

Calendar of events: MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
					Z / E WRITER'S CIRCLE AT VIVA 1:30-3:00 CANASTA 12:30-3:30	
3	4	5	6	7	8	9
	Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	Z / E BRIDGE 12:00-3:00	Z / E FUN EUCHRE 12:30-3:30	Z / E CRIBBAGE & SCRABBLE 12:30-3:30	Z / E CANASTA 12:30-3:30	
10	11	12	13	14	15	16
	Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	Z / E Men's Breakfast 8:30 Broadway BRIDGE 12:00-3:00	Z / E Ladies Lunch 11:30 Broadway FUN EUCHRE 12:30-3:30	Z / E CRIBBAGE & SCRABBLE 12:30-3:30	Z / E CANASTA 12:30-3:30	
17	18	19	20	21	22	23
	Z / E VICTORIA DAY KEN ROSS BUILDING IS CLOSED	Z / E BRIDGE 12:00-3:00	Z / E FUN EUCHRE 12:30-3:30	Z / E CRIBBAGE & SCRABBLE 12:30-3:30	Z / E CANASTA 12:30-3:30	DAY TRIP MONTREAL BOTANICAL GARDENS
24	25	26	27	28	29	30
	Z / E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	Z / E BRIDGE 12:00-3:00	Z / E FUN EUCHRE 12:30-3:30	Z / E CRIBBAGE & SCRABBLE 12:30-3:30	Z / E CANASTA 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, please contact Grace at (613) 796-4729

DAYTRIP TO MONTREAL BOTANICAL GARDENS - Saturday May 23:

Here's your chance to talk to horticulturalists, meet producers, craft people and maybe bring home a little-known plant.

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 for readmission; what is involved in preparing your home for your return; reflect on your mental & emotional recovery; many other topics

PLEASE EMAIL QUESTIONS AND/OR CONCERNS TO : Barrhavenseniors@gmail.com