



Closing of the Pierre Laporte pool – See page 5 of the brochure.
RECREATION activities: From December 2 as of 09:00 - ONLINE ONLY
From December 3 as of 09:00 - FORM DROP-OFF/FAX to December 6, at 16:00*
**Register early! Limited spaces*

SENIORS – WINTER 2025

ONLINE REGISTRATION: www.town.mount-royal.qc.ca

NAME: _____ **FIRST NAME:** _____

ADDRESS: _____ **CITY:** _____

POSTAL CODE: _____ **DATE OF BIRTH:** _____
year / month / day

TELEPHONE: _____ **EMAIL:** _____

Special activities		# OF PERS.	PRICE	TOTAL
February 14	Intergenerational Activity with Carlyle School Students		0 \$	
Exercices				
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 09:30 (level 1) <input type="checkbox"/> Tuesday 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 \$	
<i>*Reduction of \$10 for 2nd and 3rd exercise class in the same price group.</i>				()
Therapeutic yoga			90 \$	
Balance, Mobility and Coordination			125 \$	
Line dancing	<input type="checkbox"/> Friday 09:15 (beg.) <input type="checkbox"/> Friday 10:30 (int/adv.)		90 \$	
Excursions				
January 12	The Secret Chord: A Leonard Cohen experience at the Segal Centre		75 \$	
February 9	Romantique Piano at Salle Bourgie (French version)		65 \$	
March 12	Lunch Club - McKibbins' Irish Pub		20 \$	
March 26	Sugar Shack Constantin Grégoire, St-Esprit		60 \$	
April 1	Lunch Club - Souvlaki Bar		20 \$	
April 15 <small>(Wrong date in brochure)</small>	Dining Out - Baton Rouge, Montreal		20 \$	
Cards				
	Travel Card for non-residents – 2025		\$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 Telephone: (514) 734-2928 Fax: (514) 734-3083				TOTAL

VISA MASTERCARD CHEQUE (payable to: *Town of Mount Royal*)

Card No: _____ Exp: _____ CVC (3 digits) _____