



Hours of Operation:  
 Monday - Friday 8:30am - 4:30pm  
 Location:  
 1701 Woodroffe, Ave - Entrance 3  
 Phone:  
 613-580-2424 ext. 46652

# Nepean Seniors Centre Spring Schedule March 18 - June 20 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Location</b>	<b>Membership Activities *Membership or drop-in fee required</b>				
Outside		Walking Club 10 - 11 AM register at front desk			
Heritage Room	Bid Euchre 12:30 - 3:00 PM		Contract Bridge 12:30 - 3 PM	Cribbage 1 - 3 PM	Creative Crafters 9 - 11 AM
	Sixty Six 1 - 3 PM			500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM
Hall F	Short Mat Bowling 1 - 3 PM	Euchre 12:30 - 3 PM	Short Mat Bowling 1 - 3 PM		
			Short Mat Bowling 6:30 - 8:30 PM	Duplicate Bridge 12 - 4 PM	Duplicate Bridge 12 - 4 PM
Concourse	Shuffleboard 1 - 3 PM		Shuffleboard 1 - 3 PM		

### Registered Activities - Older Adult

\*additional cost. For more information, or to register please visit our front desk

<b>Nepean Senior Centre</b>	Chair Exercise 10:30 - 11:30 AM Activity:86400 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 86378 Hall F	Chair Exercise 9:30 - 10:30 AM Activity: 86421 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 86385 Hall F	
		Tai Chi Level 2 9:30 - 10:30 AM Activity: 86474 Heritage Rm			
		Tai Chi Level 1 10:45 - 11:45 AM Activity: 86468 Heritage Rm		*Songsters (Rental) 9:30 - 11:30 AM	
		Zumba Gold 12 - 1:00 PM Activity: 86861 Heritage Rm		Information available at front desk.	

### Nepean Creative Arts Centre

<b>Nepean Creative Arts Centre</b>		Tap Dance Level 2 2 - 3P M Activity: 86571		Tap Dance Level 1 12- 1 PM # 86566 2 - 3 PM #86717	
				Tap Dance Level 2 1 -2 PM Activity:86721	