

*****Please note that you can only register for activities during the week of March 23 for April activities. Any registrations made before this date will not be accepted.*****

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 30</p> <p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>March 31</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 spring session takes place from March 3 to May 26 <i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac–Lakeshore Road</p>	<p>1</p> <p>10 a.m. Easter Egg Pizza Party! (\$6/Please bring exact change) Join us for a delicious Easter activity where you will make your own Easter Egg-themed pizzas with the help of the day centre staff! Pizza dough, sauce, and toppings (cheese and pepperoni) are provided. 365 Saint-Louis Avenue *Please call to register*</p> <p>1:30 p.m. Crash Course: CPR It is never too late to learn a new skill, especially one that can help save a life! We invite you to take a 1-hour introductory lesson in CPR tailored more around the specific needs of seniors with Patricia from the Pointe-Claire Aquatic Centre. Please note that this course is not equivalent to a CPR certification. 365 Saint-Louis Avenue *Please call to register*</p>	<p>2</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p>	<p>3</p> <p>GOOD FRIDAY NO ACTIVITIES</p>
<p>6</p> <p>EASTER MONDAY NO ACTIVITIES</p>	<p>7</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 spring session takes place from March 3 to May 26 <i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac–Lakeshore Road</p>	<p>8</p> <p>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*</p> <p>1:00 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>1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) 365 Saint-Louis Avenue</p>	<p>9</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p>	<p>10</p> <p>9:30 a.m. Pickleball 365 Saint-Louis Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>
<p>13</p> <p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>14</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 spring session takes place from March 3 to May 26 <i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac–Lakeshore Road</p>	<p>15</p> <p>10 a.m. Dance Fitness with Sara 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. 365 Saint-Louis Avenue *Please call to register*</p> <p>1:30 p.m. *New* Beyond Calories: Understanding How Food Shapes Your Health Join us in a seminar led by Michael. The seminar will explain what calories truly are, how they work in the body, and why macro and micronutrients matter for long-term health. He will explain the myths and focus on clear, practical nutrition essentials that actually help us make better choices. 365 Saint-Louis Avenue *Please call to register*</p>	<p>16</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p> <p>*12:30 p.m.* Taste Buddies: Sushi Taketa 3908 Saint-Charles Boulevard, Pierrefonds - Roxboro, QC H9H 3C6 Join us for a delicious lunch! *Please call to register* <i>*Pay attention to the new time, suggested by the restaurant in order to have a good experience.*</i></p>	<p>17</p> <p>9:30 a.m. Pickleball 365 Saint-Louis Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>
<p>20</p> <p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>21</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 spring session takes place from March 3 to May 26 <i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac–Lakeshore Road</p>	<p>22</p> <p>11 a.m. Intergenerational Activity with Community Recreation Leadership Training Students Please come and support the wonderful students from Dawson College as they teach us about making a difference through kindness, nature, and sustainable practices. 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</p> <p>1:30 p.m. Stewart Hall Exhibition at Arthur Seguin Join us for a craft activity! 365 Saint-Louis Avenue *Please call to register *</p>	<p>23</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p>	<p>24</p> <p>9:30 a.m. Pickleball 365 Saint-Louis Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>
<p>27</p> <p>10 a.m. Shuffleboard 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>	<p>28</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 spring session takes place from March 3 to May 26 <i>*Please call to join the waitlist.*</i></p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac–Lakeshore Road</p>	<p>29</p> <p>10 a.m. Bingo (\$2 / Please bring exact change) 90 Du Bord-du-Lac–Lakeshore Road <i>*Please call to register*</i></p> <p>1:30 p.m. Birthday afternoon Whether you have a birthday in April or just love the festivities, please join us for an afternoon filled with birthday themed activities. 90 Du Bord-du-Lac–Lakeshore Road <i>*Please call to register*</i></p>	<p>30</p> <p>10 a.m. Longevity stick exercise 365 Saint-Louis Avenue</p> <p>1:30 p.m. *New* De-mystifying the Violin with Theresa Skladanowski at Cedar Park Heights Chalet Enjoy a relaxing introduction to what makes the violin such an exceptional musical instrument. It is the voice in every musical ensemble. Experience holding a violin and bow, learning some basics, some theory, and discovering how the 4 strings G D A E produce so many styles of music. 22 Robinsdale Avenue *Please call to register* <i>*Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</i></p>	<p>May 1</p> <p>9:30 a.m. Pickleball 365 Saint-Louis Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p> <p>1 p.m. Carpet bowling 365 Saint-Louis Avenue</p>

Spring Bingo is back again in May at 90 Du Bord-du-Lac–Lakeshore Road!
Prizes to be won! Please call to reserve your ticket on one of the following days:
Wednesday May 13, Thursday May 14, or Friday May 15, 11 a.m. – 3 p.m.
The price is \$22 per ticket, which includes 1 Centre des aînés de Pointe-Claire – 514-630-1214

Avril 2026

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