SNCHC</p>								
22	23	24	25	26	27	28							
	<p>Knitting 1:30 to 3 PM Library</p>	<p>Senior Yoga 10:30 AM to 11:30 AM <b>SNCHC</b> 4Gen Group <u>1 to 3 PM - JMSS</u> BRIDGE: 1 to 4 PM</p>	<p>ART <u>10 AM to Noon</u> <b>EUCHRE: 1 to 4 PM</b> Chair Exercises 2:15 – 315 PM SNCHC</p>	<p>Conversation, Coffee + More <u>10 AM to Noon</u> <u>Cribbage 1 to 4 PM</u> <u>Scrabble 1 to 4 PM</u></p>	<p><b>CANASTA</b> <u>1 PM to 4 PM</u> Chair Exercises 2:15 – 315 PM SNCHC</p>								
29	30	31											
	<p>Member Meal Lunch: 2 Sittings <u>11:15 AM + 12:45 PM</u> Knitting 1:30-3 Library</p>	<p>Senior Yoga 10:30 AM to 11:30 AM <b>SNCHC</b> 4Gen Group <u>1 to 3 PM - JMSS</u> BRIDGE: 1 to 4 PM</p>											

