



Nepean Seniors Centre



Hours of Operation:

Monday - Friday 8:30am - 4:30pm

Location:

1701 Woodroffe, Ave - Entrance 3

Phone:

613-580-2424 ext. 46652

Spring Schedule

March 13th - June 30th

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Membership Activities *Membership or drop-in fee required					
Outside		Walking Club 10 - 11 AM		Walking Club 10 - 11 AM	Garden Club (Starting April 21st) 10am - 11am
Heritage Room	Arts & Crafts 9:30 - 11:30 AM				
	Bid Euchre 9:30 - 11:30 AM		Contract Bridge 1 - 3 PM	Cribbage 1 - 3 PM	
	Sixty Six 1-3PM			500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM
Hall F	Short Mat Bowling 1-3PM	Euchre 12:30 - 3 PM	Short Mat Bowling 1 -3 PM	Crafters 9-11 AM	
			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					
*additional cost. For more information, or to register please visit our front desk					
	Chair Exercise 10:30 - 11:30 AM Activity #: 49754	Balance & Stability 9:30 - 10:30 AM Activity #: 43273	Chair Exercise 9:30 - 10:30 AM Activity #: 49753	Balance & Stability 9:30 - 10:30 AM Activity #:49761	
		Tai Chi - Level 2 9:30 - 10:30 AM Activity #: 50169			
		Tai Chi - Level 1 10:45 - 11:45 AM Activity #: 50164			
		Zumba Gold - OA 12:00 - 1 PM Activity #: 55156	Bridge Lessons 10:30 - 12:30 Activity #: 49765		
Additional Activities					
*additional costs. Please visit group directly for more information					
				Songsters 9:30 - 11:30 AM	