

“Since 2014” - BARRHAVEN SENIORS’ COUNCIL - “Since 2014”
Barrhaven Seniors’ Council November 2025 Calendar of events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Z/E Exercise classes by “Zoom” now include: Stroke Recovery Chair Parkinson’s Diabetes COPD						1
2 For more details about The Zoom Exercise Classes (Z/E). Call Grace At 613-796-4729	3 <u>Z/E</u> Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	4 <u>Z/E</u> BRIDGE 12:00 to 3:00 pm	5 <u>Z/E</u> Book Club 10:00am Library Ladies’ Luncheon 11:30 Broadways FUN EUCHRE 12:30 to 3:30 pm	6 <u>Z/E</u> CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	7 <u>Z/E</u> CANASTA 12:30 to 3:30 pm	8
9	10 <u>Z/E</u> Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	11 <u>Z/E</u> BRIDGE 12:00 to 3:00 pm	12 <u>Z/E</u> AGM - V!VA 10:00am - 12:00pm Men’s Breakfast 8:30 Broadways FUN EUCHRE 12:30 to 3:30 pm	13 <u>Z/E</u> CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	14 <u>Z/E</u> CANASTA 12:30 to 3:30PM	15
16	17 <u>Z/E</u> Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	18 <u>Z/E</u> BRIDGE 12:00 to 3:00 pm	19 <u>Z/E</u> FUN EUCHRE 12:30 to 3:30 pm	20 <u>Z/E</u> CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	21 <u>Z/E</u> CANASTA 12:30 to 3:30 pm	22
23 30	24 <u>Z/E</u> Drop-in 10:00 to 12:00 pm KNITTING 1:30 to 4:00 pm	25 <u>Z/E</u> NO BRIDGE Heart Institute Screening at Ken Ross Bldg.	26 FUN EUCHRE 12:30 to 3:30 pm	27 CRIBBAGE & SCRABBLE 12:30 to 3:30 pm	28 CANASTA 12:30 to 3:30 pm	29

Should you have any questions, please contact Louise Chenier-Dalonzo, Interim President at barrhavenseniors@gmail.com
Please visit our website at www.barrhavenseniors.com