



APRIL

2026

- MICHEL-LEGAULT PARK
- SENNEVILLE PARK
- GEORGE-MCLEISH COMMUNITY CENTRE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			1	2	3	4		
5	6	7	● Gentle Aerobics ● 10 a.m. to 11 a.m. Walking Club ● 7 p.m.	9	● Social Café ● 8:30 a.m. to 9:30 a.m. Gentle Aerobics ● 10 a.m. to 11 a.m.	11		
12	● Dynamic Stretching ● 1:30 p.m. to 2:30 p.m.	13	● Gentle Aerobics ● 10 a.m. to 11 a.m. Walking Club ● 7 p.m.	15	● Tai Chi ● 6 p.m. to 7 p.m.	17	● Social Café ● 8:30 a.m. to 9:30 a.m. Gentle Aerobics ● 10 a.m. to 11 a.m.	18
19	20	21	● Gentle Aerobics ● 10 a.m. to 11 a.m. Historical Society ● 1:30 p.m. to 4 p.m. Walking Club ● 7 p.m.	22	● Tai Chi ● 6 p.m. to 7 p.m.	24	● Social Café ● 8:30 a.m. to 9:30 a.m. Gentle Aerobics ● 10 a.m. to 11 a.m. Game night - Trivia ● 7 p.m.	25
26	● Dynamic Stretching ● 1:30 p.m. to 2:30 p.m.	27	28	● Commemoration Andre Lalonde ● 9:45 am Walking Club ● 7 p.m.	29	● Tai Chi ● 6 p.m. to 7 p.m.	30	

