



Nepean Seniors Centre

Hours of Operation: Monday - Friday 8:30am - 4:30pm



Winter Schedule

Location: 1701 Woodroffe, Ave - Entrance 3

Phone: 613-580-2424 ext. 46652

January 3 - March 10

	Monday	Tuesday	Wednesday	Thursday	Friday
Location	Membership Activities *Membership or drop-in fee required				
Outside	Snowshoeing 10:30am	Nordic/Walking Club 10 - 11 AM		Nordic/Walking Club 10 - 11 AM	Snowshoeing 1pm
Heritage Room	Discussion Group 10:30 - Noon		Contract Bridge 1 - 3 PM	Cribbage 1 - 3 PM	Mah Jong/Games 10:30 - Noon
	Sixty-Six 1-3PM			500 12:30 - 3 PM	Fun Bridge 1 - 3 PM
Hall F	Short Mat Bowling 1-3PM	Euchre 12:30 - 3 PM	Short Mat Bowling 1 -3 PM	Crafters 9- 11 AM	
			Short Mat Bowling 6:30 - 8:30 PM	Duplicate Bridge 12 - 4 PM	Duplicate Bridge 12 - 4 PM
Concourse	Shuffleboard 1 - 3 PM		Shuffleboard 1 - 3 PM		
Registered Activities					
*Additional cost. For more information, or to register please visit our front desk					
	Chair Exercise 10:30 - 11:30 AM Activity #:35974	Balance & Stability 9:30 - 10:30 AM Activity #: 34087	Chair Exercise 9:30 - 10:30 AM Activity #: 31173	Balance & Stability 9:30 - 10:30 AM Activity #: 36028	
		Zumba Gold - OA 12:00 - 1 PM Activity #: 31473	Bridge Lessons 10:30 - 12:30 Activity #: 35951		
Additional Activities					
*Additional costs. Please visit group directly for more information					
		Curling 9am - 11am		Curling 9am - 11am	
				Songsters 9:30 - 11:30 AM	