

The Summer session is from May 4th to August 21st, 2026.

* We will be closed on May 18, June 24, and July 1.

Enrollment for new clients is by appointment only, on April 27th and 28th.

If you would like to participate in our activities, please call **514-488-9119** to make an appointment.

** Enrollment will open again at midterm. Call us as of June 1st to make an appointment. **

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-12: Cooking	10-12: Cooking	10-11: Worth The Weight	10-12: Cooking	10-3: Outings
10-12: Cooking Projects	10-11: Chair Exercises 1	10-11: Morning Tea Party	10-12: Chess Club	
10-11: Walking	10-11: Quiet reading & colouring	10-12: Skateboard Art	10-12: Art in the Park	
11-12: French Improvisation	11-12: Boxing	10-12: Music appreciation		
	11- 12 Mobility Training	11-12: Pet Therapy		
		11-12: Relaxation & Meditation		
1-2: Balance & Flexibility	1-2: Bocce		1-2: Trivia!	
1-2: Afternoon Tea Party	1-3: Improvisation		1-2: Chair Exercises 2	
1-3: Art Café	1-3: Board Games		1-3: Radio Moon	
1-3: Gardening				