



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

Nepean Seniors Centre Summer Schedule May 17, 2024 - Aug 30, 2024



Location	Monday	Tuesday	Wednesday	Thursday	Friday
Membership Activities *Membership or drop-in fee required					
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 Ends June 28
	Sixty Six 1-3PM			500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM
Hall F		Euchre 12:30 - 3 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					
Nepean Senior Centre	Chair Exercise 10:30 - 11:30 AM Activity: 110484 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 87884 Hall F	Chair Exercise 9:30 - 10:30 AM Activity: 88060 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 88023 Hall F	
		Tai Chi Level 2 9:30 - 10:30 AM Activity: 88038 Heritage Rm		*Songsters (Rental) 9:30 - 11:30 AM Information available at front desk. Ends May 30	
		Tai Chi Level 1 10:45 - 11:45 AM Activity: 88033 Heritage Rm			
		Zumba Gold 12 - 1:00 PM Activity: 88048 Heritage Rm			