

**Hours of Operation:**

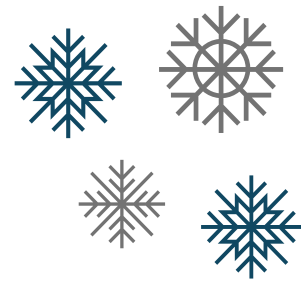
Monday - Friday 8:30am - 4:30pm

Location:

1701 Woodroffe, Ave - Entrance 3

Phone:

613-580-2424 ext. 46652

Nepean Seniors Centre**Winter Schedule****January 2- March 31, 2026**

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 9-11AM
	Sixty Six 1-3PM		Social Board Games 4:00 - 8:00 PM	500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM
					Mah Jong 1 - 3 PM
Hall F	Short Mat Bowling 1 - 3 PM	Euchre 12:30 - 3 PM	Short Mat Bowling 1 - 3 PM		
			Short Mat Bowling 6:30-8:30PM	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: 140084 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 140126 Hall F	Chair Exercise 9:30 - 10:30 AM Activity: 140088 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 140132 Hall F	Tai Chi Level 3 9:00 - 10:00 AM Activity: 140094 Hall F
	Chair Yoga 10:45-11:45 AM Activity: 140080 Heritage Room		Learning Bridge Level 2 10:00- 12 PM Activity 140098 Heritage Room	*Songsters (Rental) 9:30-11:30 AM For more information email: Nepeansongsters@gmail.com	Tai Chi Level 2 10:00 - 11:00 AM Activity: 140092 Hall F
					Tai Chi Level 1 11:00 - 12:00 PM Activity: 140090 Hall F