

Bring the Heat Raffle

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

July 2026

Pointe-Claire Senior Centre – 514-630-1214,



*** Registration for July activities will begin during the week of June 22. ***
Any registrations made before this date will not be accepted.

Monday	Tuesday	Wednesday	Thursday	Friday
June 29	June 30	1	2	3
10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i>	Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 9 to August 25 <i>*Please call to join the waitlist.*</i> 1 p.m. Knitting group <u>90 Du Bord-du-Lac–Lakeshore Road</u>	NO ACTIVITIES TODAY Canada Day	NO ACTIVITIES TODAY	9:30 a.m. Outdoor Pickleball Valois Park <i>*Weather permitting*</i> <u>85 Belmont Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>
6	7	8	9	10
10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i>	Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 9 to August 25 <i>*Please call to join the waitlist.*</i> 1 p.m. Knitting group <u>90 Du Bord-du-Lac–Lakeshore Road</u>	10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i> 1 p.m. <i>*New*</i> Cooking class with our Senior Day Centre Staff Erika Join us in learning how to make sourdough bread. <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i>	10 a.m. Longevity stick exercise at Edgewater Park <u>Du Bord-du-Lac–Lakeshore Road</u> <i>*Weather permitting*</i>	9:30 a.m. Outdoor Pickleball Valois Park <i>*Weather permitting*</i> <u>85 Belmont Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>
13	14	15	16	17
10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i>	Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 9 to August 25 <i>*Please call to join the waitlist.*</i> 1 p.m. Knitting Group, board games and mandala art <u>90 Du Bord-du-Lac–Lakeshore Road</u>	10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i> 1:30 p.m. Stewart Hall Exhibition at Stewart Hall Cultural Centre Join us for an exhibition tour and craft activity! <u>176 Du Bord-du-Lac–Lakeshore Road</u> <i>*Please call to register*</i> 1:30 p.m. Latte Laughs with our Senior Day Centre Staff at the Arthur-E.-Séguin chalet 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. <u>365 Saint-Louis Avenue</u>	10 a.m. Longevity stick exercise at Edgewater Park <u>Du Bord-du-Lac–Lakeshore Road</u> <i>*Weather permitting*</i> 1:30 p.m. <i>*New*</i> Summer Picnic Potluck at Edgewater Park <i>*Weather permitting*</i> Join us for an afternoon potluck by the water. <i>Please call to register and let us know what you’ll be bringing</i> <u>Du Bord-du-Lac–Lakeshore Road</u>	9:30 a.m. Outdoor Pickleball Valois Park <i>*Weather permitting*</i> <u>85 Belmont Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>
20	21	22	23	24
10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i> 12 p.m. Brasserie Le Manoir Pointe-Claire Join us for a delicious lunch! <u>600 Boul. Saint-Jean, Pointe-Claire, QC H9R 0G9</u> <i>*Please call to register. *</i>	Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 9 to August 25 <i>*Please call to join the waitlist.*</i> 1:30 p.m. <i>*NEW*</i> Complex Fraud & Scam Awareness with Eric Ouimet Join us this afternoon for a presentation on the Stigma Of Scams, Emotional Awareness, The Grandparents Scam and Artificial Intelligence. <u>90 Du Bord-du-Lac–Lakeshore Road</u> <i>*Please call to register*</i> Please note that knitting group is cancelled today.	10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i> 10 a.m. <i>*NEW*</i> Vignoble d’Ovila Join us for a trip to a winery! Cost: \$65, this trip is for Day Centre members only. Includes transportation, gratuities, a glass of wine, pizza, salad, and a guided tour. Please note that all participants must sign a waiver to attend. Waivers will be available during activities and at the recreation office. Failure to sign the waiver will result in being unable to attend the outing. <u>Meet at the Pointe-Claire Aquatic Centre (60 Maywood Avenue)</u> <i>*Please call to reserve a spot*</i> Space is limited.	10 a.m. Longevity stick exercise at Edgewater Park <u>Du Bord-du-Lac–Lakeshore Road</u> <i>*Weather permitting*</i> 1:30 p.m. <i>*NEW*</i> Meditation Workshop Led by the CLSC Join us in learning about meditation and its benefits. Please note that this activity is a continuum, so we recommend registering for all 2 sessions. <u>94 Douglas-Shand Avenue</u> <i>*Please call to register*</i>	9:30 a.m. Outdoor Pickleball Valois Park <i>*Weather permitting*</i> <u>85 Belmont Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>
27	28	29	30	31
10 a.m. Walking group <u>94 Douglas-Shand Avenue</u> <i>*Weather permitting*</i>	Session 1: 9 – 10:30 a.m. Longevity stick exercise Session 2: 11 a.m. – 12:30 p.m. Longevity stick exercise <u>90 Du Bord-du-Lac–Lakeshore Road</u> The summer session takes place from June 9 to August 25 <i>*Please call to join the waitlist. *</i> 1 p.m. Knitting Group, board games and mandala art <u>90 Du Bord-du-Lac–Lakeshore Road</u>	10 a.m. Bingo (\$2 / Please bring exact change) <u>90 Du Bord-du-Lac–Lakeshore Road</u> <i>*Please call to register*</i> 1:30 p.m. Birthday Afternoon Whether you have a birthday in July 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>	10 a.m. Longevity stick exercise at Edgewater Park <u>Du Bord-du-Lac–Lakeshore Road</u> <i>*Weather permitting*</i> 1:30 p.m. <i>*NEW*</i> Meditation Workshop Part 2 Led by the CLSC Join us in learning about meditation and his benefits. Please note that this activity is a continuum, so we recommend registering for all 2 sessions. <u>94 Douglas-Shand Avenue</u> <i>*Please call to register*</i>	9:30 a.m. Outdoor Pickleball Valois Park <i>*Weather permitting*</i> <u>85 Belmont Avenue</u> 1 p.m. Bridge <u>365 Saint-Louis Avenue</u>

Strawberry Social – An Afternoon Tea

Thursday, August 20 or Friday, August 21

1 p.m. Come join us for some light refreshments and a delicious strawberry dessert.

Baie de Valois, 90 Du Bord-du-Lac–Lakeshore Road

**Please call to reserve your ticket for one of the days mentioned above* \$10 per ticket.*

Please note that we had to move our event, usually held at Stewart Hall Cultural Centre, due to ongoing renovations.

*We appreciate your understanding. **