



FALL 2019 SENIORS

ONLINE REGISTRATION:

www.town.mount-royal.qc.ca

Aquatic activities: August 27, from 18:00 to 24:00 ONLINE ONLY

Other activities: From Tuesday, SEPTEMBER 3 at 9:00 - ONLINE ONLY

From Wednesday, SEPTEMBER 4 at 9:00 - DROP-OFF/FAX to September 6, at 16:00 (after which prices increase by 15%)

NAME: _____ **FIRST NAME:** _____

ADDRESS: _____ **CITY:** _____

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

TELEPHONES (HOME/CELL): _____ **EMAIL:** _____

| DATE | ACTIVITIES | # OF TICKET | PRICE | TOTAL |
|--|---|-------------|----------|--------------|
| Activities (60 years and over) | | | | |
| FALL 2019 | Tai Chi for seniors* <input type="checkbox"/> Tuesday 10:00 <input type="checkbox"/> Wed. 12:30 <input type="checkbox"/> Annual | | \$90/210 | |
| | Staying Active!* <input type="checkbox"/> Friday 12:00 <input type="checkbox"/> Annual | | \$90/210 | |
| | The Energizer Gym Class* <input type="checkbox"/> Tuesday 10:30 <input type="checkbox"/> Annual | | \$90/210 | |
| | Gentle Yoga Pilates* <input type="checkbox"/> Tuesday 11:00 <input type="checkbox"/> Wed. 10:55 <input type="checkbox"/> Annual | | \$90/210 | |
| | * Reduction of \$10 for 2nd and 3rd exercise class in the same price group. | | | () |
| | STAND UP! | | \$30 | |
| | Balance, Mobility and Coordination <input type="checkbox"/> Fall <input type="checkbox"/> Annual | | 120/270 | |
| | Body and Mind Fitness <input type="checkbox"/> Fall <input type="checkbox"/> Annual | | \$70/150 | |
| September 25 | Fall Prevention Workshop Bus: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> No | | x \$15 | |
| October 9 | Conference - Seniors and Security <input type="checkbox"/> Free 13:00 <input type="checkbox"/> Lunch \$5 | | | |
| November 7 | Intergenerational Activity with Carlyle School Students | | Free | |
| Excursions (55 years and over) | | | | |
| September 8 | "The Pianist of Willesden Lane" at the Segal | | x \$60 | |
| September 18 | "Sinatra & Streisand" at the Montreal Casino | | x \$65 | |
| September 24 | Dining-out - Del Friscos Restaurant, DDO | | x \$16 | |
| October 2 | Montreal Museum of Fine Arts - Egyptian Mummies | | x 16/40 | |
| October 6 | Fall Foliage at Fairmont Le Château Montebello | | x \$90 | |
| October 15 | Dining-out - Taverne Gaspar, Old Port | | x \$16 | |
| November 6 | "Mythic" at the Segal | | x \$60 | |
| November 19 | Dining-out - Le Tropik Restaurant, Dorval | | x \$16 | |
| November 24 | "Little Dickens" at the Centaur | | x \$50 | |
| December 1 | L'Assomption's Christmas Market | | x \$20 | |
| December 12 | "Christmas by the Fireplace" at Bourgie Hall | | x \$40 | |
| Special Activities (55 years and over) | | | | |
| October 24 | National Seniors Day Bus: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> No | | x \$5 | |
| October 29 | Italian Night Bus: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> No | | x \$15 | |
| December 5 | Holiday Luncheon Bus: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> No | | x \$15 | |
| Cards | | | | |
| | Travel Card - Non-residents | | x \$20 | |
| | Senior Lounge - Bridge - Non-residents (6 months) | | \$17.50 | |
| 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)

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