

## Barrhaven Seniors Council

Unless otherwise indicated on the calendar, all programs are at the "Barrhaven Seniors' Centre"

Revised: August 31 <sup>st</sup> <b>SEPTEMBER 2019</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>BARRHAVEN SENIORS' CENTRE</b> is located at: 700 Lonfields Drive	2 <b>Labour Day</b> Building Closed	3 Senior Yoga 10:30 to 11:30AM <b>SNCHC</b> <b>BRIDGE</b> 1 PM to 4 PM	4 <b>EUCHRE</b> 1 PM to 4 PM Chair Exercises 2:15 to 3:15 <b>SNCHC</b> <b>Writers' Circle Library</b> 6:45 PM to 8 :15 PM	5 Cribbage Scrabble & Mahjong 1 PM to 4 PM	6 <b>CANASTA</b> 1 PM to 4 PM Chair Exercises 2:15 to 3:15 <b>SNCHC</b>	7
8 <b>SNCHC = South Nepean Community Health Centre, 4100 Strandherd Drive, Suite 201</b>	9 Seniors' Drop In <u>10 AM to 12 Noon</u> Knitting 1:30 to 3 PM Library	10 <b>Men's Breakfast</b> <u>Broadways 8:30 AM</u> Senior Yoga 10:30 to 11:30AM <b>SNCHC</b> <b>BRIDGE: 1 to 4 PM</b>	11 <b>Book Club</b> <u>10 AM -Library</u> <b>Ladies Lunch</b> <u>Broadways 11:30</u> <b>EUCHRE: 1 to 4 PM</b> Chair Exercises 2:15 to 3:15 <b>SNCHC</b>	12 Cribbage Scrabble & Mahjong 1 PM to 4 PM	13 <b>CANASTA</b> 1 PM to 4 PM Chair Exercises 2:15 to 3:15 <b>SNCHC</b>	14
15	16 Seniors' Drop In <u>10 AM to 12 Noon</u> Poetry & PlayReading <u>1 PM to 3 PM</u> Knitting 1:30 to 3 PM Library	17 Senior Yoga 10:30 to 11:30AM <b>SNCHC</b> <b>Restaurant Outing</b> <b>Kelsey's</b> <b>11:30 AM</b> <b>BRIDGE</b> 1 PM to 4PM	18 <b>EUCHRE</b> 1 PM to 4 PM Chair Exercises 2:15 to 3:15 <b>SNCHC</b>	19 Cribbage Scrabble & Mahjong 1 PM to 4 PM	20 <b>CANASTA</b> 1 PM to 4 PM Chair Exercises 2:15 to 3:15 <b>SNCHC</b>	21
22	23 Seniors' Drop In <u>10 AM to 12 Noon</u> Knitting 1:30 to 3 PM Library	24 Senior Yoga 10:30 to 11:30AM <b>SNCHC</b> <b>BRIDGE</b> 1 PM to 4 PM	25 <b>OUT &amp; ABOUT</b> <u>9:30 AM TO 3 PM</u> <b>EUCHRE</b> 1 PM to 4 PM Chair:2:15 to 3:15 <b>SNCHC</b>	26 Cribbage Scrabble & Mahjong 1 PM to 4 PM	27 <b>CANASTA</b> 1 PM to 4 PM Chair Exercises 2:15 to 3:15 <b>SNCHC</b>	28
29	30 Seniors' Drop In <u>10 AM to 12 Noon</u> Current Evetns <u>1 PM to 3 PM</u> Knitting 1:30 to 3 PM Library					