

RECREATION activities: From August 24 as of 09:00 - ONLINE ONLY
From August 25 as of 09:00 - FORM DROP-OFF/FAX to August 28, at 16:00*
**Register early! Limited spaces*

SENIORS – FALL 2026 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
September 16	Terry Fox BBQ and Bingo	☐ Le Russell	☐ Le Graham	☐ No Bus	\$0	
October 1	National Seniors Day	☐ Le Russell	☐ Le Graham	☐ No Bus	\$10	
December 2	Holiday Lunch	☐ Le Russell	☐ Le Graham	☐ No Bus	\$20	
Creative needlecraft						
Annual	September 14 to December 7, 2026 AND January 11 to June 7, 2027. Monday: 13:00-15:30				\$45	
Exercices						
Tai Chi for seniors*		☐ Tuesday 10:00	☐ Wednesday 12:30		\$95	
Staying Active!*					\$95	
Gentle Yoga*		☐ Tuesday 09:30 (chair)	☐ Tuesday 10:45 (mat)		\$95	
Body and Mind Fitness*					\$95	
		☐ Monday 10:00	☐ Tuesday 10:00	☐ Thursday 10:00		
Therapeutic yoga*					\$95	
<i>*Reduction of \$10 for 2nd and 3rd exercise class in the same price group.</i>						()
Balance, Mobility and Coordination					\$125	
Line dancing		☐ Friday 09:15 (beg.)	☐ Friday 10:30 (int/adv.)		\$90	
Community Steps – Walking Club					\$15	
Excursions:						
Please provide an emergency contact below and answer the 2 questions on the back (mandatory)						
September 9	Day trip to Magog				\$120	
September 24	Picnic Connaught Park				\$15	
October 7	McCord Museum				\$45	
November 10	Dining out: Restaurant Bouillon Albert				\$25	
November 29	"Come From Away" at the Segal Center				\$55	
December 17	Nutcracker at Place des Arts				\$110	
EMERGENCY CONTACT	LAST NAME:		FIRST NAME:			
	TELEPHONE:		RELATIONSHIP:			
Cards						
	Travel Card for non-residents – 2026				\$20	
	Seniors lounge – Bridge ☐ Free (Resident) ☐ 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 Mount Royal)

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

Excursions:
Please answer the 2 questions below (mandatory)

1. Do you have a particular medical condition? (diabetes, asthma, epilepsy, allergies, etc.)

Answer :

2. Do you take any medication? If yes, please provide details and dosage:

Answer :