

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

August 2026

Pointe-Claire Senior Centre – 514-630-1214



***** Registration for August activities will begin during the week of July 27. *****
Any registrations made before this date will not be accepted.

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 a.m. Walking group <i>*Weather permitting*</i> <u>94 Douglas-Shand Avenue</u>	4 Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 2 to August 25 <i>*Please call to join the waitlist*</i> 1 p.m. Knitting group <u>90 Du Bord-du-Lac–Lakeshore Road</u>	5 10 a.m. Walking group <i>*Weather permitting*</i> <u>94 Douglas-Shand Avenue</u> 1 p.m. Taste Buddies: Scarolies Pasta Emporium Join us for a delicious lunch! <u>950 Saint-Jean Boulevard</u> <u>Pointe-Claire, QC. H9R 5M7</u> <i>*Please call to register*</i>	6 10 a.m. Longevity stick exercise Edgewater Park <u>Du Bord-du-Lac–Lakeshore Road</u> <i>*Weather permitting*</i> 10 a.m. *New* Cooking Class with Nevine Come discuss the health benefits of nutrition and learn how to make a simple recipe: Mediterranean salad <u>90 Du Bord-du-Lac–Lakeshore Road</u> <i>*Please call to register*</i> <u>Spots are limited!</u>	7 9:30 a.m. Outdoor Pickleball Valois Park <u>85 Belmont Avenue</u> <i>*Weather permitting*</i> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>
10 10 a.m. Walking group <i>*Weather permitting*</i> <u>94 Douglas-Shand Avenue</u> 12:45 p.m. *New* Manicure and Pedicure Day 1 Join us for a relaxing afternoon of manicures and pedicures at Gordon Robertson Beauty Academy! Manicure (regular polish, French polish, or no polish): \$12. Pedicure (regular polish, French polish, or no polish): \$25.Shellac add-on (hands or feet): +\$10 <u>240 Drive Beaurepaire, Beaconsfield, QC H9W 5G6</u> Spots are limited, and participants may register for only one of the available dates. Please call to register and let us know if you need a lift.	11 Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 2 to August 25 <i>*Please call to join the waitlist.*</i> 1 p.m. Knitting group, board games and mandala art <u>90 Du Bord-du-Lac–Lakeshore Road</u> 1 p.m. *NEW* Senior Centre Online Registration Training Join us to learn about the City of Pointe-Claire’s new online platform (MULTI). This platform will allow you to register online for City programs and services, including those at the Seniors’ Centre. Please bring your laptop, tablet, or smartphone. This session is for informational purposes only. <u>94 Douglas-Shand Avenue</u> <i>*Please call to register*</i>	12 10 a.m. Walking group <i>*Weather permitting*</i> <u>94 Douglas-Shand Avenue</u> 1:30 p.m. Stewart Hall Exhibition at Stewart Hall Cultural Centre Join us for an exhibition tour and craft activity! <u>176 Du Bord-du-Lac–Lakeshore Road</u> <i>*Please call to register*</i> 1 p.m. *NEW* Mini Golf in Dorval <i>*Weather permitting*</i> Join us for an afternoon of mini golf in Dorval, followed by ice cream on-site. \$13,75 plus tax to play mini golf, you pay on site once you arrive. <u>2000 Reverchon Avenue, Dorval, QC H9P 2S7</u> <i>*Please call to register*</i>	13 10 a.m. Longevity stick exercise Edgewater Park <u>Du Bord-du-Lac–Lakeshore Road</u> <i>*Weather permitting*</i>	14 9:30 a.m. Outdoor Pickleball Valois Park <u>85 Belmont Avenue</u> <i>*Weather permitting*</i> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>
17 10 a.m. Walking group <i>*Weather permitting*</i> <u>94 Douglas-Shand Avenue</u> 12:45 p.m. *New* Manicure and Pedicure Day 2 Join us for a relaxing afternoon of manicures and pedicures at Gordon Robertson Beauty Academy! Manicure (regular polish, French polish, or no polish): \$12. Pedicure (regular polish, French polish, or no polish): \$25.Shellac add-on (hands or feet): +\$10 <u>240 Drive Beaurepaire, Beaconsfield, QC H9W 5G6</u> Spots are limited, and participants may register for only one of the available dates. Please call to register and let us know if you need a lift.	18 Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 2 to August 25 <i>*Please call to join the waitlist*</i> 1 p.m. Knitting group <u>90 Du Bord-du-Lac–Lakeshore Road</u>	19 10 a.m. Birthday morning Whether you have a birthday in August or just love the festivities, please join us for a morning filled with birthday themed activities. <u>90 Du Bord-du-Lac–Lakeshore Road</u> <i>*Please call to register*</i> 1:30 p.m. Bingo (\$2 / Please bring exact change) <u>90 Du Bord-du-Lac–Lakeshore Road</u> <i>*Please call to register*</i>	20  Strawberry Social – Day 1 – An Afternoon Tea 1 p.m. Come join us for some light refreshments and a delicious strawberry dessert. <u>Baie-de-Valois Nautical Centre (90 Du Bord-du-Lac–Lakeshore Road)</u> <i>*Please call to reserve your ticket for one of the days mentioned above* \$10 per ticket.</i> Please note that we had to move our event, usually held at Stewart Hall Cultural Centre, due to ongoing renovations. We appreciate your understanding. <u>Spots are limited!</u>	21  Strawberry Social – Day 2 – An Afternoon Tea 1 p.m. Come join us for some light refreshments and a delicious strawberry dessert. <u>Baie-de-Valois Nautical Centre (90 Du Bord-du-Lac–Lakeshore Road)</u> <i>*Please call to reserve your ticket for one of the days mentioned above* \$10 per ticket.</i> Please note that we had to move our event, usually held at Stewart Hall Cultural Centre, due to ongoing renovations. We appreciate your understanding. <u>Spots are limited!</u>
24 10 a.m. Walking group <i>*Weather permitting*</i> <u>94 Douglas-Shand Avenue</u>	25 Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 2 to August 25 <i>*Please call to join the waitlist*</i> 1 p.m. Knitting group, board games and mandala art <u>90 Du Bord-du-Lac–Lakeshore Road</u>	26 10 a.m. Walking group <i>*Weather permitting*</i> <u>94 Douglas-Shand Avenue</u> 1:30 p.m. Latte Laughs with our Senior Day Centre Staff at the Arthur-E.-Séguin Chalet 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. <u>365 Saint-Louis Avenue</u>	27 10 a.m. Longevity stick exercise Edgewater Park <u>Du Bord-du-Lac–Lakeshore Road</u> <i>*Weather permitting*</i> 1:30 p.m. *NEW* West Island Citizen Advocacy Join us in a presentation led by WICA and learn about this wonderful organization that helps seniors. <u>94 Douglas-Shand Avenue</u> <i>*Please call to register*</i>	28 9:30 a.m. Outdoor Pickleball Valois Park <u>85 Belmont Avenue</u> <i>*Weather permitting*</i> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>

🌸 Stewart Hall Cultural Centre Concerts 🌸

The 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)
- 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 at 514-630-1220 or visit the City’s website.

Last Drops of Summer ☀️

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