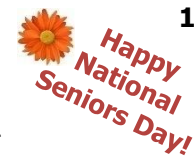




October 2021

Pointe-Claire Senior Centre, 514-630-1214, ext. 1644

*****PLEASE TAKE NOTE OF NEW CHANGES AND LOCATIONS – Call if more information is needed*****

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>WELCOME BACK!</u></p> <p><i>We are in the process of re-opening our Day Centre! We will be gradually starting up our in-person activities, while continuing to offer virtual Zoom options as well. Government guidelines will be followed, and the vaccination passport along with a mask will be required for all in-person activities. Sanitizer will be available on-site, and proper disinfecting will be done before and after each activity.</i></p>				<p>1</p> <p>10 a.m. Walking Group *Last Friday session* Walking Group will be moved to Mondays & Thursdays this month</p> 
4	5	6	7	8
<p>10 a.m. Walking Group 365 Saint-Louis Avenue</p> <p>1:30 p.m. Mindful Monday Join by Zoom teleconference</p>	<p>10 a.m. Longevity Stick Exercise 365 Saint-Louis Avenue</p> <p>1:30 p.m. Knitting Group 152 Concord Crescent</p>	<p>10 a.m. Brain Games (Zoom) *Please call to register, the activity will be held on Zoom.</p> <p>1:30 p.m. Bingo! (Zoom) *Please call to register, the activity will be held on Zoom.</p>	<p>10 a.m. Walking Group 365 Saint-Louis Avenue</p> <p>1:30 Hot topics! Join by Zoom teleconference!</p>	<p>11:15 – 12:00 Chair Exercise! Try out this virtual chair exercise activity led by the Aquatic Centre! Please call to receive the Zoom link.</p>
11	12	13	14	15
<p>THANKSGIVING NO ACTIVITIES</p>	<p>10 a.m. Longevity Stick Exercise 365 Saint-Louis Avenue</p> <p>1:30 p.m. Knitting Group 152 Concord Crescent</p> <p>REGISTRATION (online) Online registration will be opening at 9 a.m. at Ludik.Pointe-Claire.ca <i>*See registration document for more information</i></p>	<p>10 a.m. Fall Carnival! Our annual carnival is back! Join us for a morning full of <i>outdoor</i> games and challenges at the Arthur-E.-Séguin Chalet – 365 Saint-Louis Avenue. Prizes to be won. Dress for the weather!</p> <p style="text-align: center;">Limited spots, please call to reserve! <i>In the event of rain, the activities will be cancelled.</i></p> <p>1:30 p.m. Pub Quiz (Zoom) *Please call to register, the activity will be held on Zoom.</p>	<p>10 a.m. Walking Group 365 Saint-Louis Avenue</p> <p>REGISTRATION (in-person) In-person registration will be held by appointment only – please call to reserve a time slot. <i>*See registration document for more information</i></p>	<p>9:30 a.m. Pickleball <i>returning weekly!</i> *Limited spots, please call to reserve! 365 Saint-Louis Avenue</p>
18	19	20	21	22
<p>10 a.m. Walking Group 365 Saint-Louis Avenue</p> <p>10 a.m. Shuffleboard <i>returning weekly!</i> *Limited spots, please call to reserve! 365 Saint-Louis Avenue</p> <p>1:30 p.m. Mindful Monday Join by Zoom teleconference</p>	<p>*Knitting cancelled*</p> <p>10 a.m. Longevity Stick Exercise 365 Saint-Louis Avenue</p> <p>REGISTRATION (in-person) In-person registration will be held by appointment only – please call to reserve a time slot. <i>*See registration document for more information</i></p>	<p>10 a.m. Taste Buddies: Le Quartier Join us for breakfast at Le Quartier du Déjeuner. <i>Limited spots</i>, call to reserve your seat! 1858c Des Sources Boulevard, Pointe-Claire, Québec H9R 5B1</p> <p>1:30 p.m. Crafts with Stewart Hall (Zoom) *Please call to register, the activity will be held on Zoom.</p>	<p>10 a.m. Walking Group 365 Saint-Louis Avenue</p> <p>1:30 Hot Topics! Join by Zoom teleconference!</p>	<p>9:30 a.m. Pickleball *Limited spots, please call to reserve! 365 Saint-Louis Avenue</p> <p>1:30 p.m. Bingo! (Zoom) Join by Zoom teleconference!</p>
25	26	27	28	29
<p>10 a.m. Walking Group 365 Saint-Louis Avenue</p> <p>10 a.m. Shuffleboard *Limited spots, please call to reserve! 365 Saint-Louis Avenue</p> <p>1:30 p.m. Mindful Monday Join by Zoom teleconference</p>	<p>10 a.m. Longevity Stick Exercise 365 Saint-Louis Avenue</p> <p>1:30 p.m. Knitting Group 152 Concord Crescent</p>	<p>10 a.m. Día de los Muertos with Cariño  Join us for activities and a presentation on the famous holiday celebrated in Mexico known as “el día de los muertos”! *Limited spots, please call to reserve. Zoom option also available, call for your activity delivery! 365 Saint-Louis Avenue (indoors)</p> <p>1:30 p.m. Halloween Afternoon!  Join us for an afternoon filled with Halloween themed activities! Prizes to be won! *Limited spots, please call to reserve. Zoom option also available, call for your activity sheet! 365 Saint-Louis Avenue (indoors & outdoors)</p>	<p>10 a.m. Walking Group 365 Saint-Louis Avenue</p> <p>1:30 p.m. Coffee Talk Bring a photo of a favourite memory to share! Join by Zoom teleconference!</p>	<p>9:30 a.m. Pickleball *Limited spots, please call to reserve! 365 Saint-Louis Avenue</p>