



# Nepean Seniors Centre



## Winter Schedule

January 2, 2025 to March 31, 2025

### Hours of Operation

Monday to Friday 8:30 am – 4:30 pm  
 1701 Woodroffe Ave. – Entrance 3  
 613-580-2424 ext. 46652

LOCATION	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Membership Activities</b> *Membership or drop-in fee required					
OUTSIDE		<b>Walking Club</b> 10 – 11 AM Register at Front Desk			
HERITAGE ROOM	<b>Bid Euchre</b> 12:30 – 3:00 PM		<b>Contact Bridge</b> 12:30 – 3 PM	<b>Cribbage</b> 1 – 3 PM	<b>Creative Crafters</b> 9 – 11 AM
	<b>Sixty Six</b> 1 – 3 PM		<b>Social Board Games</b> 4:30 – 8:30 PM	<b>500</b> 12:30 – 3 PM	<b>Fun Bridge</b> 1 – 3:30 PM
HALL F	<b>Short Mat Bowling</b> 1 – 3 PM	<b>Euchre</b> 12:30 – 3 PM	<b>Short Mat Bowling</b> 1 – 3 PM		
			<b>Short Mat Bowling</b> 6:30 – 8:30 PM	<b>Duplicate Bridge</b> 12 – 4 PM	<b>Duplicate Bridge</b> 12 – 4 PM
CONCOURSE	<b>Shuffleboard</b> 1 – 3 PM		<b>Shuffleboard</b> 1 – 3 PM		

### Registered Activates – Older Adults

Additional costs. For more information or to register, please visit our Front Desk

<b>NEPEAN SENIORS CENTER</b>	<b>Chair Exercise</b> Jan 6 to Mar 3 10:30 – 11:30 AM Activity: <a href="#">102211</a> Hall F	<b>Balance &amp; Stability</b> Jan 7 to Mar 4 9:30 - 10:30 AM Activity: <a href="#">102288</a> Hall F	<b>Chair Exercise</b> Jan 8 to Mar 5 9:30 – 10:30 AM Activity: <a href="#">102282</a> Hall F	<b>Balance &amp; Stability</b> Jan 9 to Mar 6 9:30 - 10:30 AM Activity: <a href="#">102300</a> Hall F		
	<b>Chair Yoga</b> Jan 6 to Mar 3 10:45 – 11:45 AM Activity: <a href="#">114200</a> Heritage Room	<b>Tai Chi Level 3</b> Jan 7 to Mar 4 9 – 10 AM Activity: <a href="#">115544</a> Heritage Room	<b>Bridge Level 1</b> Jan 8 –to Feb 26 10:15 to 12:15 Activity: <a href="#">114202</a> Heritage Room	<b>*Songsters</b> (Rental) 9:30 – 11:30 AM		
		<b>Tai Chi Level 2</b> Jan 7 to Mar 4 10:05 – 11:05 AM Activity: <a href="#">114201</a> Heritage Room		Information available at the Front Desk		
		<b>Tai Chi Level 1</b> Jan 7 to Mar 4 11:10– 12:10 PM Activity: <a href="#">102303</a> Heritage Room				
	<b>CPR Essentials</b> One-Day Course Sun Mar 2, 2025 9:30 – 12:30 PM Activity: <a href="#">114905</a>					