



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 23- June 23, 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 (Partners) 12:30 - 3 PM	Cribbage 1 - 3 PM	Creative Crafters 9-11 AM
	Sixty Six 1-3PM		Social Board Games 3:30- 5:30 PM	500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM Chinese Mah Jong 1 - 3 PM
Nepean Seniors Coffee Lounge					
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 (Partners) 12:30 - 4 PM	Duplicate Bridge (Partners) 12:30 - 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 (Heartwise) 10:30 - 11:30 AM Activity: 173713 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 173728 Hall F	Chair Exercise (Heartwise) 9:30 - 10:30 AM Activity: 173722 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 173762 Hall F	Tai Chi Level 3 (Heartwise) 9:00 - 10:00 AM Activity: 173769 Hall F
	Chair Yoga (Heartwise) 10:45-11:45 AM Activity: 173750 Heritage Room			Songsters (Rental) 9:30-11:30 AM For more information email: Nepeansongsters@gmail.com	Tai Chi Level 2 (Heartwise) 10:00 - 11:00 AM Activity: 173767 Hall F
				Zumba Gold 10:45 - 11:45 AM Activity: 173756 Hall F	Tai Chi Level 1 (Heartwise) 11:00 AM-Noon Activity: 173764 Hall F
Nepean Creative Arts Centre		Tap Dance- Level 1 11:00 AM- Noon Activity: 176411 Dance Studio 10			
		Tap Dance- Level 2 Noon-1:00 PM Activity: 173798 Dance Studio 10			
		Tap Dance- Level 2/3 1:00-2:00 PM Activity: 173801 Dance Studio 10			