

# September 2022

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

**P.I.E.D NOTICE:  
Program starts on  
September 20, 2022**

A FREE program to work on your strength and balance. Please call us for more information on how to get registered.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b></p> <p><b>LABOUR DAY</b></p> <p><b>NO ACTIVITIES</b></p>	<p><b>6</b></p> <p><b>10 a.m.</b> Longevity stick exercise <b>Edgewater Park</b> <b>Du Bord-du-Lac – Lakeshore Road</b> <i>*last time at this location*</i></p> <p><b>1 p.m.</b> Knitting group <b>Edgewater Park</b> <b>Du Bord-du-Lac – Lakeshore Road</b> <i>*last time at this location*</i></p>	<p><b>7</b></p> <p><b>*No other activities today*</b></p> <p><b>9 a.m. to 3 p.m. Registration Day!</b> Join us to register or to renew your membership this September at the Aquatic Centre. <b>60 Maywood Avenue</b></p> <p>***You can also register online at <a href="http://ludik.pointe-claire.ca">ludik.pointe-claire.ca</a>. Please look at page 2 for further instructions. It is super easy and no line up! ***</p>	<p><b>8</b></p> <p><b>10 a.m.</b> Longevity stick exercise <b>365 Saint-Louis Avenue</b> <i>*outdoors*</i></p> <p><b>1:30</b> Coffee Talk <b>Join us on Zoom!</b> <i>*last session*</i></p>	<p><b>9</b></p> <p><b>10 a.m. Dragon Boat Activity</b> Join us at the Pointe-Claire Canoe Club. <b>75 Du Bord-du-Lac – Lakeshore Road</b> Please wear water shoes or shoes that you don't mind getting wet! Please call to register. <i>Limited spots available!</i></p> <p><b>1 p.m.</b> Bridge <b>365 Saint-Louis Avenue</b></p>
<p><b>12</b></p> <p><b>10 a.m.</b> Walking Group <b>365 Saint-Louis Avenue</b></p> <p><b>10 a.m.</b> Shuffleboard <i>Welcome Back!</i> <b>365 Saint-Louis Avenue</b></p> <p><b>1 p.m.</b> Carpet bowling <i>Welcome Back!</i> <b>365 Saint-Louis Avenue</b></p>	<p><b>13</b></p> <p><b>10 a.m.</b> Longevity stick exercise <b>365 Saint-Louis Avenue</b> <i>*outdoors*</i></p> <p><b>1 p.m.</b> Knitting group <b>365 Saint-Louis Avenue</b></p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>PING PONG NOTICE</b></p> <p><b>9:30 a.m.</b> The ping-pong group resumes today. It will be scheduled on Tuesday and Thursday. <b>20 Ovide Avenue</b></p> </div>	<p><b>14</b></p> <p><b>10 a.m. Fall Carnival Kickoff!</b> Join us for our annual Carnival! <b>365 Saint-Louis Avenue</b> Our first morning back is full of outdoor games and challenges. In case of rain, the activities will be held inside the Arthur-Séguin chalet.</p> <p><b>10:30 a.m. Corn roast</b> Join us for a corn roast lunch given by the Legion (\$3.50 donation) <b>365 Saint-Louis Avenue</b></p> <p><b>1 p.m. Caring Paws Therapy Dogs</b> Join us in meeting our four-legged friend and learn about the organization. <b>365 Saint-Louis Avenue</b></p>	<p><b>15</b></p> <p><b>10 a.m.</b> Longevity stick exercise <b>365 Saint-Louis Avenue</b> <i>*outdoors*</i></p> <p><b>1:30 to 2 p.m. ABOS-VAS</b> Join us in learning about their volunteering services! <b>94 Douglas-Shand Avenue</b></p> <p><b>2 p.m.</b> Hot Topics <b>94 Douglas-Shand Avenue</b></p>	<p><b>16</b></p> <p><b>10 a.m.</b> Pickleball <b>365 St-Louis Avenue</b></p> <p><b>1 p.m.</b> Bridge <b>365 Saint-Louis Avenue</b></p> <p><b>1 p.m.</b> Carpet bowling <b>365 Saint-Louis Avenue</b></p>
