

**Hours of Operation**

Monday to Friday 8:30 am – 4:30 pm

1701 Woodroffe Ave. – Entrance 3

613-580-2424 ext. 46652

Nepean Seniors Centre**Fall Schedule****September 2 to December 23, 2025******The Senior Centre will be closed from **August 25 to September 14.** ***

During this time, Heritage Room activities will temporarily move to Hall F.



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		Contact Bridge 12:30 – 3:00 PM	Cribbage 1:00 – 3:00 PM	Creative Crafters 9:00 – 11:00 AM
	Sixty Six 1:00 – 3:00 PM		Social Board Games 4:00 – 8:00 PM	500 12:30 – 3:00 PM	Fun Bridge 1:00 – 3:30 PM
					Mah Jong 1:00 – 3:00 PM
HALL F	Short Mat Bowling 1:00 – 3:00 PM	Euchre 12:30 – 3:00 PM	Short Mat Bowling 1:00 – 3:00 PM <i>*Starts Oct 1</i>		
			Short Mat Bowling 6:30 – 8:30 PM <i>*Starts Oct 1</i>	Duplicate Bridge 12:00 – 4:00 PM	Duplicate Bridge 12:00 – 4:00 PM
CONCOURSE	Shuffleboard 1:00 – 3:00 PM		Shuffleboard 1:00 – 3:00 PM		

Registered Activates – Older Adults

Additional costs. For more information or to register, please visit our Front Desk

NEPEAN SENIORS CENTER	Chair Exercise Sept 8 – Dec 8 10:30 – 11:30 AM Activity: 139317 Hall F	Strength & Balance Sept 2 – Oct 21 9:30 - 10:30 AM Activity: 140107 Hall F	Chair Exercise Sept 10 – Dec 10 9:30 – 10:30 AM Activity: 139321 Hall F	Strength & Balance Sept 4 – Oct 23 9:30 - 10:30 AM Activity: 140112 Hall F	Tai Chi Level 3 July 11 to Aug 29 9:00 – 10:00 AM Activity: 140049 Heritage Room
	Chair Yoga Oct 20 – Dec 15 10:45 – 11:45 AM Activity: 139315 Heritage Room	Strength & Balance Oct 28 – Dec 6 9:30 - 10:30 AM Activity: 140117 Hall F	Learning Bridge Level 1 Oct 15 – Dec 3 10:00 - 12:00 PM Activity 140054 Heritage Room	Strength & Balance Oct 30- Dec 18 9:30 - 10:30 AM Activity: 140121 Hall F	Tai Chi Level 2 Sept 12 – Dec 12 10:00 - 11:00 AM Activity: 140048 Hall F
				Nepean Songsters Sept – May 9:30-11:30 AM For more information: Nepeansongsters@gmail.com Heritage Room	Tai Chi Level 1 Sept 12 – Dec 12 11:00 - 12:00 PM Activity: 140037 Hall F
				Zumba Gold Sept 11 – Dec 11 10:45 - 11:45 AM Activity: 139188 Hall F	