

The Fall session is from September 8th to December 18th, 2026.

* We will be closed on September 7th and October 12th.

Enrollment for new clients is by appointment only and is currently closed.

Call us **as of October 19th**, to make an appointment at midterm: **514-488-9119**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-11: Chair Exercise 1	10-11: Meditation & Relaxation	10-11: Sing Your Heart Out!	10-12: Cooking	10-12: Workshop
10-12: Cooking	10-11: Chair Dancersize	10-12: Cooking Projects	10-12: Chess Club	10-12: Cooking
10-12: Geography	10-11: Balance & Flexibility	10-12: Art Café 2	10-12: Fashion and Creativity	10-12: Music Appreciation
11-12: Worth the Weight 1	10-12: Cooking	11-12: Dancersize	10-11: Worth the Weight 2	11-12: Reading and Colouring
	11-12: Philosophy Chats		11-12: Yoga	11-12: Card Games
	11-12: Boxing			
	11-12: Impro en Français			
1-2: Knitting	1-2: Chair Exercise 2		1-2: Chair Exercise 3	1-3: Watercolour
1-3: Mental Health in Media	1-3: Improvisation		1-2: The Good of the World	1-3: How Stuff Works
1-3: Art Café 1	1-3: Making Magnets		1-3: Radio Moon	1-3: Parks of Montreal
1-3: Desserts	2-3: Pet Therapy		2-3: All Weather Walking	
2-3: Word Games				