

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

November 2025

Pointe-Claire Senior Centre – 514-630-1214, ext. 1644



PLEASE TAKE NOTE OF NEW CHANGES AND LOCATIONS – Call if more information is needed

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 a.m. Shuffleboard 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue	4 Session 1: 9 a.m. – 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 The <u>winter session</u> takes place from November 4 to February 24. *Please call to register for 1 of the 2 sessions for Winter* Spots are limited! 1 p.m. Knitting group 90 Du Bord-du-Lac – Lakeshore Road	5 10 a.m. Dance Fitness Join us for a fun Dance Fitness class led by dance instructor Sara from Stage Coach Westmount! Groove to the latest hits with a fun combination of jazz steps and cardio moves. This class will make you sweat and have fun in a safe, energetic environment. 365 Saint-Louis Avenue *Please call to register* 1:30 p.m. Arts and crafts with Stewart Hall at Arthur Seguin Join us for a craft activity. 365 Saint-Louis Avenue *Please call to register*	6 10 a.m. Longevity stick exercise 365 Saint-Louis Avenue	7 9:30 a.m. Pickleball 365 Saint-Louis Avenue 1 p.m. Bridge 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue
10 10 a.m. Shuffleboard 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue	11 1 p.m. Bingo Afternoon with the Pointe-Claire Masters Swim Team Program 90 Du Bord-du-Lac – Lakeshore Road Seniors are encouraged, on a voluntary basis, to bring a non-perishable item. Non-Perishable items will be donated to a charitable organization selected by the Pointe-Claire Masters Swim Team Program.  *Please call to register*	12 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. 365 Saint-Louis Avenue *Please call to register* *Please pay attention to the location* 1:30 p.m. Baby Shower Themed Morning! Join us for an afternoon of fun filled games as we celebrate the mom to be, Samara! Please wear pink if you think it will be a girl, or blue if you think it's a boy! Please no gifts, your presence is enough! 365 Saint-Louis Avenue *Please call to register*	13 10 a.m. Longevity stick exercise 365 Saint-Louis Avenue 1:30 p.m. Games and Trivia with Place Cartier Adult Education Centre Come join us for a fun-filled morning with Place Cartier adult students from across the globe! Your support means a lot as they work on improving their English skills. This is a new group of students! 94 Douglas-Shand Avenue *Please call to register *	14 9:30 a.m. Pickleball 365 Saint-Louis Avenue 1 p.m. Bridge 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue
17 10 a.m. Shuffleboard 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue	18 Session 1: 9 a.m. – 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 The <u>winter session</u> takes place from November 4 to February 24. *Please call to register for 1 of the 2 sessions for Winter* Spots are limited! 1 p.m. Knitting Group, board games and mandala art 90 Du Bord-du-Lac – Lakeshore Road	19 10 a.m. Summer Adventures 2025 Let's dive into our summer adventures with the Senior daycentre staff and share stories and pictures about our most unforgettable travels this summer or throughout the year. 90 Du Bord-du-Lac – Lakeshore Road *Please call to register* 1:30 p.m. Magic Show with Montreal Clown Come enjoy a magical afternoon of fun with the Montreal Clown! 90 Du Bord-du-Lac – Lakeshore Road *Please call to register*	20 10 a.m. Longevity stick exercise 365 Saint-Louis Avenue 1 p.m. Taste Buddies: Grill Sélect Join us for a delicious lunch. 2756 Bd Saint-Charles, Kirkland, QC H9H 3B6 *Please call to register*	21 9:30 a.m. Pickleball 365 Saint-Louis Avenue 10 a.m. *NEW* Holiday Jeopardy at the Library Join us for a fun morning of jeopardy led by students between 12-17 years old. 100 Av. Douglas-Shand, Pointe-Claire, QC H9R 4V1 *Please call to register* 1 p.m. Bridge 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue
24 10 a.m. Shuffleboard 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue	25 Session 1: 9 a.m. – 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 The <u>winter session</u> takes place from November 4 to February 24. *Please call to register for 1 of the 2 sessions for Winter* Spots are limited! 1 p.m. Knitting Group, board games and mandala art 90 Du Bord-du-Lac – Lakeshore Road	26 9:45 a.m. Enchanted Christmas Party Join us on on a trip to the Constantin Sugar Shack for a Holiday party and lunch! Price: \$50 for members, 55\$ for non-members. Includes lunch, tax, tip and transportation. Please call to reserve a spot. Meet at the Aquatic Centre 60 Maywood Avenue 1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) 365 Saint-Louis Avenue	27 10 a.m. Longevity stick exercise 365 Saint-Louis Avenue 1:30 p.m. Latte Laughs with our Senior Daycentre 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. 94 Douglas-Shand Avenue *Please call to register*	28 9:30 a.m. Pickleball 365 Saint-Louis Avenue 1 p.m. Bridge 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue

Cancellation Policy

Please make sure to **advise us** in advance when you can no longer attend an activity or event. This only applies to activities that require registration. By doing so, we will be able to call those who are on the waitlist.

No Waste November

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