

The Fall session is from September 15th to December 19th, 2025.

Enrollment for new clients is **by appointment only**, on **September 11th & 12th**.

Please call **514-488-9119** to make an appointment.

**Enrollment will open again at midterm. Call us after October 20th to make an appointment.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-11: Worth the Weight	10-11: Chair Exercises 2	10-11: Balance & Flexibility	10-11: Dancercise	10-12: Music appreciation
10-11: Chair Yoga	10-11: Helpful Habit	11-12: Boxing	10-12: Chess Club	10-12: Workshop
10-12: Cooking	10-12: Cooking	10-12: Cooking	10-12: Cooking	10-12: Cooking
11-12: Mat Yoga	11-12: Walking	10-12: Geography	10-12: Paint It Forward	11-12: Quiet Reading
11-12: Chair Exercises 1	11-12: The Good Of The World	10-12: Gut Health	11-12: Karaoke!	
1-2: Pet Therapy	1-2: Word Games		1-2: Chair Exercises 3	1-2: Boardgames
1-3: Art Café	1-3: Aging Gracefully		1-3: Woodburning	1-3: Knitting
1-3: Coffee About Town	1-3: Making Miniatures		1-3: Radio Moon	1-3: Desserts
1-3: Meal planning	2-3: Solo Computers			