

RECREATION activities: From December 1 as of 09:00 - ONLINE ONLY
From December 2 as of 09:00 - FORM DROP-OFF/FAX to December 5, at 16:00*
**Register early! Limited spaces*

SENIORS – WINTER 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
February 11 Intergenerational Activity with Carlyle School Students		\$0	
February 24 Winter Waltz: Dancing through the decades			
☐ Le Russell ☐ Le Graham ☐ No Bus		\$15	
Creative needlecraft			
January 5 to June 8, Monday : 13:00-15:30		\$45	
Exercises			
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* ☐ Monday 10:00 ☐ Tuesday 09:30 ☐ Thursday 10:00		\$95	
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	
Excursions:			
Please provide an emergency contact below and answer the 2 questions on the back (mandatory)			
January 20 Lunch Club – Pizzeria Napolitana		\$25	
February 8 "Playing Shylock" at Segal Center		\$75	
March 18 Lunch Club – Burgundy Lion Pub		\$25	
March 29 Dance and music: Tout ce qu'il reste at Bourgie Hall		\$65	
April 8 Sugar Shack Érablière Charbonneau		\$70	
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 Telephone: (514) 734-2928 Fax: (514) 734-3083			TOTAL

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

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

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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 :