

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

**April 2024**

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
1 <b>EASTER MONDAY NO ACTIVITIES</b>	2 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u>  1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	3 10 a.m. Walking Group <u>Olive-Urquhart Sports Centre 230 Brunswick Boulevard</u>  1:15 p.m. <b>Line dancing with Margaret</b> (\$3 for members, \$4.50 for non-members) <u>365 Saint-Louis Avenue</u>  1:30 p.m. <b>Earth day Pub Quiz</b> Join us in testing your knowledge about Earth Day <u>365 Saint-Louis Avenue</u>	4 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u>  1:30 p.m. <b>Board Game Café at Cedar Park Heights Chalet</b> <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>	5 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u>  1 p.m. Bridge <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>
8 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	9 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u>  1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	10 10 a.m. Walking Group <u>Olive-Urquhart Sports Centre 230 Brunswick Boulevard</u>  1:30 p.m. <b>Bingo</b> (\$2 / Please bring exact change) <u>90 Du Bord-du-Lac – Lakeshore Road</u> <i>*Please call to register*</i>	11 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u>  1:45 p.m. <b>Intergenerational paint workshop</b> Join us for an afternoon of painting with John Rennie High School students. They look forward to connecting with you. <i>*Please call to register*</i> <u>501 Saint-Jean Boulevard</u>	12 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u>  1 p.m. Bridge <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>
15 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	16 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u>  1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	17 10 a.m. Walking Group <u>Olive-Urquhart Sports Centre 230 Brunswick Boulevard</u>  1:15 p.m. <b>Line dancing with Margaret</b> (\$3 for members, \$4.50 for non-members) <u>365 Saint-Louis Avenue</u>  1:30 p.m. <b>Stewart Hall Exhibition at Stewart Hall</b> Join us for an exhibition tour and craft activity! <u>176 Du Bord-du-Lac – Lakeshore Road</u> <i>*Please call to register*</i>	18 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u>  1:45 p.m. <b>Intergenerational paint workshop</b> Join us for an afternoon of painting with John Rennie High School students. They look forward to connecting with you. <i>*Please call to register*</i> <u>501 Saint-Jean Boulevard</u>	19 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u>  1 p.m. Bridge <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>
22 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	23 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u>  1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	24 10:30 a.m. <b>Intergenerational activity with Community Recreation Leadership Training students</b> Please come and support the wonderful students from Dawson College as they teach us about healthy living and well-being through connection with nature. <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i>  1:15 p.m. <b>Line dancing with Margaret</b> (\$3 for members, \$4.50 for non-members) <u>365 Saint-Louis Avenue</u>  1:30 p.m. <b>Cooking Class with Local Chef Taylor Pogue</b> Come learn simple tips and tricks on how to meal prep! <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i>	25 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u>	26 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u>  1 p.m. Bridge <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>
29 10 a.m. Shuffleboard <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>	30 10 a.m. Longevity stick exercise <u>90 Du Bord-du-Lac – Lakeshore Road</u>  1 p.m. Knitting group <u>90 Du Bord-du-Lac – Lakeshore Road</u>	May 1 10 a.m. Walking Group <u>Olive-Urquhart Sports Centre 230 Brunswick Boulevard</u>  1:30 p.m. <b>Your Block: Self-care through colouring</b> Join us as one of our members, Ramila, shares why self-care is important to her using her self-care and self-reflection colouring book. We will provide a few templates from the book that you can choose from. We hope to see you there! <u>365 Saint-Louis Avenue</u> <i>*Please call to register*</i>	May 2 10 a.m. Longevity stick exercise <u>365 Saint-Louis Avenue</u>	May 3 9:30 a.m. Pickleball <u>365 Saint-Louis Avenue</u>  1 p.m. Bridge <u>365 Saint-Louis Avenue</u>  1 p.m. Carpet bowling <u>365 Saint-Louis Avenue</u>

**\*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.

**Spring Bingo is back again in May! Prizes to be won!**

Please call to reserve your ticket on one of the following days:  
**Wednesday May 22, Thursday May 23, or Friday May 24, 11 a.m. – 3 p.m.**  
**The price is \$17 per ticket, which includes 1 bingo card and meal.**