

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

February 2025							Mar 2025 ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Exercise classes by “Zoom” have expanded to include Stroke Recovery; Chair	Parkinson’s; Diabetes; C.O.P.D. Call Grace for all the details: 613-796-4729					1	
2	3 <a href="#">Zoom Exercises</a> DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	4 <a href="#">Zoom Exercises</a>  BRIDGE 12: to 3 PM	5 <a href="#">Zoom Exercises</a>  FUN EUCHRE 12:30 to 3:30 PM	6 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	7 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	8	
9	10 <a href="#">Zoom Exercises</a> DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	11 <a href="#">Zoom Exercises</a> Men’s Breakfast 8:30 Broadways BRIDGE 12 to 3 PM	12 <a href="#">Zoom Exercises</a> Book Club 10 AM Library Ladies’ Luncheon 11:30 Broadways FUN EUCFRE 12:30 to 3:30 PM	13 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	14 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	15	
16	17 <b>FAMILY DAY</b>	18 <a href="#">Zoom Exercises</a>  BRIDGE 12: to 3 PM	19 <a href="#">Zoom Exercises</a> Lunsh & Learn Seminar 1-2:30 VIVA See poster RSVP FUN EUCHRE 12:30 to 3:30 PM	20 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	21 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM	22	
23	24 <a href="#">Zoom Exercises</a> DROP IN 10 AM to 12 Noon KNITTING 1:30 PM to 4 PM	25 <a href="#">Zoom Exercises</a>  BRIDGE 12: to 3 PM	26 <a href="#">Zoom Exercises</a>  FUN EUCHRE 12:30 to 3:30 PM	27 <a href="#">Zoom Exercises</a>  CRIBBAGE + SCRABBLE 12:30 to 3:30 PM	28 <a href="#">Zoom Exercises</a>  CANASTA 12:30 to 3:30 PM		