

Nepean Seniors Recreation Centre

1701 Woodroffe Ave. Entrance #3 613-580-2828 option 2 nepeanseniorscentre.ca Office Hours:
Monday to Friday: 8:30 am-4:30 pm

Membership fee is \$26.50 for a full calendar year, which includes a newsletter six times per year, discounts on registered programs and access to the drop-in activities, Travel Club and special events.

DROP-IN ACTIVITIES

The following activities run for retired adults 50+ on a yearly basis and a small drop-in fee applies. You must be a member to participate in these activities; however, if you have never had a membership you can try an activity up to three times before purchasing a Centre membership.

500	Thu.	1 pm
Carpet Bowling	Tue./Thu.	1 pm
Computer Club	1st & 3rd Tue.	9:30 am
Contract Bridge.	Wed	1 pm
Cribbage	Tue./Thu.	1 pm
Duplicate Bridge	Thu./Fri.	12:45 pm
Duplicate Bridge	Wed.	6:30 pm
Duplicate Bridge.	Sun	12:30 pm
Euchre.	Tue	12:45 pm
Floor Shuffleboard	Mon./Wed.	1 pm
Fun Bridge.	Fri	1 pm
Sixty-Six.	Mon	1 pm

SEASONAL ACTIVITIES

5-Pin Bowling	Mon	1 pm ending Apr 16
Choir	Thu	9:15 am ending June 7
Creative Crafts	Thu	9 am ending June 21
Curling	Tue./Thu	9 am ending March 15
Cycling Club	Tue	9:30 am starting early June Call Centre if interested
Outdoor Walking Club	Mon./Tue./Thu	9:30 am starting May 7

The Centre also offers many other services and special events.

Adult Monthly Lunches

Each month during the school year (October to May), the students at Sir Guy Carleton Secondary School make lunch at their school for members of our Centre. For a nominal charge of \$12.50, members can enjoy a three-course meal with homemade rolls, followed by tea and coffee.

French – Level 1

Travel Club

If you are a member of the Seniors Centre, you are also a member of the Travel Club. In 2018, they will be going to Myrtle Beach in February, doing a Mystery Trip in June, and Scotland in September. Please call the office for more details.

Special Events

There are numerous special events taking place throughout the year including a Winter Blahs Bash, Slots trips, Concerts, Canada Day BBQ, Summer Fun Picnic, Christmas Breakfast, monthly Military Whist, Day trips and more.

For more information about the many programs, monthly lunches, multi-day trips and social events taking place, visit our website at nepeanseniorscentre.ca, drop in or call the Seniors Centre Coordinator, Leslie Dondale at **613-580-2828 ext. 2**.

REGISTERED CLASSES

Nepean Seniors Recreation Centre members pay less than non-members for the following registered programs. Prices listed are member prices.

FITNESS

Chair Exercise

Full body workout using a chair for support.

Mon. 10:30-11:30 am

Mar 19-Jun 18 \$103.25 1144013

Mon. 9:30-10:30 am

Jul 2-Aug 27 \$69 1142352

Wed. 9-10 am

Mar 21-Jun 20 \$120.50 1144014

Jul 4-Aug 22 \$69 1142356

Fri. 9-10 am

Mar 23-Jun 22 \$112 1144015

Jul 6-Aug 24 \$69 1142359

Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength through the use of Nordic poles. All fitness levels welcome. Fri. 10-11 am

May 4-Jun 22 \$70 144061

Tai Chi

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance. **Level 1**

Tue. 11 am-noon

Mar 27-May 29 \$100 1144078

Level 2

Tue. 10-11 am

Mar 27-May 29 \$100 1144066

Level 3

Tue. 9-10 am

Mar 27-May 29 \$100 1144073

GENERAL INTEREST

Dropbox®

Learn to use Dropbox® to share your pictures, videos and files between all your devices, and with your friends. If you have a computer and an iPad® (or tablet) then you need Dropbox®! No computer or iPad® required. Sat. 10 am-1 pm
Apr 14 \$36.50 1161329

Facebook®

See how you can use Facebook® to share pictures, websites, and news with your family and friends, and to connect with old friends. Learn how to use Facebook® effectively and safely. No computer or iPad® required. Sat. 10 am-1 pm Apr 28 \$36.50 1161341 **iPad® Security**

Learn about your iPad® security features and how to use it safely. Learn to change your passwords, understand privacy settings, use Touch ID and passcodes, and backup your iPad®. No iPad® required. Sat. 10 am-1 pm
May 26 \$36.50 1161484

Social Media

Learn about popular social media apps. What is the difference between Instagram®, Pinterest®, Facebook®, and WhatsApp®? When should you use them? No computer or iPad® required. Sat. 10 am-1 pm
May 12 \$36.50 1161357

Schedules and fees may be subject to change. Fees include HST.

PERFORMING ARTS

Performing Arts classes take place at the Nepean Creative Arts Centre, 35 Stafford Rd. Bells Corners, 613-596-5783.

Line Dancing

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!
Nepean Creative Arts Centre - 613-596-5783

Level 1

Fri. 10:30-11:30 am
April 6-May 25 \$77.25 1145113

Level 2

Mon. 10:30-11:30 am
Mar 19-Jun 4 \$101 145121

Tap Dance – Level 1

Basics of tap dance through enjoyable dance combinations and simple choreography. Emphasis on rhythm and clarity of step. Keep on tapping!
Nepean Creative Arts Centre - 613-596-5783

Thu. noon-1 pm (for true beginners)

Mar 22-Jun 21 \$138.50 1144101

Thu. 2-3 pm

(taken Level 1 previously)

Mar 22-Jun 21 \$138.50 1144112

Tap Dance – Level 2

Tappers, it's time to shuffle scuff! Learn more difficult techniques like the pull back or the bell step while engaging in intricate yet easy-to-follow choreography.

Nepean Creative Arts Centre - 613-596-5783

Tue. 2-3 pm

Mar 20-Jun 19 \$128.75 1144125

Thu. 1-2 pm

Mar 22-Jun 21 \$138.50 1144127

Tap Dance Performance Group

Work towards a polished routine in order to perform for other seniors around the City.

Nepean Creative Arts Centre - 613-596-5783

Tue. 1-2 pm

Mar 20-Jun 19 \$128.50 1144134

Performance Stage Class

Work on large and small choreographed numbers — from solos, to quartets and comedic numbers. Enjoy performing at retirement homes and one large show for friends and family. All skill levels welcome.

Nepean Creative Arts Centre - 613-596-5783

Tue. noon-1 pm

Mar 20-Jun 19 \$128.75 1144140