

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

July 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
<p>1</p> <p>NO ACTIVITIES TODAY Canada Day</p>	<p>2</p> <p>NO ACTIVITIES TODAY</p>	<p>3</p> <p>10 a.m. Walking group 94 Douglas-Shand Avenue <i>*Weather permitting*</i></p> <p>1:30 p.m. *New* Canada day afternoon Join us for an entertaining afternoon of Canada-themed games and trivia. 365 Saint-Louis Avenue <i>*Please call to register*</i></p>	<p>4</p> <p>10 a.m. Longevity stick exercise Olive-Urquhart Sports Centre 230 Brunswick Boulevard</p>	<p>5</p> <p>9:30 a.m. Outdoor Pickleball Valois Park 85 Belmont Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p>
<p>8</p> <p>10 a.m. Walking group 94 Douglas-Shand Avenue <i>*Weather permitting*</i></p>	<p>9</p> <p>10 a.m. Longevity stick exercise Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p> <p>1 p.m. Knitting group Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p>	<p>10</p> <p>10 a.m. Walking group 94 Douglas-Shand Avenue <i>*Weather permitting*</i></p> <p>1:30 p.m. Stewart Hall Exhibition at Stewart Hall Join us for an exhibition tour and craft activity! 176 Du Bord-du-Lac – Lakeshore Road <i>*Please call to register*</i></p>	<p>11</p> <p>10 a.m. Longevity stick exercise Olive-Urquhart Sports Centre 230 Brunswick Boulevard</p>	<p>12</p> <p>9:30 a.m. Outdoor Pickleball Valois Park 85 Belmont Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p>
<p>15</p> <p>10 a.m. Walking group 94 Douglas-Shand Avenue <i>*Weather permitting*</i></p>	<p>16</p> <p>10 a.m. Longevity stick exercise Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p> <p>1 p.m. Knitting group Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p>	<p>17</p> <p>10 a.m. Walking group 94 Douglas-Shand Avenue <i>*Weather permitting*</i></p> <p>1:30 p.m. *New* Mini Summer Concert (indoors) featuring the White Grass Band Travel through time with music to one of the world's greatest bands and be entertained by the dynamic duo, Wanda Mitkiewicz and George Toth. 90 Du Bord-du-Lac – Lakeshore Road <i>*Please call to register*</i></p>	<p>18</p> <p>10 a.m. Longevity stick exercise Olive-Urquhart Sports Centre 230 Brunswick Boulevard</p> <p>1 p.m. Taste Buddies: Marathons Join us for a delicious lunch. 3313 Sources Boulevard Dollard-Des Ormeaux, Quebec H9B 1Z6 <i>*Please call to register.</i></p>	<p>19</p> <p>9:30 a.m. Outdoor Pickleball Valois Park 85 Belmont Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p>
<p>22</p> <p>10 a.m. Walking group 94 Douglas-Shand Avenue <i>*Weather permitting*</i></p>	<p>23</p> <p>10 a.m. Longevity stick exercise Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p> <p>1 p.m. Knitting group Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p>	<p>24</p> <p>9 a.m. *NEW* Montreal Botanical Gardens (outdoors)</p> <p>Get ready for an adventure filled with discovery and delight as we embark on an enchanting journey amidst the lush wonders of Montreal Botanical Gardens. Don't forget your hat, sunscreen, and a hearty packed lunch to fuel your exploration. Get ready to stroll, unwind, and marvel at the beauty that surrounds us. The visit will last from 10:30 a.m. to 2 p.m. Please note there will be a lot of walking! Meet us at the Aquatic Centre at 9:00 a.m. sharp as we set off on this unforgettable day trip. 60 Maywood Avenue *Please call to reserve a spot* Space is limited! \$25.00 Cash only</p>	<p>25</p> <p>10 a.m. Longevity stick exercise Olive-Urquhart Sports Centre 230 Brunswick Boulevard</p>	<p>26</p> <p>9:30 a.m. Outdoor Pickleball Valois Park 85 Belmont Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</p>
<p>29</p> <p>10 a.m. Walking group 94 Douglas-Shand Avenue <i>*Weather permitting*</i></p>	<p>30</p> <p>10 a.m. Longevity stick exercise Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p> <p>1 p.m. Knitting group Edgewater Park Du Bord-du-Lac – Lakeshore Road <i>*Weather permitting*</i></p>	<p>31</p> <p>10 a.m. Bingo (\$2 / Please bring exact change) 90 Du Bord-du-Lac – Lakeshore Road <i>*Please call to register*</i></p> <p>1 p.m. Board Game Café 90 Du Bord-du-Lac – Lakeshore Road</p>	<p>August 1</p> <p>10 a.m. Longevity stick exercise Olive-Urquhart Sports Centre 230 Brunswick Boulevard</p>	<p>August 2</p> <p>9:30 a.m. Outdoor Pickleball Valois Park 85 Belmont Avenue</p> <p>1 p.m. Bridge 365 Saint-Louis Avenue</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.

Bring the Heat Raffle

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