

# PROGRAM FOR SENIORS

## Spring / Summer 2026

(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**).

**FOR MORE INFORMATION ABOUT SENIOR PROGRAMS,  
PLEASE CONTACT:**

**MELANIE KEARNS: 514 734-2943**



# ACTIVITIES

## BRIDGE - RECREATION CENTRE

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

**Tuesday to Sunday - 13:00 to 16:00**

Membership fees (*renewable every november 1st*)

*Residents: free / Non-Residents: \$10 per year*

## CREATIVE NEEDLECRAFT - RECREATION CENTRE

**MONDAY : 13:00 - 15:30**

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.

**Price: \$45**

**Registration is mandatory.**

## NATURE ON FOOT - OUTDOOR PARK WALKS

Led by Argi Papagiannaki

Join us each month for walks through beautiful parks in and around Montreal. Suitable for all fitness levels— walk at your own pace. Runners are welcome too!

Transportation not provided — carpooling can be arranged at the information session.

**Mandatory Information Session (Recreation Centre)**

Saturday, April 18: **10:00 - 11:00**

**Upcoming Walks: 10:00**

April 25: Forêt du Grand Coteau (Lorraine)

May 16: Chemin Olmstead (Mount Royal Park)

June 6: Park Bernard-Landry (Laval)

**NEW!**



**Attend one, two, or all three walks—your choice!**

**Price: \$5 per walk**

# CONFERENCES

## CONFERENCE: GROOVY AI – GIVING POWER TO SENIORS

(ENGLISH VERSION)

**Recreation Centre**

An interactive conference that introduces artificial intelligence in a simple, easy to understand way. Groovy AI helps seniors feel more confident and connected in today's digital world, all in a friendly, upbeat atmosphere inspired by the 1960s.

**Tuesday May 12**

**13:00 – 14:00**

**FREE! Mandatory Registration.**

## CONFERENCE: LIFELONG BALANCE: THE FUNDAMENTALS OF FALL PREVENTION

**Royalmount Hall – Town Hall**

This hands-on workshop focuses on improving balance, confidence, and independence. Learn simple exercises, safe techniques for getting up from the floor, and practical tips for home safety and daily habits. Open to all mobility levels, with or without a cane or walker. Led by Argi Papagiannaki, a kinesiologist specializing in fall prevention since 2007.

**Thursday June 11 (English Version)**

**Thursday June 25 (French Version)**

**13:00 – 15:00**

**FREE! Mandatory Registration.**

# EVENTS

## DISCO DANCE NIGHT

### 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!

**Friday May 1: 18:00 - 20:00**

**Bus 1 - Le Russell: 17:30**

**Bus 2 - Le Graham: 17:45**

**Price: \$10**

## STRAWBERRY SOCIAL

### 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.

**Wednesday July 8: 14:00**

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

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

**Price: \$10**

## GOLDEN CIRCLE

The Town will be hosting a celebration in August 2026 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 3, 2026. Registration mandatory.**

# EXCURSIONS

PLEASE ARRIVE 15 MINUTES BEFORE DEPARTURE TIME. FOR ALL TRIPS, A MAXIMUM OF 10 MINUTES WILL BE ALLOWED FOR LATECOMERS.

## Legend:

Little walking



A medium amount of walking /  
possibility of stairs



## DETROIT: MUSIC OF THE MOTOR CITY AT SEGAL CENTRE (english version)

Step into the musical world of Detroit with a concert steeped in nostalgia. From the legendary Motown sound to the unforgettable hits that shaped generations, this show celebrates iconic songs like My Girl, Dancing in the Street, and What's Going On. A lively, feelgood performance that invites you to enjoy the music, relive cherished memories, and spend a wonderful time together.

**Wednesday April 22**

**Departure: 11:30 | Retour : 14:30**

**Price: \$85** (all inclusive)



## NATALINO RESTAURANT, DORVAL

Since 1986, Natalino Restaurant has been serving authentic and refined Italian cuisine.

**Tuesday May 5**

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

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



# EXCURSIONS

## 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**.

## BIRD WATCHING – ÎLE BIZARD

Join us for a morning of bird watching at Parc-Nature de l'Île Bizard. Bring your binoculars and enjoy observing the birds in their natural habitat. After the activity we will gather for lunch at Resto Vieux Four Manago (at your expense). *Please note the activity includes 2km of walking total and will be cancelled in case of rain.*

**Wednesday May 20**

**Departure: 09:00 | Return: 15:00**

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



## STROLL, BOUTIQUES AND GOURMET TEA

Spend a delightful day in the charming Pointe-Claire Village. Wander the streets, explore local shops and cafés, or relax by the water before enjoying a delicious high tea at Salon Rosie Lanoi.

**Friday June 5**

**Departure: 10:30 | Return: 15 :00**

**Price: \$75** (high tea service and transportation)



# EXCURSIONS

## MAISON LAVANDE

Spend a lovely day at Maison Lavande: stroll through the fragrant lavender fields and enjoy a picnic lunch on site.

**Wednesday July 22**

**Departure: 10:30 / Retour: 14:30**

**Price: \$55** (transportation and picnic lunch)



## DAY IN OLD MONTREAL

Spend the day exploring the Old Port, visit the stunning Notre-Dame Basilica, and enjoy lunch at your expenses at restaurant Jardin Nelson.

**Thursday August 6**

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

**Price: \$40** (transportation only)



## IL FORNETTO - LACHINE

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

**Tuesday August 18**

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

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



# EXCURSION

## OVERNIGHT TRIP - TRAIN OF CHARLEVOIX (GENDRON TOURS)

### 1 night / 2 days - Group Bus tour

Discover the beauty of Charlevoix. Enjoy an 85 minute panoramic train ride between La Malbaie and Baie-Saint-Paul and visits to the Centre de l'Émue and the Charlevoix Museum. Spend the night at the charming Auberge des 3 Canards with a four-course dinner and enjoy free time to explore Baie-Saint-Paul or the Charlevoix Casino. Inclusions:

- 1 night accomodation
- Luxury coach transportation
- 1 breakfast
- 2 lunches
- 1 four-course dinner
- Visit the Centre de l'Émue de Charlevoix
- Free time to discover Baie-Saint-Paul
- Free time to explore the Casino of Charlevoix

**gendrontours**

**June 18 & 19 (Thursday to Friday)**

**Departure: 07:00 | Return: 20:00**

**Double occupancy : \$755**

**Single occupancy : \$875**

**A non-refundable deposit of \$200 is due by April 1.**

**Balance of payment is due by April 28.**



# 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

## SPRING 2026

APRIL 13 TO JUNE 8

NO CLASSES MAY 18

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

# WEEKLY EXERCISE SCHEDULE

## SUMMER 2026

JUNE 15 TO AUGUST 7

(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
	Body & Mind Fitness	11:00 - 12:00	Argi Papagiannaki

Price (8 weeks):

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

\$65 : Any class once per week

# INFORMATION

Attending to the residents, the Social Counsellor assesses your needs, supports you with any social requests and guides you toward appropriate resources, and ensures the liaison between medical resources, CLSC and hospitals. (confidential and free of charge)

**Information: Social Counsellor:  
Judith Prive - 514 734-2937**

The Town is dedicated to fostering active aging and providing programs tailored to the needs and interests of our senior residents, enriching lives and ensuring all feel valued and engaged.

**FOR MORE INFORMATION ABOUT  
SENIOR PROGRAMS, PLEASE CONTACT:  
MELANIE KEARNS: 514 734-2943**