

Seniors' Recreation & Activities

Mississippi Squares- at the Brunton Hall 9th Line, Blacks Corners
Mondays- Round Dancing /Tuesdays- Basic Mainstream/ Fridays- Plus.
Phone: (613)256-0551 www.mississippisquares.ca

Carleton Place Sunset Club- at the Carleton Place Legion
Cards and socializing every Wednesday at 1:00p.m. Potlucks every 3rd Wednesday.
Contact: Carol Bedor (613)257-1355

Get W.I.T.H It! (Walk In The Halls)- at the Carleton Place High School
Mondays & Wednesdays, October to March.
5:30p.m. until 7:30p.m. Contact: Katrina (613)253-3822

Seniors' Shuffleboard- at the Carleton Place Curling Club
Runs first of June to end of August on Tuesdays 9:30a.m. - 11:30a.m.
Contact: Yvon Hurens at (613)253-3383

Seniors' Chair Exercises & Aerobics- at the Carleton Place Canoe Club
Tuesdays & Thursdays at 10:00a.m. Contact: Linda Berg (613)256-8339

V!Vastrength Combo Class- at the Waterside Retirement Community
This class is a mixture of cardio, strength and flexibility exercises.
For more information please call Alison Lunn (613)253-2010.

V!Vastrength Social Programs- at the Waterside Retirement
offers Monthly Dinner & Cards evenings as well as Lunch & Learn and
Lunch & Movie series. For more information & to RSVP a place please call
Patty Guimond (613)253-2010

Toaist Tai Chi- at Zion Memorial Church
New participants always welcome
Mondays & Thursdays 9:30a.m. - 11:30a.m.
Contact: (613)233-2318 or ottawa@taoist.org

Cycling Les Humphreys: (613)256-2498	Darts Legion Branch 192 (613)257-1727
Lawn Bowling Cliff Bennett: (613)256-5013	Skating & Hockey Arena Staff: (613)257-1690
Swimming & Aquafit Classes Pool Staff: (613)257-1005 ext. 21	Bowling Mike Sears: (613)253-0094
Curling Club Staff: info@cpcurling.ca	Pickleball Guy Chaput: (613)253-2784 Linda Pond: (613)253-0240

