

SENIORS' RECREATION & ACTIVITIES

Aquafit & Lane Swimming- at the Carleton Place Pool

Looking for a 'No Sweat' workout? Carleton Place pool provides daily lane swims and aquafit classes. All abilities welcome! To find out please visit www.carletonplace.ca or call (613)257-1005.

Carleton Place Sunset Club - at the Carleton Place Legion

Cards, darts and socializing every Wednesday at 1:00p.m. Dart games
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

Mississippi Squares - at the Brunton Hall 9th Line, Blacks Corners

Mondays- Round Dancing /Tuesdays- Basic Mainstream/ Fridays- Plus.
Phone: (613)257-2480 www.mississippisquares.ca

Ping Pong - at the Carleton Place Arena

This drop in group meets at the Carleton Place Arena 3 days a week in the mornings. To confirm which days they are meeting, please contact the Carleton Place Arena (613)257-1690.

Seniors' Aerobics Classes - at the Carleton Place Canoe Club

Tuesdays & Thursdays from 10:00am - 11:00am. Contact: Linda Berg (613)256-8339

Seniors' Skating - at the Carleton Place Arena

Mondays & Thursdays 9:30am - 10:30am / Free of Charge

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 Mike Routhier at (613)492-0117

The Station Active Living Centre - Now Open!

Visit 132 Coleman Street and learn about the many programs and activities that are happening daily. The Station Active Living Centre is also looking for volunteers to assist in facilitating some of the activities.

For more information please call (613)256-1031 ext. 235 or visit on Facebook.

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

