

| Dimanche / Sunday                                                              | Lundi / Monday                                                                                                                                         | Mardi / Tuesday                                                                                                                                                                                                                                              | Mercredi / Wednesday                                                                                                             | Jeudi / Thursday                                                                                                         | Vendredi / Friday                                                                                                                | Samedi / Saturday                                                          |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>01</b><br>10h La Messe<br>Radio-Canada<br><br>10am La Messe<br>Radio-Canada | <b>02</b><br>10h30 Exercices<br>13h30 Jeu du dé géant<br><br>10:30am Exercises<br>1:30pm Giant dice game                                               | <b>03</b><br>10h30 Jeu pousse ta chance<br>13h30 Bingo<br><br>10:30am Push your luck game<br>1:30pm Bingo                                                                                                                                                    | <b>04</b><br>10h30 Exercices<br>13h45 Multi-pétanque<br><br>10:30am Exercises<br>1:45pm Multi-Bocce                              | <b>05</b><br>10h30 Jeu de billard<br>13h30 Biblio Mobile<br><br>10:30am Billiard game<br>1:30pm Mobile library           | <b>06</b><br>10h30 Club de marche<br>14h30 Zoothérapie avec Chantal<br><br>10:30am Walking club<br>2:30pm Zotherapy with Chantal | <b>03</b><br>10h30 Club Art et artisanat<br><br>10:30am Art and craft club |
| <b>08</b><br>10h La Messe<br>Radio-Canada<br><br>10am La Messe<br>Radio-Canada | <b>09</b>                                                                                                                                              | <b>10</b><br>10:30 Café de nouvelles<br><br>10:30am News coffee                                                                                                                                                                                              | <b>11</b><br>13h30 Jardinage cour arrière<br><br>1:30pm Backyard gardening                                                       | <b>12</b><br>14h30 Exercices avec coach Laurie<br><br>2:30pm Exercices with coach Laurie                                 | <b>13</b><br>14h Spectacle de la Fête des pères<br><br>2pm Father's Day Show                                                     | <b>10</b><br>10h30 Club Art et artisanat<br><br>10:30am Art and craft club |
| <b>15</b><br>10h La Messe<br>Radio-Canada<br><br>10am La Messe<br>Radio-Canada | <b>16</b><br>10h30 Exercices<br>13h30 Activités avec jeunes de l'école Laurentide<br><br>10:30am Exercises<br>1:30pm Activities with Laurentide school | <b>17</b><br>10h30 Jeu d'échec<br>14h Présentation banque RBC: Revenus à la retraite, protections juridiques et planification successorale<br><br>10:30am Chess game<br>2pm RBC Bank Presentation: Retirement Income, Legal Protections, and Estate Planning | <b>18</b><br>10h30 Exercices<br>14h Karaoké avec Abi<br><br>10:30am Exercises<br>2pm Karaoke with Abi                            | <b>19</b><br>10h Boutique Tocara<br>13h30 Marche au Tim Hortons<br><br>10am Boutique Tocara<br>1:30pm Tim Hortons outing | <b>20</b><br>10h30 Club de marche<br>13h30 Bingo<br><br>10:30am Walking club<br>1:30pm Bingo                                     | <b>17</b><br>10h30 Club Art et artisanat<br><br>10:30am Art and craft club |
| <b>22</b><br>10h La Messe<br>Radio-Canada<br><br>10am La Messe<br>Radio-Canada | <b>23</b><br>10h30 Exercices<br>13h Sortie magasinage<br><br>10:30am Exercises<br>1pm Shopping Outing                                                  | <b>24</b><br>14h Spectacle de la Fête nationale du Québec<br><br>2pm Quebec National Holiday Show                                                                                                                                                            | <b>25</b><br>10h30 Mini-Golf<br>14h30 Exercices avec coach Laurie<br><br>10:30am Mini-Golf<br>2:30pm Exercises with coach Laurie | <b>26</b><br>10h Boutique Chantal Brabant<br><br>10am Boutique Chantal Brabant                                           | <b>27</b>                                                                                                                        | <b>24</b><br>10h30 Club Art et artisanat<br><br>10:30am Art and craft club |
| <b>29</b><br>10h La Messe<br>Radio-Canada<br><br>10am La Messe<br>Radio-Canada | <b>30</b><br>10h30 Exercices<br>13h30 Jeu de poches Baseball<br><br>10:30am Exercises<br>1:30pm Sandbag baseball game                                  |                                                                                                                                                                                                                                                              |                                                                                                                                  |                                                                                                                          |                                                                                                                                  |                                                                            |