

# PROGRAM FOR SENIORS SPRING & SUMMER 2025

(60 YEARS AND OVER)



**REGISTRATION: 514 734-2928**

A Recreation card is required to participate in the senior's activities and may be obtained at the Recreation Centre (**at no charge for 60 years and over**).

**NON-RESIDENT TRAVEL CARD:**

Non-residents wanting to benefit from the Senior trips at the regular price must purchase an annual Travel Card Membership at the price of **\$20**.

**FOR MORE INFORMATION ABOUT SENIOR PROGRAMS,**

**PLEASE CONTACT:**

**MELANIE KEARNS: 514 734-2943**

Recreation, Culture and Community Activities Department

# ACTIVITIES

## **SENIORS LOUNGE: Recreation Centre (closed Mondays)**

**BRIDGE: Wednesday to Sunday - 13:00 to 16:00**

Join us for friendly bridge games in the Seniors Lounge. Players of all levels are welcome!

**CONNECT TUESDAYS (NEW): Tuesdays - 13:00 to 16:00**

Enjoy a welcoming space to relax, chat, play games, or read every Tuesday afternoon.

**Membership Fees** (renewable every November 1st)

*Residents: Free*

*Non-Residents: \$10 per year*

## **Creative Needlecraft - Recreation Centre**

Members meet every week to work together, share ideas and work on their projects in crewel, needlepoint, quilting, smocking and other needle skills. Materials not included.

**Monday: 13:00 - 15:30**

**Price: 45\$**

**Registration is mandatory.**

## **Conference – Nutrition and Aging (french session)**

**Recreation Centre – Suzanne Lemieux**

Join us for a free conference on nutrition and aging tailored for seniors. This informative session will cover key aspects of nutrition that support healthy aging.

**Monday, June 2 at 13:00**

**Registration is mandatory.**

**No charge**

## **GOLDEN CIRCLE**

The Town will be hosting a celebration in September 2025 honouring a group of Mount Royal citizens: either those who have celebrated or will be celebrating their 90th birthday, or who have been married 50 years or more.

**Please communicate the names of these residents to Melanie Kearns at 514 734-2943 before July 4, 2025.**

**Registration mandatory.**

# EVENTS

## **DISCO DANCE NIGHT**

**Friday, May 2: 17:00 to 19:00**

**TOWN HALL - ROYALMOUNT HALL**

Get ready to groove at Disco Dance Night! Dress in your best disco attire and enjoy classic hits, whether dancing or seated. It's an evening of fun, nostalgia, and light refreshments!

**Bus 1 - Le Russell: 16:30**

**Bus 2 - Le Graham: 16:45**

**Price: \$15**

## **SEE ME! RESPECT ME!**

### **DAY DEDICATED TO SENIORS**

**Friday, June 13: 10:00 to 13:00**

**TOWN HALL - SCHOFIELD HALL**

An event in honor of the seniors in our community! This celebration aims to recognize the talents, wisdom, and unique contributions that our seniors bring to the Town. Through testimonials, performances, and creative demonstrations, we will highlight everything that makes our seniors admirable and inspiring. Let's come together to promote respect and dignity for our seniors and celebrate their essential role in our community.

**Bus 1 - Le Russell: 09:30**

**Bus 2 - Le Graham: 09:45**

**No charge - Registration mandatory!**

## **STRAWBERRY SOCIAL**

**Wednesday, July 9: 14:00**

**TOWN HALL - SCHOFIELD HALL**

Join us in an old-fashioned Victorian tradition where we will serve all things strawberry and listen to 'Good Old Summertime' music with The Wanderers.

**Bus 1 - Le Russell: 13:30**

**Bus 2 - Le Graham: 13:45**

**Price: \$10**

# EXCURSIONS

***Tuesday, May 13***

## **RESTAURANT NATALINO, DORVAL**

Since 1986, Natalino restaurant has been serving up the finest and most authentic Italian cuisine in the West Island.

