

**BARRHAVEN SENIORS' COUNCIL**

**November 2022**

**Oct 25<sup>th</sup> Edition**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>**LEGION OPEN MIC MENU</b> Grilled cheese &amp; Tomato Soup \$5.00 Hot Dog \$3.00 Tea/Coffee \$1.00</p>		<p><b>1 DROP IN 10 to Noon BRIDGE</b> <b>12:30 to 3:30 PM</b> Chair Exercise 2:20 PM by Zoom</p>	<p><b>2 EUCHRE 1 to 4 PM</b>  Writing Group 6 PM by Zoom</p>	<p><b>3 CRIBBAGE + SCRABBLE 12:30 to 3:30 PM</b>  Chair Exercise 2:20 PM by Zoom</p>	<p><b>4 CANASTA 1 to 4 PM</b> <b>Legion Dinner: Salmon or Chicken</b> <b>Band: Hallman &amp; Hoffman 7-10:30PM</b></p>	<p><b>5</b></p>
<p><b>6 NOTE:</b> All activities take place at the Barrhaven Seniors' Center unless indicated</p>	<p><b>7 Knitting 1:30 PM to 4 PM Library</b></p>	<p><b>8 Men's Breakfast 8:30 Broadways</b> <b>DROP IN 10 to Noon BRIDGE</b> <b>12:30 to 3:30 PM</b> Zoom Chair 2:20 PM</p>	<p><b>9 Book Club 10 AM Library</b>  Ladies' Luncheon 11:30 Broadways  EUCHRE 1 - 4 PM</p>	<p><b>10 CRIBBAGE + SCRABBLE 12:30 to 3:30 PM</b>  Chair Exercise 2:20 PM by Zoom</p>	<p><b>11 Remembrance Day (AM: local ceremonies)</b> <b>CANASTA 1 to 4 PM</b></p>	<p><b>12</b></p>
<p><b>13</b></p>	<p><b>14 Member Meal</b>  <b>TUTTI FRUTTI BREAKFAST &amp; LUNCH</b> <b>10 AM + 11:30 AM</b> Knitting - Library 1:30 PM to 4 PM</p>	<p><b>15 DROP IN 10 to Noon BRIDGE</b> <b>12:30 to 3:30 PM</b>  Chair Exercise 2:20 PM by Zoom</p>	<p><b>16 EUCHRE 1 to 4 PM</b>  Legion: Open Mic 12 to 3 PM w/lunch menu**</p>	<p><b>17 CRIBBAGE + SCRABBLE 12:30 to 3:30 PM</b>  Chair Exercise 2:20 PM by Zoom</p>	<p><b>18 CANASTA 1 to 4 PM</b>  Legion: Roast Beef Dinner Band - Gib Rozon 7pm-11pm</p>	<p><b>19</b></p>
<p><b>20 Legion: Karaoke with DJ Mortal from 12PM-3PM with food available for purchase</b></p>	<p><b>21 Knitting 1:30 PM to 4 PM Library</b></p>	<p><b>22 DROP IN 10 to Noon BRIDGE</b> <b>12:30 to 3:30 PM</b> Chair Exercise 2:20 PM by Zoom</p>	<p><b>23 EUCHRE 1 to 4 PM</b></p>	<p><b>24 CRIBBAGE + SCRABBLE 12:30 to 3:30 PM</b> Chair Exercise 2:20 PM by Zoom</p>	<p><b>25 CANASTA 1 to 4 PM</b> Legion: Steak Dinner Band: Heart &amp; Soul Duo 7pm-11pm</p>	<p><b>26 Legion Market from 9am-4pm</b></p>
<p><b>27</b></p>	<p><b>28 AGM: 10 AM Barrhaven Seniors' Centre</b> Knitting 1:30 PM to 4 PM Library</p>	<p><b>29 DROP IN 10 to Noon BRIDGE</b> <b>12:30 to 3:30 PM</b> Chair Exercise 2:20 PM by Zoom</p>	<p><b>30 EUCHRE 1 to 4 PM</b>  Legion: Open Mic 12 to 3 PM w/lunch menu**</p>	<p align="center"><b>CHAIR EXERCISES BY ZOOM:</b> Please remember that every new participant should contact Grace at <a href="mailto:gkowalczyk@familyphysio.com">gkowalczyk@familyphysio.com</a> or call her at 6137964729 for proper registration and to confirm times and days of the week.</p>		