



**Closing of the Pierre Laporte pool – See page 5 of the brochure.**  
**RECREATION activities: From August 26 as of 09:00 - ONLINE ONLY**  
**From August 27 as of 09:00 - FORM DROP-OFF/FAX to August 30, at 16:00\***  
*\*Register early! Limited spaces*

**SENIORS – FALL 2024** ONLINE REGISTRATION: [www.town.mount-royal.qc.ca](http://www.town.mount-royal.qc.ca)

**NAME:** \_\_\_\_\_ **FIRST NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_  
 year / month / day

**TELEPHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

Activities, Special activities		# OF PERS.	PRICE	TOTAL
Sept 18-Oct 9	Connected seniors workshop program – Session 1 (Residents only)		0 \$	
Oct 16-Nov 6	Connected seniors workshop program – Session 2 (Residents only)		0 \$	
October 1	National Seniors Day <input type="checkbox"/> Le Russell <input type="checkbox"/> Le Graham <input type="checkbox"/> No Bus		10 \$	
November 17	Concert : CAM en tournée Cordâme – Fabula Femina		5 \$	
December 4	Holiday Lunch <input type="checkbox"/> Le Russell <input type="checkbox"/> Le Graham <input type="checkbox"/> No Bus		15 \$	
<b>Exercices</b>				
Tai Chi for seniors*	<input type="checkbox"/> Tuesday 10:00 <input type="checkbox"/> Wednesday 12:30		95 \$	
Staying Active!*			95 \$	
Gentle Yoga*	<input type="checkbox"/> Tuesday and Thursday 09:30 (level 1) <input type="checkbox"/> Tuesday and Thursday 10:45 (level 2)		95 \$	
Body and Mind Fitness*	<input type="checkbox"/> Monday 10:15 <input type="checkbox"/> Tuesday 10:15 <input type="checkbox"/> Thursday 10:15 <input type="checkbox"/> Friday 11:30		95 \$	
<b>*Reduction of \$10 for 2<sup>nd</sup> and 3<sup>rd</sup> exercise class in the same price group.</b>				( )
Therapeutic yoga			45 \$	
Balance, Mobility and Coordination			125 \$	
Line dancing	<input type="checkbox"/> Friday 09:15 (beg.) <input type="checkbox"/> Friday 10:30 (int/adv.)		90 \$	
<b>Excursions</b>				
September 25	Apple picking, Saint-Eustache		65 \$	
October 22	Dining-out – Scarolies – Pointe-Claire		20 \$	
October 27	Titanique at the Segal Center		75 \$	
November 3	Theatre club – Shirley Valentine at Hudson Village Theatre		65 \$	
November 27	Lunch club – Le Chalutier – Laval		20 \$	
December 15	Baroque Orchestra at Salle Bourgie		75 \$	
<b>Cards</b>				
	Travel Card for non-residents – 2023-2024		\$20	
	Seniors lounge – Bridge <input type="checkbox"/> Free (Resident) <input type="checkbox"/> 10\$ (Non-Resident)			

**Town of Mount Royal, 60 Roosevelt Avenue, Mount Royal (Quebec) H3R 1Z4** **TOTAL**

Telephone: (514) 734-2928 Fax: (514) 734-3083

VISA  MASTERCARD  CHEQUE (payable to: Town of MountRoyal)

Card No: \_\_\_\_\_ Exp: \_\_\_\_\_ CVC (3 digits) \_\_\_\_\_