



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

Nepean Seniors Centre Winter Schedule January 8 - March 15, 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Location	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 - 3 PM			500 12:30 - 3 PM	Fun Bridge 1 - 3:30 PM
Hall F	Short Mat Bowling 1 - 3PM	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 *additional cost. For more information, or to register please visit our front desk					
Hall F	Chair Exercise 10:30 - 11:30 AM Activity: 65044	Balance & Stability 9:30 - 10:30 AM Activity: 65057	Chair Exercise 9:30 - 10:30 AM Activity: 65050	Balance & Stability 9:30 - 10:30 AM Activity: 65072	
Heritage Room		Tai Chi (Level 2) 9:30 - 10:30 AM Activity: 65082	Bridge Lessons (L2) 10:30 - 12:30 Activity: 65100 Oct 4		
		Zumba Gold - OA 12:00 - 1:00 PM Activity: 65087			
				*Songsters (Rental) 9:30 - 11:30 AM Information available at front desk.	
Nepean Creative Arts Centre					
		Tap dancing back in the spring!			