



Hours of Operation:

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

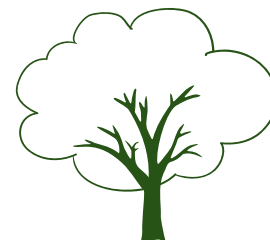
Location:

1701 Woodroffe, Ave - Entrance 3

Phone:

613-580-2424 ext. 46652

Nepean Seniors Centre Summer Schedule June 23- Aug 28, 2026



Location	Monday	Tuesday	Wednesday	Thursday	Friday
Membership Activities *Membership or drop-in fee required					
Outside		Walking Club 10 - 11 AM			
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
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 <u>June 29-August 14</u> Summer Hours: 10:00 AM-Noon Return to Regular Hours outside these dates: 1:00 PM-3:00 PM		Shuffleboard <u>June 29-August 14</u> Summer Hours: 10:00 AM-Noon Return to Regular Hours outside these dates: 1:00 PM-3:00 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: 173811 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 173815 Hall F	Chair Exercise (Heartwise) 9:30 - 10:30 AM Activity: 173819 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 173823 Hall F	Tai Chi Level 3 (Heartwise) 9:00 - 10:00 AM Activity: 173834 Hall F
				Zumba Gold 10:45 - 11:45 AM Activity: 173828 Hall F	Tai Chi Level 2 (Heartwise) 10:00 - 11:00 AM Activity: 173833 Hall F
					Tai Chi Level 1 (Heartwise) 11:00 AM-Noon Activity: 173831 Hall F