

Calendar of events: MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Z/E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	3 Z/E Walking Minto Rec.Center 10:30-11:30 BRIDGE 12:00-3:00	4 Z/E FUN EUCHRE 12:30-3:30	5 Z/E Walking Minto Rec.Center 10:30-11:30 CRIBBAGE & SCRABBLE 12:30-3:30	6 Z/E WRITER'S CIRCLE AT VIVA 1:30-3:00 CANASTA 12:30-3:30	7
8	9 Z/E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	10 Z/E Walking Minto Rec.Center 10:30-11:30 BRIDGE 12:00-3:00	11 Z/E FUN EUCHRE 12:30-3:30	12 Z/E Walking Minto Rec.Center 10:30-11:30 CRIBBAGE & SCRABBLE 12:30-3:30	13 Z/E WRITER'S CIRCLE AT VIVA 1:30-3:00 CANASTA 12:30-3:30	14
15	16 Z/E DROP-IN 10:00-12:00 ST. PATRICK'S EVE lunch Heart & Crown 11:30 KNITTING 1:30-4:00	17 Z/E Men's Breakfast 8:30 Broadway Walking Minto Rec.Center 10:00-11:00 BRIDGE 12:00-3:00	18 Z/E Ladies Lunch 11:30 Broadway FUN EUCHRE 12:30-3:30	19 Z/E Walking Minto Rec.Center 10:00-11:00 CRIBBAGE & SCRABBLE 12:30-3:30	20 Z/E CANASTA 12:30-3:30	21
22	23 Z/E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	24 Z/E Walking Minto Rec.Center 10:00-11:00 BRIDGE 12:00-3:00	25 Z/E FUN EUCHRE 12:30-3:30 WORKSHOP: Aging in place with services and support 10:00am/12:00pm Ken Ross	26 Z/E Walking Minto Rec.Center 10:00-11:00 CRIBBAGE & SCRABBLE 12:30-3:30	27 Z/E CANASTA 12:30-3:30	28
29	30 Z/E DROP-IN 10:00-12:00 KNITTING 1:30-4:00	31 Z/E Walking Minto Rec.Center 10:00-11:00 BRIDGE 12:00-3:00	April 1 Z/E FUN EUCHRE 12:30-3:30	2 Z/E Walking Minto Rec.Center 10:00-11:00 CRIBBAGE & SCRABBLE 12:30-3:30	3 Z/E CANASTA 12:30-3:30	4

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

ST. PATRICK'S EVE LUNCH REGISTER AT: [vp2025barrhavenseniors@gmail.com](mailto:vp2025barrhavenseniors@gmail.com)

lunch is not subsidized by the Barrhaven Seniors' Council

WORKSHOP: AGING IN PLACE WITH SERVICES & SUPPORT REGISTER AT [barrhavenseniors@gmail.com](mailto:barrhavenseniors@gmail.com)

Workbooks will be provided Fee: \$10.00

- Explore what's involved (practically, emotionally, and financially) in continuing to live independently
- Understand what supports and services might be needed to ease your life now and in future
- become familiar with the most common services and supports that can enable you to age in place successfully

- discover existing programs that can help make independent living affordable
- commit to taking action on issues needing your attention now

Source: Council on Aging of Ottawa

PLEASE EMAIL QUESTIONS AND/OR CONCERNS TO: [Barrhavenseniors@gmail.com](mailto:Barrhavenseniors@gmail.com)