**Departure: 17:00 | Return: 20:30**

**Price: 25\$** (transportation only)

***Tuesday, May 20***

## **MUSEUM VISIT - MUSÉE DES BEAUX-ARTS DE MONTRÉAL**

Discover the rich world of art and history with a visit to one of the city's top museums. Take advantage of free entry for seniors on Tuesday and enjoy a leisurely morning wandering through fascinating exhibits. After your visit, you will have time to enjoy a lunch at your expense at the museum's bistro.

**Departure: 09:30 | Return: 14:00**

**Price: 25\$** (transportation only)

***Wednesday, May 28***

## **SOUFFLE DE VIE VINEYARD, SENNEVILLE**

Join us for a delightful outing to a vineyard! This experience includes a guided presentation of the vineyard, a visit to the wine cellar, and an explanation of how organic wine is made. Enjoy a selection of five cheeses and five artisanal charcuteries, paired with a tasting of three wines. Take in the beautiful scenery, relax, and connect with nature and friends.

**Departure: 10:30 | Return : 14:30**

**Price: \$50** (tasting and transportation)

***Wednesday, June 18***

## **STRAWBERRY PICKING, FERMES MARINEAU LAVAL**

Enjoy a day in nature at Fermes Marineau in Laval! Pick your own strawberries or buy freshly picked ones. Relax with artisanal ice cream, fresh fruits and vegetables, baked goods, and even cold pizzas from the farm stand. Containers provided. Payments accepted: cash, debit, and credit.

**Departure: 10:00 | Return : 14:30**

**Price: \$25** (transportation only)

***Sunday, June 29***

## **CLUE AT THE SEGAL CENTRE**

Join us at the Segal Centre for a fun and mysterious comedy! Inspired by the classic 1985 film and famous board game, this playful show will keep you guessing as a murder mystery unfolds at Boddy Manor. Enjoy an afternoon of laughter, surprises, and intrigue!

**Departure: 13:00 | Return : 16:30**

**Price: \$75** (all inclusive)

# EXCURSIONS

***Saturday, July 19***

## **BRUNCH CRUISE, MONTREAL**

Relax and enjoy a delightful 1.5-hour brunch cruise aboard the AML Cavalier Maxim. Begin your experience with priority boarding and a welcome drink before settling into a guaranteed window seat in the fully glassed-in dining space, where you'll savor a delicious three-course brunch. Take in breathtaking views of Montreal from your seat or step onto the outdoor terrace.

**Departure: 9:30 | Return : 14:00**

**Price: \$130** (all inclusive)

***Tuesday, July 22***

## **YE OLDE ORCHARD PUB & GRILL, POINTE-CLAIRE VILLAGE**

Join us for a delightful outing to Ye Olde Orchard Pub in Pointe-Claire Village, where you'll enjoy a delicious meal in a cozy atmosphere. Afterward, take a leisurely walk by the water or treat yourself to a refreshing ice cream at Wild Willy's.

**Departure: 16:30 | Return : 20:30**

**Price: \$25** (transportation only)

***Wednesday, July 30***

## **NATURE WALK & PICNIC, BOIS-DE-LIESSE**

Enjoy a day at Bois-de-Liesse Nature Park with a relaxing picnic! Lunch will be provided as you take in the beauty of nature. Choose between a peaceful walk along the trails or simply sit back and enjoy the scenic surroundings.

**Departure: 10:30 | Return : 14:30**

**Price: \$40** (all inclusive)

***Thursday, August 14***

## **BOTANICAL GARDENS**

Join us for a visit to the Botanical Gardens, where you can explore the beautiful themed gardens. Lunch on your own at the terrace café after your visit to the gardens.

**Departure: 9:30 | Return : 15:00**

**Price: \$40** (transportation and entrance to gardens)

***Tuesday, August 19***

## **IL FORNETTO - LACHINE**

A wonderful opportunity to savor Italian cuisine, share good company, and relax in a cozy ambiance.

