November 2026

Pointe-Claire Senior Centre – 514-630-1214

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

*** Registration for November activities will begin during the week of October 26. *****
Any registrations made before this date will not be accepted.

Monday	Tuesday	Wednesday	Thursday	Friday
2 **10 a.m.** Shuffleboard **365 Saint-Louis Avenue** **1 p.m.** Carpet Bowling **365 Saint-Louis Avenue**	**3** **Winter Session 1: 9 – 10:30 a.m. Longevity stick exercise** **Winter Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise** **90 Du Bord-du-Lac–Lakeshore Road** **Winter session: November 3 to February 23** ***Please call to register for one of the two winter session*** ***Limited spots available!*** **1 p.m.** Knitting Group **90 Du Bord-du-Lac–Lakeshore Road**	**4** **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*** **1:15 p.m. Line Fancing with Margaret** ($3 for members, $4.50 for non-members) **365 Saint-Louis Avenue** **1:30 p.m. Cooking Class with our Senior Centre Staff at the Arthur-E.-Séguin Chalet ($2/Please bring exact change)** Join Erika and Carino for a cozy and hands-on soup & sourdough class! Learn how to create a delicious, comforting soup from scratch while mastering the basics of homemade sourdough bread. **365 Saint-Louis Avenue** ***Please call to register***	**5** **10 a.m.** Longevity Stick Exercise **365 Saint-Louis Avenue** **Holiday Luncheon is on Friday, December 11 at 12 p.m.** **365 Saint-Louis Avenue** Join us for a special holiday meal, raffle prizes and music at our last party before the holidays! **Ticket: $23** ***Please call to register the week of October 26***	**6** **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**
9 **10 a.m.** Shuffleboard **365 Saint-Louis Avenue** **1 p.m.** Carpet Bowling **365 Saint-Louis Avenue**	**10** **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*** **All other activities are cancelled today.**	**11** **10 a.m. Literacy Unlimited Workshop: *Active for Life* at Cedar Park Heights Chalet** **22 Robinsdale Avenue** Learn exercises for healthy aging to improve your quality of life. Wear comfortable clothing. ***Please call to register*** *Please note that this activity is held on the second floor. It requires walking up a flight of stairs. **1:30 p.m. Latte Laughs with our Senior Centre Staff at Cedar Park Heights Chalet** **22 Robinsdale Avenue** 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. *Please note that this activity is held on the second floor. It requires walking up a flight of stairs.	**12** **10 a.m.** Longevity Stick Exercise **365 Saint-Louis Avenue** **1 p.m. Chair Yoga with Deepika ($5 / Please bring exact change)** at **Cedar Park Heights Chalet** **22 Robinsdale Avenue** Join us in this fun and accessible class that will guide you through soothing stretches and mindful breathing. ***Please call to register*** *Please note that this activity is held on the second floor. It requires walking up a flight of stairs.	**13** **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**
16 **10 a.m.** Shuffleboard **365 Saint-Louis Avenue** **1 p.m.** Carpet Bowling **365 Saint-Louis Avenue**	**17** **Winter Session 1: 9 – 10:30 a.m. Longevity stick exercise** **Winter Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise** **90 Du Bord-du-Lac–Lakeshore Road** **Winter session: November 3 to February 23** ***Please call to register for one of the two winter session*** ***Limited spots available!*** **1 p.m.** Knitting group, board games and mandala art **90 Du Bord-du-Lac–Lakeshore Road**	**18** **10 a.m. Bingo ($2 / Please bring exact change)** **90 Du Bord-du-Lac–Lakeshore Road** Join us for a fun filled morning of bingo! ***Please call to register*** **1:30 p.m. Birthday Afternoon** **90 Du Bord-du-Lac–Lakeshore Road** Whether you have a birthday in November or just love the festivities, please join us for an afternoon filled with birthday themed activities. ***Please call to register***	**19** **10 a.m.** Longevity stick exercise **365 Saint-Louis Avenue** **10 a.m.*NEW*Revenue Québec: General Fiscal Information Session at Cedar Park Heights Chalet** **22 Robinsdale Avenue** Join us for a 90-minute bilingual presentation hosted by Revenu Québec on the following topics: • Withholding taxes and instalment payments • The deduction for retirement income transferred to a spouse • Tax credits available to seniors, including the tax credit for senior assistance and the tax credit for home-support services for seniors • Contributions to the Québec Prescription Drug Insurance Plan • Socio-fiscal programs ***Please call to register*** *Please note that this activity is held on the second floor. It requires walking up a flight of stairs.	**20** **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**
23 **10 a.m.** Shuffleboard **365 Saint-Louis Avenue** **1 p.m.** Carpet bowling **365 Saint-Louis Avenue**	**24** **Winter Session 1: 9 – 10:30 a.m. Longevity Stick Exercise** **Winter Session 2: 11 a.m. – 12:30 p.m. Longevity Stick Exercise** **90 Du Bord-du-Lac–Lakeshore Road** **Winter session: November 3 to February 23** ***Please call to register for one of the two winter session*** ***Limited spots available*** **1 p.m.** Knitting group, board games and mandala art **90 Du Bord-du-Lac–Lakeshore Road**	**25** 9:45 a.m. **Enchanted Christmas Party** **60 Maywood Avenue** Join us on for a trip to the Constantin Sugar Shack for a Holiday party and lunch! **Price: $55 for members only** Includes lunch, tax, tip and transportation. **Please call to reserve a spot.** **Meet at the Pointe-Claire Aquatic Centre** **1:15 p.m. Line Dancing with Margaret** ($3 for members, $4.50 for non-members) **365 Saint-Louis Avenue** **1:30 p.m. Stewart Hall Exhibition at Stewart Hall Cultural Centre** **176 Du Bord-du-Lac–Lakeshore Road** Join us for an exhibition tour and craft activity! ***Please call to register***	**26** **10 a.m.** Longevity stick exercise **365 Saint-Louis Avenue** **1 p.m. Taste Buddies: Phomosa** **2738 Saint-Charles Boulevard, Kirkland, Quebec H9H 3B6** Join us for a delicious lunch! ***Please call to register***	**27** **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**

No Waste November

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