

## BARRHAVEN SENIORS' COUNCIL

### September 2023 – First Edition

SEPT. 3<sup>RD</sup>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"In person Chair" is held at the SNCHC = South Nepean Community</p>	<p>Health Centre at: 4100 Strandherd Dr., Suite 201</p>	<p>"VIRTUAL CHAIR" exercises by Zoon daily at various times</p>			<p>1 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u> CANASTA 1 to 4</p>	<p>2</p>
<p>3 <u>KNITTING</u> Mondays 1:30 to 4 PM</p> <p><b>NEW</b> at our location for September</p>	<p>4 <b>HOLIDAY</b> <b>Labour Day</b></p>	<p>5 <u>Zoom Chair</u>  BRIDGE 12:30 to 3:30 PM</p>	<p>6 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u> Legion: Open Mic Noon to 3 PM Writers Group 6 PM to 8 PM</p>	<p>7 <u>Zoom Chair</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>8 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u>  CANASTA 1 to 4</p>	<p>9</p>
<p>10 <u>WRITERS</u> First Wednesday of each month 6 to 8 PM <b>NEW</b> Hosted at V!VA Barrhaven</p>	<p>11 <u>Zoom Chair</u>  <u>KNITTING</u> 1:30 PM to 4 PM</p>	<p>12 <u>Zoom Chair</u>  Men's Breakfast 8:30 Broadways  BRIDGE 12:30 to 3:30 PM</p>	<p>13 <u>Zoom Chair</u> Book Club 10 AM Library Ladies' Luncheon 11:30 Broadways In Person Chair 11:45AM -12:30PM</p>	<p>14 <u>Zoom Chair</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>15 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u>  CANASTA 1 to 4</p>	<p>16 55+ Lifestyle Show EY Centre Frii. &amp; Sat 10 AM to 4 PM</p>
<p>17 <u>TECH DROP IN</u> on a Wednesday once each month. Hosted by Barrhaven Manor (See Newsletter)</p> <p><b>NEW</b></p>	<p>18 <u>Zoom Chair</u>  DROP IN 10 AM to 12 Noon  <u>KNITTING</u> 1:30 PM to 4 PM</p>	<p>19 <u>Zoom Chair</u>  BRIDGE 12:30 to 3:30 PM</p>	<p>20 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u> Legion: Open Mic Noon to 3 PM TECH DROP IN* 1 to 2:30 PM</p>	<p>21 <u>Zoom Chair</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>22 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u>  CANASTA 1 to 4</p>	<p>23</p>
<p>24</p>	<p>25 <u>Zoom Chair</u> AM?: SPECIAL PRESENTATION <u>KNITTING</u> 1:30 PM to 4 PM</p>	<p>26 <u>Zoom Chair</u>  BRIDGE 12:30 to 3:30 PM</p>	<p>27 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u> CATERED MEMBER MEAL <u>SIGN UP</u></p>	<p>28 <u>Zoom Chair</u> CRIBBAGE + SCRABBLE 12:30 to 3:30 PM Legion: Euchre 7 PM to 9 PM</p>	<p>29 <u>Zoom Chair</u> In Person Chair <u>11:45AM -12:30PM</u>  CANASTA 1 to 4</p>	<p>30</p>