

NOTE: IF YOU WOULD LIKE TO JOIN THE SENIOR DAY CENTRE AND BECOME A MEMBER, PLEASE CALL AND MAKE AN APPOINTMENT FIRST.


THANK YOU!

February 2023

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



*******UNLESS OTHERWISE INDICATED, ACTIVITIES ARE HELD AT 365 SAINT-LOUIS AVENUE*******

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <p>6</p> <p>10 a.m. Shuffleboard</p> <p>1 p.m. Carpet bowling</p> | <p>7</p> <p>10 a.m. Longevity stick exercise 90 Du Bord-du-Lac – Lakeshore Road</p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac – Lakeshore Road</p> | <p>8</p> <p>10 a.m. Pub Quiz Test your knowledge on fun topics around the history of Valentine's Day!</p> <p>1 p.m. Scrapbooking with love Create Valentine's Day cards for a special loved one.</p> <p>1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members)</p> | <p>9</p> <p>10 a.m. Longevity stick exercise</p> <p>1:30 p.m. Hot Topics 94 Douglas-Shand Avenue</p> | <p>10</p> <p>9:30 a.m. Pickleball</p> <p>1 p.m. Bridge</p> <p>1 p.m. Carpet bowling</p> |
| <p>13</p> <p>10 a.m. Shuffleboard</p> <p>1 p.m. Carpet bowling</p> | <p>14</p> <p>10 a.m. Longevity stick exercise 90 Du Bord-du-Lac – Lakeshore Road</p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac – Lakeshore Road</p>  | <p>15</p> <p>10 a.m. Valentine's Day Themed Morning! Valentine's Day themed activity morning. Enjoy a fondue and have a chance to win prizes! *Please call to register*</p> <p>1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members)</p> <p>1:30 p.m. Arts and Crafts Join us for an afternoon craft at the Day Centre organized by Stewart Hall Cultural Centre. *Please call to register*</p> | <p>16</p> <p>10 a.m. Longevity stick exercise</p> | <p>17</p> <p>9:30 a.m. Pickleball</p> <p>1 p.m. Bridge</p> <p>1 p.m. Carpet bowling</p> |
| <p>20</p> <p>10 a.m. Shuffleboard</p> <p>1 p.m. Carpet bowling</p> | <p>21</p> <p>10 a.m. Longevity stick exercise 90 Du Bord-du-Lac – Lakeshore Road</p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac – Lakeshore Road</p> | <p>22</p> <p>10 a.m. Chats with Cariño Join us for a Spanish lesson with Aid for Seniors staff member Cariño. 365 Saint-Louis Avenue</p> <p>1:30 p.m. Tracking Black Canada - Beyond February Edition Interactive zoom presentation in collaboration with <i>Overture with the arts</i>, at the Nautical Centre. <i>Light snacks and refreshments will be served!</i> 90 Du Bord-du-Lac – Lakeshore Road *Please call to register*</p> <p>If you cannot attend, contact me for the zoom link.</p> | <p>23</p> <p>10 a.m. Longevity stick exercise</p> <p>1 p.m. Taste Buddies: Caribbean Tasty Treats <i>Join us to enjoy a delicious Jamaican cuisine!</i> 4410 Bd des Sources, Dollard-des-Ormeaux, H8Y 3B7 *Please call to register*</p> | <p>24</p> <p>9:30 a.m. Pickleball</p> <p>1 p.m. Bridge</p> <p>1 p.m. Carpet bowling</p> |
| <p>27</p> <p>10 a.m. Shuffleboard 20, Ovide Avenue</p> <p>1 p.m. Carpet bowling 20, Ovide Avenue</p> <p>*Please pay attention to the change of location*</p> | <p>28</p> <p>10 a.m. Longevity stick exercise 90 Du Bord-du-Lac – Lakeshore Road</p> <p>1 p.m. Knitting group 90 Du Bord-du-Lac – Lakeshore Road</p> | <p>March 1</p> <p>10 a.m. Bingo (\$2 / Please bring exact change) Join us this morning in playing Bingo. Prizes to be won! 90 Du Bord-du-Lac – Lakeshore Road Please call to register.</p> <p>1 p.m. *NEW* Board Game Café Come and try out different board games. We encourage you to bring one of your favorite games to share with the group. 90 Du Bord-du-Lac – Lakeshore Road</p> | <p>March 2</p> <p>10 a.m. Longevity stick exercise 90 Du Bord-du-Lac – Lakeshore Road</p> <p>1 p.m. Sharing Circle We welcome you to join us as we share our different experiences and we each start to create our auto-biography! 94 Douglas-Shand Avenue</p> | <p>March 3</p> <p>9:30 a.m. Pickleball 20, Ovide Avenue</p> <p>1 p.m. Bridge 1, Crewe Avenue (Kinsmen Chalet)</p> <p>1 p.m. Carpet bowling 20, Ovide Avenue</p> <p>*Please pay attention to the change of location*</p> |

Love your Earth raffle!
Let's help the environment by reducing our consumption of disposable products. Bring your reusable mug to each activity for a chance to win a prize at the end of the month.
Your name will be entered in the draw every time you bring your mug.