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- March31,2027



Location	Monday	Tuesday	Wednesday	Thursday	Friday
	Membership Activities - 50+ *Membership or drop-in fee required				
Outside		**Walking Club** 10:00-11:00 AM Check in at the Front Desk			
Heritage Room	**Bid Euchre** 12:30-3:00 PM **Sixty Six** 1:00-3:00 PM	**Learning Series** Inquire at the Front Desk **Registration Required to Attend**	**Contract Bridge** (Partners) 12:30 - 3:00 PM	**Cribbage** 1:00 -3:00 PM	**Crafters** 9:00-11:30 AM **Fun Bridge** 1:00 - 3:30 PM **Chinese MahJong** 1:00-3:00 PM
NSC Meeting Room	**Canasta** 1:00-3:00 Pm *Starts in January*		**Board Games & More** 9:30-11:30 AM **Robber's Rummy** 1:00-3:00 PM	**500** 12:30-3 PM	
Hall F		**Euchre** 12:30 - 3:00 PM	**Short Mat Bowling** 1:00 -3:00 PM & 6:00-8:00 PM	**Duplicate Bridge** (Partners) 12:30 - 4:00 PM	**Duplicate Bridge** (Partners) 12:30 - 4:00 PM
Concourse	**Shuffleboard** 1:00-3:00 PM		**Shuffleboard** 1:00-3:00 PM		
	***Additional fees apply. Visit our front desk to learn more or to register.** **RegisteredActivities - 50+**				
Hall F & Heritage Room	**Chair Exercise** (Heartwise) 10:30 - 11:30 AM Activity: 197738 Hall F	**Strength & Balance** 9:30 - 10:30 AM Activity: 197823 Hall F	**Chair Exercise** (Heartwise) 9:30 - 10:30 AM Activity: 197788 Hall F	**Songsters** 9:30-11:30 AM For information Email: Nepeansongsters @gmail.com	**Tai Chi Level 3** (Heartwise) 9:00 - 10:00 AM Activity:198028 Hall F
	Yoga Chair (Heartwise) 10:45 - 11:45AM Activity: 198062 Heritage Room		**Learn Bridge- Level 2** 10:00-12:00 PM Activity: 197915 Heritage Room	**Strength & Balance** 9:30 - 10:30 AM Activity: 197879 Hall F	**Tai Chi Level 2** (Heartwise) 10:00 - 11:00 AM Activity: 198010 Hall F
	Strength & Balance 1:00-2:00 PM Activity: 197899 Hall F		**Zumba Gold** 10:45 - 11:45 AM Activity: 197936 Hall F		**Tai Chi Level 1** (Heartwise) 11:00-12:00 PM Activity: 197981 Hall F