



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 12:30 Duplicate Bridge	<b>2</b> 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	<b>3</b> 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	<b>4</b> 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge <b>9:00 Registration starts online for spring/summer programs</b>	<b>5</b> 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling	<b>6</b> <b>10:00 Caregiving Tea &amp; Talk</b> 10:30 Line Dancing 1^ 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	<b>7</b>
<b>8</b> 12:30 Duplicate Bridge 	<b>9</b> 10:30 Snowshoeing, cross-country skiing 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	<b>10</b> 9:00 Tai Chi, Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	<b>11</b> <b>9:30 Board Meeting</b> 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>12</b> 9:00 Choir, Creative Crafts, Curling 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling	<b>13</b> 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing <b>7:00 Military Whist</b>	<b>14</b>
<b>15</b> 12:30 Duplicate Bridge	<b>16</b> 10:30 Snowshoeing, cross-country skiing 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	<b>17</b> 9:00 Curling 12:30 <b>Euchre in Hall A</b> 1:00 Cribbage, Carpet Bowling 	<b>18</b> 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>19</b> 9:00 Choir, Creative Crafts, Curling 12:30 <b>Duplicate Bridge in Hall A</b> , 500 cards 1:00 Cribbage, Carpet Bowling	<b>20</b> 12:30 <b>Duplicate Bridge in Hall A</b> 1:00 Fun Bridge, snowshoeing, cross-country skiing	<b>21</b>
<b>22</b> 12:30 Duplicate Bridge	<b>23</b> 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	<b>24</b> 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>25</b> 9:00 Chair Exercise 10:30 Bridge lessons 3 1:00 Bridge, Floor Shuffleboard <b>4:15 Casino trip</b> 6:30 Duplicate Bridge	<b>26</b> 9:00 Choir, Creative Crafts 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling, Tap^	<b>27</b> 10:30 Line Dancing 1^ 12:30 Duplicate Bridge 1:00 Fun Bridge, snowshoeing, cross-country skiing	<b>28</b>
<b>29</b> 12:30 Duplicate Bridge	<b>30</b> 10:30 Chair Exercise, snowshoeing, cross-country skiing, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	<b>31</b> 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>Notes:</b> <b>X-Country Skiing and snowshoeing will continue in March, weather permitting, Mondays at 10:30 am and Fridays at 1 pm.</b> <b>For a Foot Care Clinic Appointment please call 613-591-3686.</b> <b>^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners</b>			

April 2020						
◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>2</b> 9:00 Choir, Creative Crafts 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling, Tap^	<b>3</b> 10:30 Line Dancing 1^ 12:30 Duplicate Bridge 1:00 Fun Bridge <b>Deadline for May/Jun            Hub</b>	<b>4</b>
<b>5</b> 12:30 Duplicate Bridge	<b>6</b> 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	<b>7</b> 9:00 Tai Chi <b>10:00 Fit Minds™            Presentation</b> 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>8</b> 9:00 Chair Exercise 9:30 <b>Board Meeting</b> 10:30 Bridge lessons 3 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>9</b> 9:00 Choir, Creative Crafts 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling, Tap^	<b>10</b> Good Friday  <b>CLOSED</b>	<b>11</b>  <b>CLOSED</b>
<b>12</b>  <b>CLOSED</b>	<b>13</b> Easter Monday  <b>CLOSED</b>	<b>14</b> 9:00 Tai Chi 10:00 Fit Minds™ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>15</b> 9:00 Chair Exercise 10:30 Bridge lessons 3 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>16</b> 9:00 Choir, Creative Crafts 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling, Tap^	<b>17</b> 10:30 Line Dancing 1^ 12:30 Duplicate Bridge 1:00 Fun Bridge <b>7:00 Military Whist</b>	<b>18</b>
<b>19</b> 12:30 Duplicate Bridge	<b>20</b> 10:30 Chair Exercise, Line Dancing level 2^ 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six	<b>21</b> 9:00 Tai Chi 10:00 Fit Minds™ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>22</b> 9:00 Chair Exercise 10:30 Bridge lessons 3 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>23</b> 9:00 Choir, Creative Crafts 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling	<b>24</b> 10:00 Nordic Walking 10:30 Line Dancing 1^ 12:30 Duplicate Bridge 1:00 Fun Bridge	<b>25</b> <b>Volunteer Appreciation            Event at V!VA Barrhaven</b>  <b>Details will be sent out to            all the volunteers.</b>
<b>26</b> 12:30 Duplicate Bridge	<b>27</b> 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Floor Shuffleboard, Sixty-Six	<b>28</b> 9:00 Tai Chi 10:00 Fit Minds™ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>29</b> 9:00 Chair Exercise 10:30 Bridge lessons 3 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>30</b> 9:00 Choir, Creative Crafts 12:30 Duplicate Bridge, 500 cards 1:00 Cribbage, Carpet Bowling, Tap^	<b>Notes:</b> <b>For a Foot Care Clinic Appointment please            call 613-591-3686.</b>	