

October 2026

Pointe-Claire Senior Centre – 514-630-1214



***** Registration for October activities will begin during the week of September 28. *****
Any registrations made before this date will not be accepted.

Monday	Tuesday	Wednesday	Thursday	Friday
5 No activities at Arthur-E.-Séguin Chalet due to the elections! 10 a.m. Taste Buddies: Pigeon café Join us for a delicious breakfast! Please note that there is a set menu, with the following options to choose from: 1) Two-Egg Plate: \$17.95 2) Buttermilk Pancakes: \$16.95 3) Breakfast Sandwich (egg, lettuce, tomato, cheddar, and spicy mayo, with your choice of beef salami, bacon, or avocado) with a side of breakfast potatoes: \$16.95 4) Grilled Cheese with Tomato Soup & Fries: \$19.95 **Full coffee and drink menu available** <i>*Please call to register*</i> 6321 Trans-Canada Highway, Suite 148	6 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 The fall session takes place from September 1 to October 27 <i>*Please call to join the waitlist*</i> 1 p.m. Knitting group 90 Du Bord-du-Lac–Lakeshore Road	7 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 <i>*Please call to register*</i> 1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) 365 Saint-Louis Avenue 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 365 Saint-Louis Avenue <i>*Please call to register*</i>	8 10 a.m. Longevity stick exercise 365 Saint-Louis Avenue 1:30 p.m. Latte Laughs with our Senior Centre staff at Cedar Park Heights Chalet 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. 22 Robinsdale Avenue <i>*Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</i>	9 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
12 NO ACTIVITIES THANKSGIVING 	13 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 The fall session takes place from September 1 to October 27 <i>*Please call to join the waitlist*</i> 1 p.m. Knitting group, board games and mandala art 90 Du Bord-du-Lac–Lakeshore Road	14 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 <i>*Please call to register*</i> 1:30 p.m. Stewart Hall Exhibition at Stewart Hall Cultural Centre Join us for an exhibition tour and craft activity! 176 Du Bord-du-Lac–Lakeshore Road <i>*Please call to register*</i>	15 10 a.m. Longevity stick exercise 365 Saint-Louis Avenue	16 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
19 10 a.m. Shuffleboard 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue	20 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 The fall session takes place from September 1 to October 27 <i>*Please call to join the waitlist*</i> 1 p.m. Knitting group 90 Du Bord-du-Lac–Lakeshore Road	21 10 a.m.*NEW* West Island Community Resource Centre Presentation Join us in a presentation led by the CRC, and learn about the different community resources for seniors. 365 Saint-Louis Avenue <i>*Please call to register*</i> 1:30 p.m. *NEW* Vision as We Age Presentation Join us for an informative talk from a vision rehabilitation specialist, about common age-related eye conditions, including macular degeneration, glaucoma, and cataracts. Learn how these conditions can affect your vision and daily activities, and discover simple strategies to help you adapt, stay independent, and continue doing the things you enjoy. 365 Saint-Louis Avenue <i>*Please call to register*</i>	22 10 a.m. Longevity stick exercise 365 Saint-Louis 1:30 p.m.*NEW* Mental Health and Sleep at Cedar Park Heights Chalet Join us for a 90-minute presentation hosted by the Somnolence Canada Foundation, focusing on the relationship between sleep and mental health conditions. 22 Robinsdale Avenue <i>*Please call to register*</i> <i>*Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</i>	23 12 p.m. Bean Lunch and National Seniors Day! Free admission, complimentary lunch, prizes to be won, and great music. Space is limited <i>Please call to reserve a ticket!</i> 365 Saint-Louis Avenue
26 10 a.m. Shuffleboard 365 Saint-Louis Avenue 1 p.m. Carpet bowling 365 Saint-Louis Avenue	27 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 The fall session takes place from September 1 to October 27 <i>*Please call to join the waitlist*</i> 1 p.m. Knitting group, board games and mandala art 90 Du Bord-du-Lac–Lakeshore Road	28 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. 90 Du Bord-du-Lac–Lakeshore Road <i>*Please call to register*</i> 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. 90 Du Bord-du-Lac–Lakeshore Road <i>*Please call to register*</i>	29 10 a.m. Longevity stick exercise 365 Saint-Louis Avenue	30 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.

Boo to waste

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