

NOTE: IF YOU WOULD LIKE TO JOIN THE SENIOR CENTRE, PLEASE CALL BEFOREHAND AND MAKE AN APPOINTMENT TO BECOME A MEMBER. *THANK YOU!* ☺

June 2026

Pointe-Claire Senior Centre – 514-630-1214



***** Registration for June activities will begin during the week of May 25. *****

Any registrations made before this date will not be accepted.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>Due to Baie-de-Valois Nautical Centre being in use for an event, regular activities are cancelled.</p> <p>We apologize for the inconvenience.</p>	<p>10 a.m.*NEW* Literacy Unlimited Presentation Literacy is more than just the ability to read and write; it encompasses a broader set of skills and understanding. Join us in this presentation to learn how Literacy Unlimited supports West Island seniors in developing their health, digital, financial, and other literacy skills! 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 *Last session until September 2026*</p> <p>1:30 p.m.*New* Cooking class with Michael Join us in learning how to make Quesadillas paired with a high-protein dipping sauce. 365 Saint-Louis Avenue *Please call to register*</p>	<p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p> <p>1:30 p.m. Summer Jeopardy at Cedar Park Heights Chalet Join us in testing your knowledge about fun facts around summer. 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>9:30 a.m. Pickleball 365 Saint-Louis Avenue *Last indoor session until September 2026*</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue *Last Friday session until September 2026*</p>
<p>10 a.m. Shuffleboard 365 Saint-Louis Avenue *Last session until September 2026*</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue *Last session until September 2026*</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 summer session takes place from June 9 to August 25 *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>*Last Tuesday ping pong session until September 2026*</p>	<p>10 a.m. Bingo (\$2 / Please bring exact change) 90 Du Bord-du-Lac–Lakeshore Road *Please call to register*</p> <p>1:30 p.m. Birthday afternoon Whether you have a birthday in June 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>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue *Last session at the Arthur-E.-Séguin Chalet*</p> <p>*Last Thursday ping pong session until September 2026*</p>	<p>5 p.m. Casino Night at Arthur-E.-Séguin Chalet! Let the good times roll! Join us for a casino themed evening of music, dancing and casino games to kick off the start of summer. Get ready to party!!! \$16 per ticket, for members only There will be finger food, prizes, and entertainment by David Longlade. 365 Saint-Louis Avenue Please call to reserve your place and ticket!</p>
<p>10 a.m. Walking group 94 Douglas-Shand Avenue *Weather permitting*</p> <p>10 a.m. Taste Buddies: Clarke Café (Kirkland) Join us for coffee, pastries and breakfast sandwiches. 16902 Trans-Canada Highway, Kirkland, QC H9H 0C5 *Please call to register</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 summer session takes place from June 9 to August 25 *Please call to join the waitlist.*</p> <p>1:30 p.m. *NEW* Basic Fraud & Scam Awareness with Eric Ouimet Join us this afternoon for a presentation on the anatomy of a scam, basic strategies, and good digital habits. 90 Du Bord-du-Lac–Lakeshore Road *Please call to register*</p> <p>Please note that knitting group is cancelled today</p>	<p>10 a.m. Saint-Jean and Poutine Party (\$2 / Please bring exact change) Join us for a morning of trivia and poutine. Please note that the poutine will be ready around 11 a.m. 365 Saint-Louis Avenue *Please call to register*</p> <p>1:30 p.m. Latte Laughs with our Senior Day Centre Staff Join us for an interactive discussion and games in French! We welcome participants of all levels as we explore fun topics and connect with each other. 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>*NEW LOCATION*</p> <p>10 a.m. Longevity stick exercise at Edgewater Park 288 Du Bord-du-Lac–Lakeshore Road *Weather permitting*</p>	<p>*NEW LOCATION*</p> <p>9:30 a.m. Outdoor Pickleball Valois Park 85 Belmont Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p>
<p>10 a.m. Walking group 94 Douglas-Shand Avenue *Weather permitting*</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 summer session takes place from June 9 to August 25 *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>NO ACTIVITIES Saint-Jean-Baptiste Day</p>	<p>NO ACTIVITIES</p>	<p>*NEW LOCATION*</p> <p>9:30 a.m. Outdoor Pickleball Valois Park 85 Belmont Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p>

Stewart Hall Cultural Centre Concerts

Stewart Hall Cultural Centre is hosting a wide variety of outdoor concerts in the summer and the best part is, admission is free! Bring your own chair or rent one on-site for just \$2.

The concert locations are:

- 1) Stewart Hall Park (176 Du Bord-du-Lac–Lakeshore Road) or
- 2) Edgewater Park, located just east of the corner of Cartier Avenue and Bord-du-Lac–Lakeshore Road

For more information on exact dates, times, and locations, please contact the Stewart Hall Cultural Centre, **514-630-1220** or visit the City's website.

Sip into Summer

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