

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Z / E	Z / E	
				CRIBBAGE & SCRABBLE 12:30-3:30	WRITER'S CIRCLE AT VIVA 1:30-3:00	
					CANASTA 12:30-3:30	
4	5	6	7	8	9	10
	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00		American MAHJONG 9:00am - 11:30am	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00	BRIDGE 12:00-3:00	Ladies Lunch 11:30 Broadway			
			FUN EUCHRE 12:30-3:30			
11	12	13	14	15	16	17
	KEN ROSS IS CLOSED	Z / E	Z / E	Z / E	Z / E	
		Men's Breakfast 8:30 Broadway	American MAHJONG 9:00am - 11:30am	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
		BRIDGE 12:00-3:00	Ladies Lunch 11:30 Broadway			
			FUN EUCHRE 12:30-3:30			
18	19	20	21	22	23	24
This week see special relocation of activities due to international Ladies Rugby Competition	Z / E	Z / E	Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	BRIDGE 12:00-3:00	American MAHJONG Cancelled	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00		FUN EUCHRE 12:30-3:30			
	OKTOBERFEST LUNCHEON					
25	26	27	28	29	30	31
	Z / E		Z / E	Z / E	Z / E	
	DROP-IN 10:00-12:00	BRIDGE 12:00-3:00	American MAHJONG 9:00am - 11:30am	CRIBBAGE & SCRABBLE 12:30-3:30	CANASTA 12:30-3:30	
	KNITTING 1:30-4:00		FUN EUCHRE 12:30-3:30			

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

OKTOBERFEST LUNCHEON: HEART AND CROWN - starts 11:30AM - see the emails or check under NEWSLETTERS on our website Barrhavenseniors.com
 RSVP by Octobwer 11 - at VP2025barrhavenseniors@gmail.com

Relocation of activities

Monday 19th - Drop-in @ Prince of Wales
 Tuesday 20th Bridge @ VIVA
 Wednesday 21 Fun Euchre Barrhaven Manor
 Thursday 22 Cribbage & Canasta @ VIVA