

*****Registration for May activities will begin during the week of April 27.
Please note that registrations submitted before this time cannot be accepted.*****

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>5</p> <p>Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise 90 Du Bord-du-Lac-Lakeshore Road</p> <p>The winter session takes place from March 3 to May 12 *Please call to join the waitlist*</p> <p>1 p.m. Knitting group, board games and mandala art 90 Du Bord-du-Lac-Lakeshore Road</p>	<p>6</p> <p>10 a.m. Qi-Gong (1 hour) with Sandra Engage in a calming Qi-Gong practice led by an instructor! This is where good energy and gentle movements come together. This exercise promotes physical health, mental clarity, emotional well-being, and spiritual harmony. 365 Saint-Louis Avenue *Please call to register*</p> <p>1:15 p.m. Line Dancing with Margaret (\$3 for members, \$4.50 for non-members) 365 Saint-Louis Avenue</p> <p>1:30 p.m. Stewart Hall Exhibition at Stewart Hall Cultural Centre Join us for an exhibition tour and craft activity! 176 Du Bord-du-Lac-Lakeshore Road *Please call to register*</p>	<p>7</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p> <p>1:30 p.m. *New*Swimming for Life: Movement, Purpose, and Belonging at Any Age at Cedar Park Heights Chalet Join us for an inspiring presentation by Mae Waldie, a swimmer in her 90s who highlights the benefits of staying active for health, independence, and well-being at any age. 22 Robinsdale Avenue*Please call to register*</p> <p>*Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</p>	<p>8</p> <p>9:30 a.m. Pickleball 365 Saint-Louis Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>
<p>11</p> <p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>12</p> <p>Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise 90 Du Bord-du-Lac-Lakeshore Road</p> <p>The winter session takes place from March 3 to May 12 *Please call to join the waitlist*</p> <p>1 p.m. Knitting Group, board games and mandala art 90 Du Bord-du-Lac-Lakeshore Road</p>	<p>Spring Bingo Event!</p> <p>Please call to reserve your ticket on <u>one</u> of the following days: Wednesday May 13, Thursday May 14, or Friday May 15, 11 a.m. – 3 p.m. Big Prizes to be won! The price is \$22 per ticket, which includes 1 bingo card and a lunch box. 90 Du Bord-du-Lac-Lakeshore Road</p>		
<p>18</p> <p>Victoria Day No Activities</p>	<p>19</p> <p>10 a.m. Mothers Day Pub Quiz at Cedar Park Heights Chalet Join us in testing your knowledge about Mother's Day. 22 Robinsdale Avenue *Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</p> <p>1 p.m. *New* Colouring Memories led by Art teacher Pepa Ferrandez at Cedar Park Heights Chalet Join us as we revisit our childhood memories through art. Whether it's a toy, a metal box full of stamps, or those mittens with blue pom-poms, today is your chance to bring those memories to life. We'll colour them as we unwind and reflect on what these items meant to us. 22 Robinsdale Avenue*Please call to register* *Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</p> <p>Due to Baie-de-Valois Nautical Centre being in use for an event, regular activities had to be cancelled. We apologize for the inconvenience.</p>	<p>20</p> <p>10 a.m. *NEW* Shake, Move, Groove Dance Class Ready to dance your way to a healthier you? Join us for an energetic session of high-energy beats and fun moves that will leave you smiling and feeling great. No experience needed, just bring your groove! 365 Saint-Louis Avenue *Please call to register*</p> <p>1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) 365 Saint-Louis Avenue</p> <p>1:30 p.m. Latte Laughs with our Senior Day Centre Staff Join us for an interactive discussion and games in <u>French!</u> We welcome participants of all levels as we explore fun topics and connect with each other. 365 Saint-Louis Avenue</p>	<p>21</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p>	<p>22</p> <p>9:30 a.m. Pickleball 365 Saint-Louis Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>
<p>25</p> <p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>26</p> <p>1:30 p.m. Taste Buddies: La Serenata Join us for a delicious lunch 3541 Saint-Charles Blvd, Kirkland, QC H9H 4S3 *Please call to register*</p> <p>Due to Baie-de-Valois Nautical Centre being in use for an event, regular activities had to be cancelled. We apologize for the inconvenience.</p>	<p>27</p> <p>10 a.m. Chair Yoga with Deepika (\$5 / Please bring exact change) Join us in this fun and accessible class that will guide you through soothing stretches and mindful breathing. 90 Du Bord-du-Lac-Lakeshore Road</p> <p>1:30 p.m. Birthday Afternoon Whether you have a birthday in May or just love the festivities, please join us for an afternoon filled with birthday themed activities. 90 Du Bord-du-Lac-Lakeshore Road *Please call to register *</p>	<p>28</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p> <p>1:30 p.m. *New* Coming Back to Yourself: Resilience, Belonging, and Redefining Success at Cedar Park Heights Chalet Join us for an inspiring presentation by Talia Brott, a woman in her 40's who is a former competitive swimmer who returned to the sport later in life while balancing family and career. She will share reflections on personal growth, resilience, and redefining success. 22 Robinsdale Avenue *Please call to register* *Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</p>	<p>29</p> <p>9:30 a.m. Pickleball 365 Saint-Louis Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>

Senior Dance – Casino theme
Friday June 12th, 5 to 8 p.m.
A royal flush of memories to kick off the summer.
You can bet its going to be a good night.
Arthur-E. - Séguin Chalet, 365 Saint-Louis Avenue
Finger food buffet and music. **Tickets are required - \$16**
Please call to reserve your spot

"Mug"nificent May Raffle
To reduce the use of disposable products,
bring your own reusable mug to activities
and enter this month's raffle.