



## Programme d'activités pour les personnes âgées

### Seniors Activity Program Every year from September to March 2025-2026

#### **Patinage pour personnes âgées (50+)**

##### **Seniors Skating (50+)**

Octobre to March  
Octobre à mars  
Patinoire Richelieu Rink  
*Lun, Mer & Ven*  
10h30–11h30  
*Mon, Wed & Fri*  
10:30am–11:30am  
First date: Wednesday,  
October 15  
Première date: mercredi 15  
octobre

#### **Friends in Song**

##### **Les amies en Chansons**

Salle Florence Roussy Room  
*Mer/Wed*  
18h00 – 21h00/  
6:00pm – 9:00pm

#### **The Golden Knitters**

KCI Classroom (next to admin  
office / a cote du bureau  
d'administration)  
*Lun/Mon*  
13h00-15h00/1 :00pm – 3 :00pm  
*Mar/Tue*  
13h00-15h00/1 :00pm – 3 :00pm  
*Jeu/Thu*  
13h00-15h00/1 :00pm – 3 :00pm

#### **Walking Passes**

##### **Passes pour la Piste de Marche**

Les passes de marche sont  
disponibles au bureau  
d'administration de  
8h-16h00 et à la billetterie de  
10h00-1600  
The walking passes are  
available at the  
Administration Office from  
8am-4:00pm and at the Box  
Office from 10:00am-4pm

#### **Danse en ligne**

##### **Line Dancing**

Salle Florence Roussy Room  
*Lun/Mon*  
13h00-15h30/1:00pm-3 :30pm  
*Mar/Tue*  
12h30-16h00/12:30pm-4:00pm  
18h00-20h30/6:00pm-8:30pm  
*Jeu/Thu*  
17h30-21h30/5:30pm-9:30pm  
*Ven/Fri*  
13h00-15h30/1:00pm-3 :30pm

#### **Exercise Program**

##### **Programme d'exercice**

Salle Florence Roussy Room  
*Lundi a Vendredi*  
11h00-12h00  
*Monday to Friday*  
11:00am-12:00pm

#### **North Star Quilt Guild**

Salle Florence Roussy Room  
1er et 3ième samedi du mois.  
1st and 3rd Saturday of the month.  
9h00-16h00/9:00am-4:00pm  
First date: Saturday, September 6  
Premiere date: Samedi 6 septembre

#### **Bridge**

Salle Florence Roussy Room  
*Lun/Mon*  
18h30 – 22h00/6 :30pm – 10 :00pm  
*Wed/Mer*  
12h15 – 16h15/12:15pm – 4 :15pm

#### **Espadrilles poussiéreux**

##### **Dusty**

Gymnase du Pavillon  
rue St. George  
Pavilion Gymnasium  
St. George St.  
*Mar/Tue*  
9h00 a 11h00 / 9:00am – 11:00am  
*Jeu/Thu*  
9h00 a 11h00 / 9:00am – 11:00am