**Departure: 17:00 | Return : 20:00**

**Price: \$25** (transportation only)

# EXERCISE

- **Balance, Mobility and Coordination:** This class offers integrated balance exercises. The objective is to improve stability on your feet and increase strength in your legs.  
(90\$ per session twice a week)
- **Body and Mind Fitness:** This class offers faster-paced, more dynamic exercises targeting upper and lower-body strength, core stability, and balance, all while incorporating resistance training.  
(65\$ once per week)
- **Chair Yoga:** A seated and standing yoga class, incorporating breath with movement.  
(65\$ once per week)
- **Line Dancing:** We have Latin, swing, rock'n'roll, and more. No experience or partner required.  
(75\$ per level - senior's rate)
- **Mat Yoga:** A gentle yoga class on the mat. Must be able to lie down and get up without assistance. Bring your mat.  
(65\$ once per week)
- **Staying Active!:** Safe and simple exercises, designed to increase range of motion and strength, to relieve arthritis symptoms.  
(65\$ once per week)
- **Tai Chi for Seniors:** A medically proven way to develop exceptional physical health, balance, flexibility, and coordination while increasing mental acuity and emotional vitality.  
(65\$ once per week)
- **Therapeutic Yoga:** This class focuses on balance, stress release, flexibility, and focus, all while building strength and finding equilibrium through breath. Must be able to lie down and get up without assistance.  
(65\$ once per week)

Combine exercise courses of the same value and save \$10 on the second and third course within the same session.

**\*NOTE:** The discount only applies when registrations are made in the same invoice.

# WEEKLY EXERCISE SCHEDULE FOR SENIORS SPRING 2025

APRIL 11 TO JUNE 6

(MONDAY COURSES END ON JUNE 16)

Day	Course	Time	Instructor
<b>Monday</b>	Body and Mind Fitness	10:15 - 11:15	Argi Papagiannaki
	Balance, Mobility and Coordination	11:30 - 12:30	Argi Papagiannaki
	Therapeutic Yoga	14:00 - 15:00	Giovanna Carrubba
<b>Tuesday</b>	Chair Yoga	09:30 - 10:30	Giovanna Carrubba
	Tai Chi for seniors	10:00 - 11:00	Andrew Dearlove
	Body and Mind Fitness	10:15 - 11:15	Argi Papagiannaki
	Mat Yoga	10:45 - 11:45	Giovanna Carrubba
<b>Wednesday</b>	Staying Active!	11:45 - 12:45	Susan Steiner
	Tai Chi for Seniors	12:30 - 13:30	Andrew Dearlove
<b>Thursday</b>	Body and Mind Fitness	10:15 - 11:15	Argi Papagiannaki
	Balance, Mobility and Coordination	11:30 - 12:30	Argi Papagiannaki
<b>Friday</b>	Line Dancing (beginner)	09:15 - 10:15	Linda Chou
	Line Dancing (advanced)	10:30 - 11:30	Linda Chou
	Body and Mind Fitness	11:30 - 12:30	Argi Papagiannaki

**NO CLASSES APRIL 18 TO 21 AND MAY 19**

# WEEKLY EXERCISE SCHEDULE FOR SENIORS SUMMER 2025

JUNE 17 TO AUGUST 19

(NO CLASSES JUNE 24 AND JULY 1)

Day	Course	Time	Instructor
Monday	Balance, Mobility & Coordination	9:45 - 10:45	Argi Papagiannaki
	Body & Mind Fitness	11:00 - 12:00	Argi Papagiannaki
Tuesday	Chair Yoga	9:30 - 10:30	Giovanna Carrubba
	Mat Yoga	10:45 - 11:45	Giovanna Carrubba
Thursday	Balance, Mobility & Coordination	9:45 - 10:45	Argi Papagiannaki

**Price (8 weeks):**

**\$90 : Balance, Mobility & Coordination (twice per week)**

**\$65 : Any class once per week**

**REGISTRATION: 514 734-2928**

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