

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

October 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
29 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	30 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u> 1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	October 1 10 a.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. <u>90 Du Bord-du-Lac – Lakeshore</u> 1:30 p.m. National Seniors Day Concert Experience a nostalgic musical performance with Pierre Labelle (Piano) and Theresa Skladanowski (Violin). <u>90 Du Bord-du-Lac – Lakeshore Road</u> <i>*Please call to register*</i>	2 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u> 1:30 p.m. *New *Type of sleeper (chronotypes) and sleep myths. In the first workshop led by the CLSC, you will find out how the internal body clock is organized differently from one person to another, which some experts call chronotype. <i>*Please call to register*</i> <u>94 Douglas-Shand Avenue</u> Please note that this activity is a continuum, so we recommend registering for all 3 sessions.	3 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>
6 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	7 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u> 1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	8 10 a.m. Dance Fitness Join us for a fun Dance Fitness class led by dance instructor Sara from stagecoach 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. <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i> 1:30 p.m. Friendsgiving Potluck We invite you to bring a dish of your choice for a potluck lunch. Come with an empty stomach and a heart full of gratitude to share a meal with friends <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i>	9 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u> 1:30 p.m. *New *Sleep and its importance for health In the second workshop led by the CLSC, you will discover how the different sleep cycles help your body physically and mentally to recuperate. <i>*Please call to register*</i> <u>94 Douglas-Shand Avenue</u> Please note that this activity is a continuum, so we recommend registering for all 3 sessions.	10 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>
13 NO ACTIVITIES THANKSGIVING 	14 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u> 1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	15 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. <u>90 Du Bord-du-Lac – Lakeshore Road</u> <i>*Please call to register*</i> <u><i>*Please pay attention to the location*</i></u> 1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) <u>365 Saint-Louis Avenue</u> 1:30 p.m. Birthday afternoon Whether you have a birthday in October or just love the festivities, please join us for an afternoon filled with birthday themed activities. <u>90 Du Bord-du-Lac – Lakeshore Road</u> <i>*Please call to register*</i>	16 10 a.m. Longevity stick exercise <u>365 Saint-Louis</u> 1:30 p.m. *New *Various aspects of quality sleep In the last workshop led by the CLSC, you will gain a better understanding of the importance of quality sleep. You will also discover the effects of sleep loss on your physical and mental health. <i>*Please call to register*</i> <u>94 Douglas-Shand Avenue</u> Please note that this activity is a continuum, so we recommend registering for all 3 sessions.	17 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>
20 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	21 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u> 1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	22 10 a.m. Halloween Bingo (\$2 / Please bring exact change) Put on your best costume and join us for a fun filled morning of bingo! There will be a raffle for the best dressed. <u>90 Du Bord-du-Lac – Lakeshore Road</u> <i>*Please call to register*</i> 1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) <u>365 Saint-Louis Avenue</u> 1:30 p.m. *New* Magic Show with Montreal Clown Come enjoy a magical afternoon of fun with the Montreal Clown! <u>90 Du Bord-du-Lac – Lakeshore Road</u> <i>*Please call to register*</i>	23 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u> 1 p.m. Taste Buddies: Guaca & Molé Join us for a delicious lunch. <u>11598 Bd de Salaberry,</u> <u>Dollard-des-Ormeaux, QC H9B 2R8</u> <i>*Please call to register*</i>	24 12 p.m. Bean Lunch and National Seniors Day! Free admission, complimentary lunch, prizes to be won, and great music. Space is limited. Please call to reserve a ticket! <u>365 Saint-Louis Avenue</u>
27 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	28 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u> 1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	29 10 a.m. *New*Cooking with the Senior Daycentre Staff Join us for a fun morning with Cariño as we learn how to make delicious guacamole! Enjoy chips and guac at the end of the session. <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i> 1:30 p.m. Arts and crafts with Stewart Hall at Arthur Seguin Join us for a craft activity. <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i>	30 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u>	31 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u> 1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u> 

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.

Boo to waste

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