


# March 2026

Pointe-Claire Senior Centre – 514-630-1214

**\*\*\*Please note that you can only register for activities during the week of February 23 for March activities.**

**Any registrations made before this date will not be accepted. \*\*\***

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p>2</p> <p>10 a.m. Shuffleboard<br/><b>20 Ovide Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>20 Ovide Avenue</b></p> <p><i>Please pay attention to the change of location*</i></p> | <p>3</p> <p>Session 1: 9 a.m. – 10:30 a.m. Longevity stick exercise<br/>Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p> <p>The <u>spring session</u> takes place from March 3 – May 26<br/><i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting group<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p>  | <p>4</p> <p>10 a.m. <b>Latte Laughs with our Senior Day Centre staff</b><br/>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. <b>90 Du Bord-du-Lac-Lakeshore Road</b></p> <p>1:30 p.m. <b>Saint Patrick's Day Pot of Gold Potluck lunch</b><br/>We are so lucky to have you all! Please join us dressed in your favourite shade of green for a potluck lunch. <b>Bring a dish of your choice!</b> <b>90 Du Bord-du-Lac-Lakeshore Road</b> <i>*Please call to register*</i></p> | <p>5</p> <p>10 a.m. Longevity stick exercise<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p> <p><i>Please pay attention to the change of location*</i></p>  | <p>6</p> <p>9:30 a.m. Pickleball<br/><b>20 Ovide Avenue</b><br/><i>Please pay attention to the change of location*</i></p> <p>1 p.m. Bridge<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>20 Ovide Avenue</b><br/><i>Please pay attention to the change of location*</i></p> |
| <p>9</p> <p>10 a.m. Shuffleboard<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>365 Saint-Louis Avenue</b></p>   | <p>10</p> <p>Session 1: 9 a.m. – 10:30 a.m. Longevity stick exercise<br/>Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p> <p>The <u>spring session</u> takes place from March 3 – May 26<br/><i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting group<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p>   | <p>11</p> <p>10 a.m. <b>Chair yoga with Deepika (\$5 / Please bring exact change)</b><br/>Join us in this fun and accessible class that will guide you through soothing stretches and mindful breathing.<br/><b>365 Saint-Louis Avenue</b> <i>*Please call to register*</i></p> <p>1:30 p.m. <b>*New* Maple Memories: A Sweet Sugar Shack Adventure at the Day Centre</b><br/>Join us for an afternoon of maple themed activities led by the senior Day Centre staff.<br/><b>365 Saint-Louis Avenue</b> <i>*Please call to register*</i></p>  | <p>12</p> <p>10 a.m. Longevity stick exercise<br/><b>365 Saint-Louis Avenue</b></p> <p>1:30 p.m. <b>*NEW* How to Sleep Well at Cedar Park Heights Chalet</b><br/>Join us for a 90-minute presentation hosted by the Somnolence Canada Foundation, focusing on the importance of sleep and its benefits. The session will cover the following topics: Four factors that contribute to good sleep: Sleep Architecture, Chronotype, Sleep Hygiene and Sleep Routines<br/><b>22 Robinsdale Avenue</b><br/><i>*Please call to register*</i><br/><i>*Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</i></p> | <p>13</p> <p>9:30 a.m. Pickleball<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Bridge<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>365 Saint-Louis Avenue</b></p>  |
| <p>16</p> <p>10 a.m. Shuffleboard<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>365 Saint-Louis Avenue</b></p>  | <p>17</p> <p>Session 1: 9 a.m. – 10:30 a.m. Longevity stick exercise<br/>Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p> <p>The <u>spring session</u> takes place from March 3 – May 26<br/><i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting Group, board games and mandala art<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p>  | <p>18</p> <p>10 a.m. <b>Trivia with Place Cartier Adult Education Centre</b><br/>Come join us for a fun-filled morning of trivia games with Place Cartier adult students from across the globe! Your support means a lot as they work on improving their English skills.<br/><b>365 Saint-Louis Avenue</b> <i>*Please call to register*</i></p> <p>1:30 p.m. <b>Stewart Hall Exhibition at Arthur Seguin chalet</b><br/>Join us for a craft activity!<br/><b>365 Saint-Louis Avenue</b> <i>*Please call to register*</i></p>  | <p>19</p> <p>10 a.m. Longevity stick exercise<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. <b>Taste Buddies: Ye Olde Orchard</b><br/>Join us for a delicious lunch.<br/><b>322 Du Bord-du-Lac-Lakeshore Road, Pointe-Claire, QC H9S 4L7</b><br/><i>*Please call to register*</i></p>   | <p>20</p> <p>9:30 a.m. Pickleball<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Bridge<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>365 Saint-Louis Avenue</b></p>  |
| <p>23</p> <p>10 a.m. Shuffleboard<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>365 Saint-Louis Avenue</b></p>  | <p>24</p> <p>Session 1: 9 a.m. – 10:30 a.m. Longevity stick exercise<br/>Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p> <p>The <u>spring session</u> takes place from March 3 – May 26<br/><i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting Group, board games and mandala art<br/><b>90 Du Bord-du-Lac-Lakeshore Road</b></p>  | <p>25</p> <p>10 a.m. <b>Bingo (\$2 / Please bring exact change)</b><br/><b>90 Du Bord-du-Lac-Lakeshore Road</b><br/><i>*Please call to register*</i></p> <p>1:30 p.m. <b>Birthday afternoon</b><br/>Whether you have a birthday in March or just love the festivities, please join us for an afternoon filled with birthday themed activities. <b>90 Du Bord-du-Lac-Lakeshore Road</b><br/><i>*Please call to register*</i></p>   | <p>26</p> <p>10 a.m. Longevity stick exercise<br/><b>365 Saint-Louis Avenue</b></p>   | <p>27</p> <p>9:30 a.m. Pickleball<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Bridge<br/><b>365 Saint-Louis Avenue</b></p> <p>1 p.m. Carpet bowling<br/><b>365 Saint-Louis Avenue</b></p>  |

## \*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.

## Clover Cup Raffle

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