

Seniors' Recreation & Activities

Seniors' Skating

Please refer to Arena Section.

Mississippi Squares

Tuesday Evenings - Basic Mainstream
Friday Evenings- Plus
at the Brunton Hall 9th Line,
Blacks Corners Phone: (613)256-0551
www.mississippisquares.ca

Carleton Place Sunset Club

Every Wednesday at 1:00 p.m. at the
Legion for cards and socializing.
Potlucks every 3rd Wednesday
Contact: Carol Bedor (613)257-1355

Get W.I.T.H It! (Walk In The Halls)

Carleton Place High School, 215 Lake Ave
Mondays & Wednesdays, October to
March. 5:30 until 7:30 p.m.
Contact: Katrina (613)253-3822

Seniors' Shuffleboard

Runs first of June to end of August on
Tuesdays at the Curling Club
10:00a.m. - 12:00 p.m.
Contact: Yvon Hurens at (613)253-3383

Seniors' Chair Exercises & Aerobics

At CP Canoe Club- 179 John St.
For weekly schedule please call:
Linda Berg (613)256-8339

VI!Vastrength Cardio Fitness

is offered at Waterside Retirement.
Registration is open to the general public
upon availability. For more information
please call Alison Lunn (613)253-2010.

VI!Vastrength Social Programs

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.

Cycling

Les Humphreys: (613)256-2498
<https://mmbm.ca/contact/>

Darts

Legion Branch 192 (613)257-1727

Horseshoes

Freda Somerton: (613)624-5263

Lawn Bowling

Cliff Bennett: (613)256-5013

Skating & Hockey

Arena Staff: (613)257-1690

Swimming

Pool Staff: (613)257-1005 ext. 21

Bowling

Mike Sears: (613)253-0094

Curling

Club Staff: (613)257-1944

Pickleball

Guy Chaput: (613)256-5836
Linda Pond: (613)253-0240

North Lanark Senior Games

Guy Chaput (613) 256-5836
chapguy1@gmail.com

