

The Winter session is from January 5th to April 24th, 2026.

**Enrollment for new clients is by appointment only, on December 29th and 30th.**

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 after February 16th to make an appointment. \*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-11: Chair Exercises 1	10-11: Chair Exercises 2	10-11: Worth The Weight	10-12: Improvisation	10-11: Dancercize
10-11: Chair Yoga	10-12: Music appreciation	10-12: Wood Burning	10-12: Chess Club	10-12: Workshop
10-12: Cooking	10-12: Cooking	10-12: Geography	10-12: Cooking	10-12: Cooking
11-12: Mat Yoga	11-12: Spa Day	11-12: Chair Exercises 3	11-12: Card games	11-12: Jeopardy!
11-12: French Improvisation		11-12: Relaxation & Meditation		
1-2: Pet Therapy	1-3: How Stuff Works		1-2: Chair Exercises 4	1-3: Skateboard Art
1-3: Art Café 1	1-3: Puppet Making		1-2: Singing	1-3: Knitting
2-3: Balance & Flexibility	1-3: Creative Writing		1-3: Radio Moon	1-3: Desserts
			2-3: Word Games	1-3: Art Café 2
				1-3: Gardening