



March 2019

◀ February

April ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 * 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	2
3 12:30 Duplicate Bridge	4 10:30 Chair Exercise, snowshoeing, cross-country skiing 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	5 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	6 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge 9:00 Registration starts online	7 9:00 Choir, Creative Crafts, Curling 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling	8 10:00 Shutterfly Workshop 10:30 Line Dancing level 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	9
10 12:30 Duplicate Bridge 	11 Commonwealth Day 10:30 Snowshoeing, cross-country skiing 1:00 Floor Shuffleboard, Sixty-Six, No 5 Pin Bowling today	12 9:00 Tai Chi, Curling 12:30 Euchre in Hall A 1:00 Cribbage, Carpet Bowling	13 9:30 Board Meeting 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	14 9:00 Choir, Curling 12:45 Duplicate Bridge in Hall A, 500 1:00 Cribbage, Carpet Bowling	15 * 12:45 Duplicate Bridge in Hall A 1:00 Fun Bridge, snowshoeing, cross-country skiing	16
17 St. Patrick's Day 12:30 Duplicate Bridge 	18 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	19 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^ 4:00 Rideau Carleton Casino trip	20 Int'l. Day of happiness 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	21 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	22 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing 7:00 Military Whist	23
24 12:30 Duplicate Bridge	25 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	26 9:00 Tai Chi 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	27 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	28 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	29 * 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge	30
31 12:30 Duplicate Bridge	<p>Notes: * Means Attendance Draw</p> <p>X-Country Skiing and snowshoeing will continue in March, weather permitting, Mondays at 10:30 am and Fridays at 1 pm.</p> <p>For a Foot Care Clinic Appointment please call 613-591-3686.</p> <p>^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners</p>					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	2 9:00 Tai Chi 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	3 9:00 Foot Care Clinic, Chair Exercise 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	4 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	5 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Seniors Summit in Halls A & B, Fun Bridge Deadline for May/Jun Hub	6
7 World Health Day 12:30 Duplicate Bridge	8 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	9 9:00 Tai Chi 10:00 Fit Minds presentation 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	10 Nat'l. Siblings Day 9:00 Chair Exercise 9:30 Board Meeting 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	11 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	12 * 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge	13 Volunteer Appreciation Event at VIVA Barrhaven Details will be sent out to all the volunteers.
14 12:30 Duplicate Bridge	15 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	16 9:00 Tai Chi 10:00 Fit Minds 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	17 9:00 Chair Exercise 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	18 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	19 Good Friday CLOSED	20 CLOSED
21 CLOSED	22 Easter Monday CLOSED	23 World Book Day 9:00 Tai Chi 10:00 Fit Minds 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	24 9:00 Chair Exercise 10:00 Palliative Care presentation 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	25 9:00 Choir, Creative Crafts 12:45 Duplicate Bridge, 500 1:00 Cribbage, Carpet Bowling, Tap^	26 * 9:00 Chair Exercise 10:30 Line Dancing level 1 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist	27
28 12:30 Duplicate Bridge	29 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six	30 9:00 Tai Chi 10:00 Fit Minds 12:30 Euchre 12:00 Stage class^ 1:00 Cribbage, Carpet Bowling, Tap^	Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call 613-591-3686.			