



## BARRHAVEN SENIORS' COUNCIL

REVISED Feb. 25th							March 2023							Apr 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat								
<b>NOTE:</b> All activities take place at the Barrhaven Seniors' Center	unless otherwise indicated		<b>1</b> Chair Exercise <u>9:20 AM by Zoom</u>  EUCHRE 1 to 4 PM	<b>2</b> Chair Exercise <u>11:45 AM by Zoom</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	<b>3</b> Chair Exercise <u>10 AM by Zoom</u>  CANASTA 1 to 4 PM	<b>4</b>								
<b>5</b>	<b>6</b> Chair Exercise <u>12:20 by Zoom</u> SPECIAL PRES: 10 AM to 3 PM 55+ Alive Driver Reservation Req'd Knitting: Libfrary 1:30 PM to 4 PM	<b>7</b> Men's Breakfast <u>8:30 Broadways</u> DROP IN <u>10 to Noon</u> BRIDGE <u>12:30 to 3:30 PM</u> Chair Exercise <u>2:20 PM by Zoom</u>	<b>8</b> Chair Exercise <u>9:20 AM by Zoom</u> Book Club <u>10 AM Library</u> Ladies' Luncheon <u>11:30 Broadways</u> EUCHRE 1 – 4 PM	<b>9</b> Chair Exercise <u>11:45 AM by Zoom</u>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	<b>10</b> Chair Exercise <u>10 AM by Zoom</u>  CANASTA 1 to 4 PM	<b>11</b>								
<b>12</b>  Time to Spring Ahead	<b>13</b>  SPRING BREAK	<b>14</b>  SPRING BREAK	<b>15</b>  SPRING BREAK	<b>16</b>  SPRING BREAK	<b>17</b>  St. Patrick's Day SPRING BREAK	<b>18</b>								
<b>19</b>	<b>20</b> Chair Exercise <u>12:20 by Zoom</u> Knitting: Libfrary 1:30 PM to 4 PM	<b>21</b> DROP IN <u>10 to Noon</u> BRIDGE <u>12:30 to 3:30 PM</u> Chair Exercise <u>2:20 PM by Zoom</u>	<b>22</b> Chair Exercise <u>9:20 AM by Zoom</u>  EUCHRE 1 to 4 PM	<b>23</b> Chair Exercise <u>11:45 AM by Zoom</u>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	<b>24</b> Chair Exercise <u>10 AM by Zoom</u>  CANASTA 1 to 4 PM	<b>25</b>								
<b>26</b>	<b>27</b> Chair Exercise <u>12:20 by Zoom</u> Knitting: Libfrary 1:30 PM to 4 PM	<b>28</b> <b>NO DROP IN</b> BRIDGE <u>12:30 to 3:30 PM</u> Chair Exercise <u>2:20 PM by Zoom</u>	<b>29</b> Chair Exercise <u>9:20 AM by Zoom</u>  EUCHRE 1 to 4 PM	<b>30</b> Chair Exercise <u>11:45 AM by Zoom</u>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	<b>31</b> Chair Exercise <u>10 AM by Zoom</u>  CANASTA 1 to 4 PM									

**CHAIR EXERCISES BY ZOOM:** Please remember that every new participant should contact Grace at [gkowalczyk@familyphysio.com](mailto:gkowalczyk@familyphysio.com) or call her at 6137964729 for proper registration and to confirm times and days of the week.