



Hours of Operation: Monday - Friday 8:30am - 4:30pm
 Location: 1701 Woodroffe, Ave - Entrance 3
 Phone: 613-580-2424 ext. 46652

Nepean Seniors Centre Fall Schedule Sept 1, 2024 - Dec 20, 2024



Location	Monday	Tuesday	Wednesday	Thursday	Friday
Membership Activities *Membership or drop-in fee required					
Outside		Walking Club 10 - 11 AM Register at front desk			
Heritage Room	Bid Euchre 12:30-3:00 PM		Contract Bridge 12:30 - 3 PM	Cribbage 1 - 3 PM	Creative Crafters 9-11 AM
	Sixty Six 1-3PM		Social Board Games 4:30 - 8:30 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		
Registered Activities - Older Adult					
*additional cost. For more information, or to register please visit our front desk					
Nepean Senior Centre	Chair Exercise 10:30 - 11:30 AM Activity: 100278 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 100326 Hall F	Chair Exercise 9:30 - 10:30 AM AcGtiity: 100297 Hall F	Balance & Stability 9:30 - 10:30 AM Activity: 100612 Hall F	
	Chair Yoga 10:45 - 11:45 AM Activity: 112962 Heritage Rm	Tai Chi Level 2 9:30 - 10:30 AM Activity: 100637 Heritage Rm	Bridge Level 1 10:15 - 12:15 PM Activity: 111470 Heritage Rm	*Songsters (Rental) 9:30 - 11:30 AM InformaGon available at the front desk.	
		Tai Chi Level 1 10:45 - 11:45 AM Activity: 100633 Heritage Rm			
		Zumba Gold 12 - 1:00 PM Activity: 100641 Heritage Rm			

		CPR Essentials - Free One-Day Course Sept 17, 2024 1:30 - 4:30 PM Activity: 112959			
		CPR Essentials - Free One-Day Course Nov 19, 2024 1:30 - 4:30 PM Activity: 112961			