

Montreal West 50+ Spring Activities 2024



514-484-6186
recreation@montreal-west.ca
8 Westminster south,
Montreal West, QC H4X 1Y5

2024 Membership fees



Residents (MW, CSL &
Hampstead) \$ 20
Non-Residents \$ 30

Important Note:

Please respect the
RSVP dates and let
us know as soon as
you are interested
in a event.



Saturday, March 23

Lights OFF 8:30 PM - 9:30 PM



Fraud Prevention Month
Free Lecture (MADA)



Wednesday March 20

Tea & Talk
Topic : **FRAUD PREVENTION**
Presentation by SPVM
1 PM @ Community Center
Call to confirm

FREE Drop-IN Mah Jongg

Thursdays @ 1 pm

Location: MW Community Centre
March 21, 28 / April 4, 11, 18, 25,
May 2, 9, 16, 23, 30

Call to confirm your presence



Bridge

Tuesdays:
March 26
April 30
May 28

Table of 4
call to reserve your table
1 PM @ Community Center
cost: 5\$ per player



Town of Montreal West: Spring Registration



American Mah Jongg

workshop
Tuesdays (starting: April 2)
10:30-12:30 for 6 weeks.
Location:
MW Community Center



Balance Class

Monday & Wednesday
@ 10:45-11:45 a.m.
Location: MW Town Hall

Red Cross

Emergency 1st Aid & CPR

Saturday May 4
9 a.m.-4:30 p.m.
Location:
MW Community Centre



Eccentrics Aging Backwards

Monday &
Wednesday @
9:30 -10:30 a.m.
location: MW Town Hall

To register go to our online platform: amilia.com or call 514-484-6186



Spring Activities 2024

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Locations: Island of Montreal

Departure: 9h30

registration: mandatory

Cost: 5\$ for residents/

50+ club members

(on amilia or in person)

(10\$ for non residents or

non members)

Call for more info:

514-484-6186

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RSVP: **March 28** for April 2

May 1 for May 7

May 30 for June 4

NEW ACTIVE WALKING

Tuesday, April 2

Mont-Royal

Tuesday, May 7

Lachine Canal

Tuesday, June 4

Why walk? Health Canada promotes that physical activity/walking helps healthy growth and development.

It gives us energy, decreases stress, makes us stronger, prolongs independence as we age, it also helps prevent certain chronic diseases.

Thursday, April 4

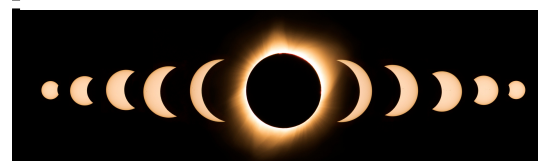
Soup's ON

Here Comes the Sun

By: Bruno Paul Stenson

Royal Astronomical

Society of Canada



Time: 12 noon

Location: Community Center

Cost: 25\$/35\$ (with meal)

Lecture only 12\$ /15\$ (1:30PM)

RSVP: March 28

Wednesday, April 24 **TEA PARTY**

Join us for afternoon tea.

Bring your favorite tea cup and share why its so special to you.



Time: 12 noon

Location: Community Center

Cost: 20\$/30\$ (lunch)

RSVP: April 19



MADA: FREE LECTURES TEA & TALK

Friday, APRIL 19 at 1 pm: **Marie-Claude Guigère,**

Consultant & Author, Helping Seniors

Topic : **Stay or Move ?**

Location: MW Community Center



Wednesday, MAY 15 at 1 pm : **Hanna Aberin,**

Consultant, Business Manager AYURVEDA SPA

Topic : **What is AYURVEDA?**

Holistic Cooking/Eating

Location: MW Community Center

To register email or call 514.484.6186





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H4X 1Y5



Thursday May 23

Marvelous Martinique: The Island Paradise!

Presenter: Frederic Hore
Freelanc Photojournalist, Writer
& Instructor

Time: 1 PM

Location: Montreal West
Community Center

Cost: 10 \$/15 \$
refreshments will be
served

RSVP: May 9

Tuesday, May 14 Ottawa Tulip Festival Day Trip

(all included)

7:30 AM departure /Travel by deluxe motor
coach, enjoy a guided tour & stop for photos
or simply enjoy all the **Tulips.**

(**Commissioners Park, Major's Hill Park,
along the Rideau Canal**)

12:30 PM Buffet lunch (tax & tip included)

2 PM Discover the

Canadian Museum of History

(entrance & guided tour included)

4:30 PM Stop at the **Byward Market**
for a snack before heading back to
Montreal West.

Cost : 169 \$/179\$ (over 30 participants)

229\$/239 \$ (under 20 participants)

RSVP: April 29th

Wednesday, June 19 (trip)

Upper Canada Playhouse presents: **Perfect Wedding** By Robin Hawdon.

When the groom awakes to find a strange girl in bed beside him, hysterical chaos ensues
for the wedding party.



Departure : 10 AM Return: 6 PM (approx)

Meeting place: 8 Westminster south

Destination: Morrisburg, Ontario

Cost: 105 \$/115 \$ includes: transport by deluxe
bus, drivers tip, ticket to the play.

RSVP: May 28

(lunch at Waterview Restaurant & Pizzeria in
Long Sault- not included)



Town of Montreal West Special EVENTS 2024

Saturday, April 6

Pub Night: The Other Side of Cool

Cost: 30\$ + tax Doors open at 8 PM

Location: MW Town Hall, 50 Westminster south

Snacks & Drinks will be for sale

(tickets available online or visit the MW Community Center)



Sunday, May 26 Pop Up Event :

Music by Just Costa

Location: Davies Park Time : 10 AM – 3 PM

Tables available for rent;

25\$ for residents / 35\$ for non residents

Food for sale (BBQ), Live music with JUST COSTA, local merchants and artists showcasing and selling their work

JUNE Events in Davies Park 6 PM

entertainment & BBQ (food for sale)



Tuesday June 11

The Hellbound Hepcats & Marguerite à bicyclette (circus)



Tuesday June 18 My Urban Nature (A'nó:wara Dance Theatre)

Sunday, June 23

La fête nationale du Québec

(details to be confirmed) 4:30 PM – 7:30 PM

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Please let us know if you are planning a trip with
Senior Discovery Tours.

The MW 50+ Club receives a commission from member's
bookings which goes straight to our outings and activities.

For info on their trips call: 514-344-4500



<https://seniordiscoverytours.ca>

Bon Voyage! Happy Travels!

**Important Note: Cancellation after the
RSVP date does not guarantee a full
refund. Depending on the reservation
policy of the host organisation, the
deposits made for a trip, and the size
of the group, partial refunds may be
issued whenever possible.**