



# Nepean Seniors Centre Fall Schedule



**Hours of Operation:**

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

**Location:**

1701 Woodroffe, Ave - Entrance 3

**Phone:**

613-580-2424 ext. 46652

## September 5 - Dec 21 2023

Location	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Membership Activities</b> *Membership or drop-in fee required					
Outside		Walking Club 10 - 11 AM			
Heritage Room	Bid Euchre 1 - 3 PM		Contract Bridge 1 - 3 PM	Cribbage 1 - 3 PM	Creative Crafts 9 - 11 AM
	Sixty Six 1 - 3 PM			500 12:30 - 3 PM	Fun Bridge 1 - 3:30 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 12 - 4 PM	Duplicate Bridge 12 - 4 PM
Concourse	Shuffleboard 1 - 3 PM		Shuffleboard 1 - 3 PM		
<b>Registered Activities</b> *additional cost. For more information, or to register please visit our front desk					
NSC	Chair Exercise 10:30 - 11:30 AM Activity: 64774 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 64812 Hall F	Chair Exercise 9:30 - 10:30 AM Activity: 64800 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 64815 Hall F	
		Tai Chi (Level 2) 9:30 - 10:30 AM Activity: 64824 Heritage Rm	Bridge Lessons 10:30 - 12:30 Activity: 64844 Heritage Rm Oct 4		
		Tai Chi (Level 1) 10:45 - 11:45 AM Activity: 64819 Heritage Rm		*Songsters (Rental) 9:30 - 11:30 AM	
		Zumba Gold - OA 12 - 1 PM Activity: 64829 Heritage Rm		Information available at front desk.	
<b>Nepean Creative Arts Centre</b>					
NCAC				Tap Dancing 50+ <b>Level 1</b> 12 - 1 PM Activity: 64879	
		Tap Dancing 50+ <b>Level 2</b> 12 - 1 PM Activity: 64855		Tap Dancing 50+ <b>Level 1</b> 2 - 3 PM Activity: 64884	
				Tap Dancing <b>Level 2</b> 1 - 2 PM Activity: 64867	