



AQUATIC ACTIVITIES: Tuesday, August 24 from 18:00 to 24:00 ONLINE only
RECREATION ACTIVITIES: From Monday, August 30 at 09:00 - ONLINE ONLY
From Tuesday, August 31 at 09:00 - REGISTRATION FORM DROP-OFF / FAX
to Friday, September 3 at 16:00 (after which prices increase by 15%).

SENIORS - FALL 2021

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

NAME: _____ FIRST NAME: _____

ADDRESS: _____ CITY: _____

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

TELEPHONE (HOME): _____ EMAIL: _____

DATE	ACTIVITIES	# OF TICKET	PRICE	TOTAL	
Courses					
FALL 2021	Tai Chi for seniors* <input type="checkbox"/> Tuesday 10:00 <input type="checkbox"/> Wednesday 12:30		\$90		
	Staying Active!*		\$90		
	Energizer Gym		\$90		
	Gentle Yoga <input type="checkbox"/> Tuesday 9:30 <input type="checkbox"/> Tuesday 10:45		\$90		
	Chair YOGA Dance		\$90		
	Body and Mind Fitness <input type="checkbox"/> Thursday 9:45 <input type="checkbox"/> Friday 9:45		\$90		
	<i>*Reduction of \$10 for 2nd and 3^d exercise class in the same price group.</i>			()	
	Balance, Mobility and Coordination		\$120		
	Line dancing <input type="checkbox"/> Friday 9:30 <input type="checkbox"/> Friday 10:45		\$85		
September 20	Conferences - Seaports on the Baltic Sea (3 weeks)		\$15		
October 18	Conference: Mandates <input type="checkbox"/> 10:30 <input type="checkbox"/> ZOOM		\$0		
October 25	Conference: Wills <input type="checkbox"/> 10:30 <input type="checkbox"/> ZOOM		\$0		
November 1	Conference: Fraud <input type="checkbox"/> 10:30 <input type="checkbox"/> ZOOM		\$0		
Excursions					
September 21	Dining-Out - Sawadika Restaurant – St-Laurent		x \$16		
October 5	Dining-Out - Bar Souvlaki – St-Laurent		x \$16		
October 17	Lunch Club - Mon Village – St-Lazare		x \$16		
October 24	« The Blonde, The Brunette & The Vengeful Redhead » Hudson		x \$65		
November 3	Lunch Club - Le Chalutier - Laval		x \$16		
November 14	Brunch Club - Auberge des Gallant - Rigaud		x \$65		
December 5	Christmas Market - Laval		x \$16		
Special Activities					
December 9	Holiday Lunch <input type="checkbox"/> Le Graham <input type="checkbox"/> Le Russell		x \$15		
December 14	Theatre & Lunch at Carlyle School		x \$0		
Cards					
	Travel Card for non-residents - 2021		x \$20		
	Senior Lounge - Bridge - Non-residents		\$35		
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 Mount Royal)

NAME: _____ CARD NO.: _____ EXP. DATE: _____