<p><b>19</b></p> <p><b>10 a.m.</b> Walking Group <b>365 Saint-Louis Avenue</b></p> <p><b>10 a.m.</b> Shuffleboard <b>365 Saint-Louis Avenue</b></p> <p><b>1 p.m.</b> Carpet bowling <b>365 Saint-Louis Avenue</b></p>	<p><b>20</b></p> <p><b>9 a.m. P.I.E.D. – First session.</b> <i>Please see above for more information. You need to be registered!</i></p> <p><b>10 a.m.</b> Longevity stick exercise <b>365 Saint-Louis Avenue</b> <i>*outdoors*</i></p> <p><b>1 p.m.</b> Knitting group <b>365 Saint-Louis Avenue</b></p>	<p><b>21</b></p> <p><b>10 a.m. BINGO BRUNCH (\$2)</b> Join us for our first bingo of the fall season! <b>365 Saint-Louis Avenue</b></p> <p><b>1 p.m. Cooking Class with Local Chef Taylor Pogue</b> Come learn simple tips and tricks on how to meal prep! <b>365 Saint-Louis Avenue</b></p>	<p><b>22</b></p> <p><b>10 a.m.</b> Longevity stick exercise <b>365 Saint-Louis Avenue</b> <i>*outdoors*</i></p> <p><b>1:30 p.m.</b> Mindful Afternoons <b>94 Douglas-Shand Avenue</b></p>	<p><b>23</b></p> <p><b>10 a.m.</b> Pickleball <b>365 St-Louis Avenue</b></p> <p><b>1 p.m.</b> Bridge <b>365 Saint-Louis Avenue</b></p> <p><b>1 p.m.</b> Carpet bowling <b>365 Saint-Louis Avenue</b></p>
<p><b>26</b></p> <p><b>10 a.m.</b> Walking Group <b>365 Saint-Louis Avenue</b></p> <p><b>ELECTION DAY</b> <i>No activities at Arthur-Séguin chalet today</i></p>	<p><b>27</b></p> <p><b>10 a.m.</b> Longevity stick exercise <b>365 Saint-Louis Avenue</b> <i>*outdoors*</i></p> <p><b>1 p.m.</b> Knitting group <b>365 Saint-Louis Avenue</b></p>	<p><b>28</b></p> <p><b>9:45 a.m. Taste Buddies Outing: Méchoui BBQ</b> Join us on a trip to the Constantin Sugar Shack for a traditional Méchoui BBQ! <b>\$40 for members, \$45 for non-members.</b> Includes lunch, tax and transportation. <b>Meet at the Aquatic Centre, 60 Maywood Avenue</b></p> <p>Please call to reserve a spot before September 16. Space is limited.</p>	<p><b>29</b></p> <p><b>10 a.m.</b> Longevity stick exercise <b>365 Saint-Louis Avenue</b> <i>*outdoors*</i></p> <p><b>1:30 p.m.</b> Hot Topics <b>94 Douglas-Shand Avenue</b></p>	<p><b>30</b></p> <p><b>*No other activities today*</b></p> <p><b>1 p.m. National Seniors Day!</b> Join us for afternoon tea and desserts to celebrate National Seniors Day together. Please call to register! <b>365 Saint-Louis Avenue</b></p>



September 2022

## **REGISTRATION**

### **POINTE-CLAIRE SENIOR CENTRE**

#### **ONLINE REGISTRATION:**

Online registration are already open.

You need:

- A valid MULTI Card or Ludik number
- A credit card
- The phone number associated to your file

Visit the Registration Website [ludik.pointe-claire.ca](http://ludik.pointe-claire.ca) and follow the instructions on the screen.

If you need assistance, please call us at (514) 630-1300, ext. 1644

#### **IN-PERSON REGISTRATION:**

In-person registration will be held on Wednesday, September 7 at the Aquatic Centre.

You will need:

- A valid MULTI Card or Ludik number
- Methods of payment accepted: cash, cheque, debit, or credit

#### **THE MEMBERSHIPS ARE:**

- Residents of Pointe-Claire: \$29
- Non-residents: \$41