

“Since 2014” - BARRHAVEN SENIORS’ COUNCIL - “Since 2014”

Rev. Jan 5 rd		January 2024					Feb 2024 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>NEW Exercise classes by Zoom have expanded to include Stroke Recovery; Chair;</p>	<p>1 Parkinson’s; Diabetes; C.O.P.D. Call Grace for all the details: 613-796-4729</p>	<p>2</p>	<p>3 Building in use by the City Writers’ Group 6 to 8 PM at V!VA Barrhaven</p>	<p>4 Building in use by the City</p>	<p>5 Building in use by the City</p>	<p>6</p>	
<p>7</p>	<p>8 <u>Zoom Exercises</u> DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM</p>	<p>9 <u>Zoom Exercises</u> BIRTHDAY SOCIAL 10 AM to Noon BRIDGE 12:30 to 3:30 PM</p>	<p>10 <u>Zoom Exercises</u> Book Club 10 AM Library CATERED MEMBER MEAL SIGN UP</p>	<p>11 <u>Zoom Exercises</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM</p>	<p>12 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM</p>	<p>13</p>	
<p>14</p>	<p>15 <u>Zoom Exercises</u> KNITTING 1:30 PM to 4 PM</p>	<p>16 <u>Zoom Exercises</u> Men’s Breakfast 8:30 Broadways BRIDGE 12:30 to 3:30 PM</p>	<p>17 <u>Zoom Exercises</u> Ladies’ Luncheon 11:30 Broadways</p>	<p>18 <u>Zoom Exercises</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM</p>	<p>19 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM</p>	<p>20</p>	
<p>21</p>	<p>22 <u>Zoom Exercises</u> DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM</p>	<p>23 <u>Zoom Exercises</u> BRIDGE 12:30 to 3:30 PM</p>	<p>24 <u>Zoom Exercises</u> Ottawa Heart Institute Screening By Appointment 8 AM to 4 PM</p>	<p>25 <u>Zoom Exercises</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM</p>	<p>26 <u>Zoom Exercises</u> CANASTA 12:30 to 3:30 PM</p>	<p>27</p>	
<p>28</p>	<p>29 <u>Zoom Exercises</u> KNITTING 1:30 PM to 4 PM</p>	<p>30 <u>Zoom Exercises</u> BRIDGE 12:30 to 3:30 PM</p>	<p>31 <u>Zoom Exercises</u> Special Presentation “Nurturing Mental Wellness and Resiliency”</p>	<p>NEW “VIRTUAL CHAIR, POST STROKE, & OTHER SPECIALTY” exercise classes are by Zoon and held at various times each day. Every new participant should contact Grace at 613-796-4729 for specific program and times.</p>			