

**BARRHAVEN SENIORS' COUNCIL - since 2014**

**Calendar of events: APRIL 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	2 Z / E BRIDGE 12:00-3:00	3 Z / E <b>Workshop:</b> Navigating in & out of Hospital 10:00AM-12:00PM FUN EUCHRE 12:30-3:30	4 Z / E CRIBBAGE & SCRABBLE 12:30-3:30	5 Z / E WRITER'S CIRCLE AT VIVA 1:30-3:00 CANASTA 12:30-3:30	6
7	Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	9 Z / E Men's Breakfast 8:30 Broadway BRIDGE 12:00-3:00	10 Z / E Ladies Lunch 11:30 Broadway FUN EUCHRE 12:30-3:30	11 Z / E CRIBBAGE & SCRABBLE 12:30-3:30	12 Z / E CANASTA 12:30-3:30	13
14	15 Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	16 Z / E BRIDGE 12:00-3:00	17 Z / E FUN EUCHRE 12:30-3:30	18 Z / E CRIBBAGE & SCRABBLE 12:30-3:30	19 Z / E CANASTA 12:30-3:30	20
21	22 Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	23 Z / E BRIDGE 12:00-3:00	24 Z / E FUN EUCHRE 12:30-3:30	25 Z / E CRIBBAGE & SCRABBLE 12:30-3:30	26 Z / E CANASTA 12:30-3:30	27
28	29 Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	30 Z / E BRIDGE 12:00-3:00	<b>JULY 1ST</b> <b>CANADA DAY SENIORS' BREAKFAST</b> <b>9:00AM- 10:00AM</b> <b>Clarke Fields</b>	30		

**NOTES:**

**Z / E** refers to Exercise classes by "ZOOM". It includes : Stroke Recovery, Chair Parkinson's, Diabetes & COPD For more details about the Zoom classes, please contact Grace at (613) 796-4729

**JUNE 3rd - WORKSHOP: NAVIGATING IN AND OUT OF HOSPITAL** - Source: Council on Aging of Ottawa

Some of the topics: How to prepare for planned & unplanned hospital admission; think about legal matters related to your health care; reduce risk fo readmission; what is involved in preparing your home for your return; reflect on you mental & emotional recovery; many other topics

**Canada Day Free Seniors' Breakfast** 9:00am-10:00am Clarke Fields 93 Holouhan Street -

Please email questions and/or concerns to: [Barrhavenseniors@gmail.com](mailto:Barrhavenseniors@gmail.com)