

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

March 2024

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

**Pointe
Claire**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>10 a.m. Shuffleboard <u>20 Ovide Avenue</u></p> <p>1 p.m. Carpet bowling <u>20 Ovide Avenue</u></p> <p><i>*Please pay attention to the change of location*</i></p>	<p>5</p> <p>10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u></p> <p>1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u></p>	<p>6</p> <p>10 a.m. Walking Group Olive-Urquhart Sports Centre <u>230 Brunswick Boulevard</u></p> <p>1:30 p.m. *New* Birthday afternoon Whether you have a birthday in March 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></p>	<p>7</p> <p>10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u></p> <p>1 p.m. Board Game Café <u>90 Du Bord-du-Lac – Lakeshore Road</u></p>	<p>8</p> <p>9:30 a.m. Pickleball <u>20 Ovide Avenue</u></p> <p>1 p.m. Bridge <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Carpet bowling <u>20 Ovide Avenue</u> <i>*Please pay attention to the change of location*</i></p>
<p>11</p> <p>10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u></p>	<p>12</p> <p>10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u></p> <p>1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u></p>	<p>13</p> <p>10 a.m. Walking Group Olive-Urquhart Sports Centre <u>230 Brunswick Boulevard</u></p> <p>1 p.m. Saint Patrick's Day Pot of Gold Potluck lunch We are so lucky to have you all! Please join us dressed in your favourite shade of green for a potluck lunch in the legion room. Bring a meal of your choice. We will also play a few games. <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i></p>	<p>14</p> <p>10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u></p> <p>1:30 p.m. Your Block: Haiku Poetry Presentation at Cedar Park Heights Chalet Join us as one of our members, Marco, reads his publication "Drifting" a series of poems created based off of the diary of a woman living in the Eastern Townships in the early 1900s. <u>22 Robinsdale Avenue</u> <i>*Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</i> <i>*Please call to register*</i></p>	<p>15</p> <p>9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Bridge <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u></p>
<p>18</p> <p>10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u></p>	<p>19</p> <p>10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u></p> <p>1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u></p>	<p>20</p> <p>10 a.m. Walking Group Olive-Urquhart Sports Centre <u>230 Brunswick Boulevard</u></p> <p>1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) <u>365 Saint-Louis Avenue</u></p> <p>1:30 p.m. Arts and crafts with Stewart Hall at Arthur-E.-Séguin Chalet Join us for an exhibition tour and craft activity. <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i></p>	<p>21</p> <p>10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Board Game Café at Cedar Park Heights Chalet <u>22 Robinsdale Avenue</u> <i>*Please note that this activity is held on the second floor. It requires walking up a flight of stairs.</i></p>	<p>22</p> <p>9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Bridge <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u></p>
<p>25</p> <p>10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u></p> <p>1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u></p>	<p>26</p> <p>10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u></p> <p>1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u></p>	<p>27</p> <p>10 a.m. Walking Group Olive-Urquhart Sports Centre <u>230 Brunswick Boulevard</u></p> <p>1:15 p.m. Line dancing with Margaret (\$3 for members, \$4.50 for non-members) <u>365 Saint-Louis Avenue</u></p> <p>1:30 p.m. Bingo (\$2 / Please bring exact change) Join us this morning in playing Bingo. Prizes to be won! <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i></p>	<p>28</p> <p>10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u></p>	<p>29</p> <p>GOOD FRIDAY NO ACTIVITIES</p> 

Cancellation Policy

Please make sure to **advise us** in advance when you can no longer attend an activity or event. This only applies to activities that require registration. By doing so, we will be able to call those who are on the waitlist.

Go Green Raffle

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