

Hours of Operation:

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

Location:

1701 Woodroffe, Ave - Entrance 3

Phone:

613-580-2424 ext. 46652



Fall Schedule

Sept 6 - Dec 23rd



Location	Monday	Tuesday	Wednesday	Thursday	Friday
Membership Activities *Membership or drop-in fee required					
Outside		Walking Club 10 - 11 AM		Walking Club 10 - 11 AM	
Heritage Room	Discussion Group 10:30 - Noon	Book Club <small>Last Tuesday of each month</small> 1 - 3 PM	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 - Noon	
			Short Mat Bowling 6:30 - 8:30 PM	Duplicate Bridge 12 - 4 PM	Duplicate Bridge 12 - 4 PM
Concourse	Shuffleboard 1 - 3 PM	Carpet Bowling 1 - 3 PM	Shuffleboard 1 - 3 PM	Carpet Bowling 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 Barcode: 1632736	Step with Confidence 9:30 - 10:30 AM Barcode: 1633320	Chair Exercise 9:00 - 10:00 AM Barcode: 1632744	Step with Confidence 9:30 - 10:30 AM Barcode: 1633320	
		*Tai Chi (Level 2) 10:15 - 11:15 AM Barcode: 1633135	Bridge Lessons 10:30 - 12:30 Barcode: 1636173		
		*Tai Chi (Level 1) 11:30 - 12:30 AM Barcode: 1633124			
		Zumba Gold - OA 12:00 - 1 PM Barcode: 1632118			