


BARRHAVEN SENIORS' COUNCIL

November 2023

Updated Nov 13th

Dec 2023 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Writers Group this Wednesday 6 to 8 PM: Hosted at V!VA Barrhaven</p>	<p>“In person Chair” is held at the South Nepean Community</p>	<p>Health Centre 4100 Strandherd Dr., Suite 201.</p>	<p>1 Zoom Chair In Person Chair 11:45AM -12:30PM Legion: Open Mic Noon to 3 PM Writers Group</p>	<p>2 Zoom Chair CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>3 Zoom Chair In Person Chair 11:45AM -12:30PM CANASTA 1 to 4</p>	
5	<p>6 Zoom Chair Knitting 1:30 PM to 4 PM</p>	<p>7 Men’s Breakfast 8:30 Broadways Zoom Chair BIRTHDAY SOCIAL BRIDGE 12:30 to 3:30 PM</p>	<p>8 Zoom Chair Book Club 10 AM Library Ladies’ Luncheon 11:30 Broadways In Person Chair</p>	<p>9 Zoom Chair CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>10 Zoom Chair In Person Chair 11:45AM -12:30PM CANASTA 1 to 4</p>	11
<p>12 Presentation on on the 15th 1 PM to 3:30 PM “Understanding the Ingredients for Healthy Eating”</p>	<p>13 Zoom Chair DROP IN 10 AM to 12 Noon Knitting 1:30 PM to 4 PM</p>	<p>14 Zoom Chair BRIDGE 12:30 to 3:30 PM</p>	<p>15 Zoom Chair In Person Chair 11:45AM -12:30PM ”PRESENTATION 1 to 3:30 PM Legion: Open Mic Noon to 3 PM</p>	<p>16 Zoom Chair CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>17 Zoom Chair In Person Chair 11:45AM -12:30PM CANASTA 1 to 4</p>	18
19	<p>20 Zoom Chair  BARRHAVEN 2 Sittings: 11:30 AM & 1 PM Knitting 1:30-4</p>	<p>21 Zoom Chair BRIDGE 12:30 to 3:30 PM</p>	<p>22 Zoom Chair Special Presentation: Therapeutic Pet Visit - 10 AM In Person Chair 11:45AM -12:30PM</p>	<p>23 Zoom Chair CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>24 Zoom Chair In Person Chair 11:45AM -12:30PM CANASTA 1 to 4</p>	25
<p>26 Tech Drop In on Wednesday is held at Barrhaven Manor (110 Berigan Dr.)</p>	<p>27 Zoom Chair DROP IN 10 AM to 12 Noon Knitting 1:30 PM to 4 PM</p>	<p>28 Zoom Chair BRIDGE 12:30 to 3:30 PM</p>	<p>29 Zoom Chair In Person Chair AGM 1:30 to 2:30 PM TECH DROP IN* 1 to 2:30 PM</p>	<p>30 Zoom Chair CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>“VIRTUAL CHAIR” exercises by Zoon are held at various times each day. Every new participant should contact Grace at 613-796-4729.</p>	