

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