

# PROGRAM FOR SENIORS

## FALL 2025

(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**).

**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**.

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

**MELANIE KEARNS: 514 734-2943**

Recreation, Culture and Community Activities Department

# ACTIVITIES

## SENIORS LOUNGE: BRIDGE

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

**Recreation Centre (closed Mondays)**

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

**Membership Fees** (renewable every November 1st)

*Residents: Free*

*Non-Residents: \$10 per year*

## Creative Needlecraft - Recreation Centre

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.

**Monday: 13:00 - 15:30**

**Price: \$45**

**Registration is mandatory.**

## NATURE ON FOOT OUTDOOR PARK WALKS

**NEW**

**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.

**Information Session (Recreation Centre)**

Saturday, September 20: 10:30 – 11:00

**Upcoming Walks: 10:30**

**September 27:** Centennial Park (DDO)

**October 18:** Centre de la nature (Laval)

**November 8:** Terra Cotta Park (Pointe-Claire)

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

**Price: \$5 per walk**

# EVENTS

## TERRY FOX BBQ & BINGO

**Wednesday, September 10: 12:00**

**TOWN HALL - SCHOFIELD HALL**

Minimum donation of \$10 per person.  
BBQ lunch and Bingo included.

**Bus 1 - Le Russell: 11:30**

**Bus 2 - Le Graham: 11:45**

## NATIONAL SENIORS DAY

**Wednesday, October 1: 11:30**

**TOWN HALL - SCHOFIELD HALL**

The Town of Mount Royal is celebrating National Seniors Day by hosting a luncheon and concert with the 'Symphonie vocale' of the brotherhood of police officers of Montreal.

**Bus 1 - Le Russell: 11:00**

**Bus 2 - Le Graham: 11:15**

**No registration at the door**

**Price: \$10**

## CONCERT

**CAM EN TOURNÉE - Les Goûts Réunis**

**Sunday, October 19: 15:00**

**MOUNT ROYAL UNITED CHURCH**

A show at the intersection of chamber music, lyrical singing, and jazz, highlighting talented poetesses with precision and sensitivity.

**Price: \$5**

## HOLIDAY LUNCH

**Wednesday, December 3: 12:00**

**TOWN HALL - SCHOFIELD HALL**

Join us for our annual holiday lunch—a wonderful tradition of good food, festive music, and great company. It's the perfect time to get together and share the holiday spirit.

**Bus 1 - Le Russell: 11:15**

**Bus 2 - Le Graham: 11:30**

**Price: \$20**



# 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.  
(\$125 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.  
(\$95 once per week)
- **Chair Yoga:** A mindful, guided practice on the chair, focusing on slow, controlled movements and gentle stretches. Helps to increase flexibility, strength & balance. Explore Meditation techniques to reduce stress and promote relaxation.  
(\$95 once per week)
- **Line Dancing:** We have Latin, swing, rock'n'roll, and more. No experience or partner required.  
(\$90 per level - senior's rate)
- **Mat Yoga:** A mindful, guided practice on the mat focusing on slow, controlled movements and gentle stretches. Helps to increase flexibility, strength & balance. Explore Meditation techniques to reduce stress and promote relaxation.  
\*Must be able to stand and lie down  
(\$95 once per week)
- **Staying Active!:** Safe and simple exercises, designed to increase range of motion and strength, to relieve arthritis symptoms.  
(\$95 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.  
(\$95 once per week)
- **Therapeutic Yoga:** A gentle and nurturing style of yoga that focuses on relaxation and deep rest. It provides a space for individuals to slow down, release tension, and restore their bodies and minds. All poses are in a reclined resting position, with use of blocks & blankets. Please bring your blanket.  
(\$95 once per week)

# WEEKLY EXERCISE SCHEDULE FOR SENIORS FALL 2025

SEPTEMBER 15 TO DECEMBER 8

(NO CLASSES OCTOBER 13)

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	9:30 - 10:30	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
	Balance, Mobility and Coordination	11:15 - 12:15	Argi Papagiannaki
	Therapeutic Yoga	10:30 - 11:30	Giovanna Carrubba
<b>Friday</b>	Line Dancing (beginner)	09:15 - 10:15	Linda Chou
	Line Dancing (advanced)	10:30 - 11:30	Linda Chou

**Combine exercise courses of the same value and save \$10 on the second and third course within the same session. The discount only applies when registrations are made in the same invoice.**



# EXCURSIONS

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

## PICNIC, CONNAUGHT PARK



**THURSDAY, SEPTEMBER 25 AT 13:00**

Come enjoy local picnic and the nice fall weather.

**Price: \$15 (lunch provided)**

No transportation; Rain location: Country Club

## DAYTRIP TO MONT-TREMBLANT



**WEDNESDAY, OCTOBER 8**

Escape for the day to the breathtaking beauty of Mont-Tremblant!

Relax and take in the stunning fall scenery during a scenic guided boat cruise on Lake Tremblant, surrounded by colourful autumn foliage.

Afterward, we'll gather for a delicious lunch at the lively and welcoming Fat Mardi's restaurant (at your own expense), known for its warm atmosphere and flavourful dishes.

Then, enjoy free time to stroll, shop, or savour a treat in the picturesque pedestrian village, filled with boutiques, cafés, and charm at every corner.

**Departure: 08:30 | Return: 17:00**

**Price: \$130**(transportation and boat cruise)



# EXCURSIONS

## Legend:



Little walking



A medium amount of walking /  
possibility of stairs

### **THEATRE CLUB**

#### **NIGHT WITCH AT HUDSON VILLAGE THEATRE**



**Sunday, November 2**

A powerful true story of Soviet women pilots known for their bravery and daring night missions during the Second World War.

**Departure: 12:30 | Return : 17:00**

**Price: \$65** (all inclusive)

### **LUNCH CLUB**

#### **LE CHALUTIER - LAVAL**



**Wednesday, November 12**

We'll head out for a relaxing lunch together at a welcoming restaurant specializing in fish 'n' chips. This restaurant also offers grilled steak & seafood & Greek dishes.

**Departure: 10:00 | Return : 14:00**

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

### **CHARLIE BROWN CHRISTMAS AT SALLE BOURGIE**



**Wednesday, December 17**

A holiday classic returns to Bourgie Hall for the 11<sup>th</sup> time. The famous Charlie Brown Christmas score, composed by jazz pianist Vince Guaraldi, is performed live by outstanding musicians—including beloved Canadian singer Kim Richardson, known for her warm and captivating voice.

**Departure: 16:30 | Return : 20:00**

**Price: \$55** (all inclusive)

# 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. This service is confidential and free of charge.

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

## UPCOMING EVENTS

### THE RECREATION, CULTURE AND COMMUNITY ACTIVITES DEPARTMENT:

**FALL FAIR:** SATURDAY, SEPTEMBER 20, 2025

**LES JOURNÉES DE LA CULTRE (LIBRARY) :** SEPTEMBER 26, 27 AND 28, 2025

**SEMAINE DES BIBLIOTHÈQUES:** OCTOBER 18 TO 25, 2025

**CRAFT FAIR:** NOVEMBER 21, 22 AND 23, 2025

**CHRISTMAS CONCERT:** FRIDAY NOVEMBER 28, 2025

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.

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