

WINTER 2026 PROGRAM SCHEDULE

MONDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M(\$)	NM(\$)	CODE
Stretchalates	Carolyn M	Banquet	9:00 – 9:55 am	Jan 19 – March 23	10	53 \$	63 \$	4071-H26
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	Jan 19 – March 23	10	53 \$	63 \$	4029-H26
Yoga Chair	Carolyn M	Banquet	10:05 – 11:00 am	Jan 19 – March 23	10	53 \$	63 \$	4115-H26
Fit for life 1	Sharon	Terry Fox	10:10 – 11:05 am	Jan 19 – March 23	10	53 \$	63 \$	4030-H26
Balance Fit	Carolyn M	Banquet	11:10 – 12:05 pm	Jan 19 – March 23	10	53 \$	63 \$	4137-H26
Fit for life 3	Lynn	Terry Fox	11:25 – 12:20 pm	Jan 19 – March 23	10	53 \$	63 \$	4018-H26
Spanish - Inter. 1	Isabel	Multimedia	11:30 – 1:00 pm	Jan 12-March 2	8	72 \$	80 \$	4133-H26
Zumba Gold	Jackie	Banquet	12:30 – 1:25 pm	Jan 19 – March 23	10	53 \$	63 \$	4015-H26
KineAction 3	Maya	Terry Fox	1:00 - 1:55 pm	Jan 19-March 23*	9	47 \$	56 \$	4019B-H26
Social Bridge	n/a	Bistro	1:00 – 4:00 pm	Jan 12-March 23	11	10 \$	n/a	4510A-H26
Spanish - Advanced	Isabel	Multimedia	1:00 – 2:25 pm	Jan 12-March 2	8	72 \$	80 \$	4136-H26
Billiards	n/a	Cactus	3:00 – 5:00 pm	Jan 12-March 23	11	10 \$	n/a	4515G-H26

TUESDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Spanish - Beginner	Isabel	Multimedia	9:00 – 10:30 am	Jan 13-March 3	8	72 \$	80 \$	4135-H26
Ease into exercise	Fiona	Banquet	10:15 – 11:10 am	Jan. 27-March 24	9	47 \$	56 \$	4037-H26
Bridge - Intermediate	Debby	Bistro	10:30 – 12:00 pm	Jan 20-March 10	8	30 \$	n/a	4140-H26
KineAction 3	Maya	Terry Fox	10:30 – 11:25 am	Jan 20-March 24*	9	47 \$	56 \$	4019A-H26
Fit for life 2	Fiona	Banquet	11:20 – 12:15 pm	Jan 27-March 24	9	47 \$	56 \$	4036-H26
Spanish - Intermediate 2	Isabel	Multimedia	10:30 – 11:55 am	Jan 13-March 3	8	72 \$	80 \$	4134-H26
Tai Chi Kung	Colin	Sunnybrooke	11:00 – 11:55 am	Jan. 20 – March 24	8	42 \$	50 \$	4121-H26
KineAction 1	Maya	Terry Fox	11:35 – 12:30 pm	Jan. 20-March 24*	9	47 \$	56 \$	4028A-H26
Essentrics	Jackie	Sunnybrooke	12:30 – 1:25 pm	Jan. 20 – March 24	10	53 \$	63 \$	4033-H26
Zumba Toning	Jackie	Sunnybrooke	1:30 – 2:25 pm	Jan. 20-March 24*	9	47 \$	56 \$	4021A-H26
KineAction 2	Maya	Terry Fox	12:40 – 1:35 pm	Jan. 20 – March 24	9	47 \$	56 \$	4012-H26
Knitting	n/a	Multimedia	1:00 – 3:00 pm	Jan 13-March 24	11	Free	n/a	4521-H26
Book club	n/a	Multimedia	1:30 – 2:30 pm	Jan. 20, Feb. 17, March 24	3	Free	n/a	4525-H26
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	Jan 13-March 24	11	10 \$	n/a	4511B-H26
World Dances	Ana	Banquet	1:00 – 1:55 pm	Jan. 27 – March 24	9	47 \$	56 \$	4101-H26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Jan 13-March 24	11	15 \$	n/a	4302A-H26
Billiards	n/a	Cactus	3:00 – 5:00 pm	Jan 13-March 24	11	10 \$	n/a	4515A-H26
Games	n/a	Cactus	3:00 – 5:00 pm	Jan 13-March 24	11	10 \$	n/a	4514A-H26
Billiards	n/a	Cactus	5:10 – 7:10 pm	Jan 13-March 24	11	10 \$	n/a	4515B-H26

WEDNESDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Hatha & Flow Fusion	Subanki	Banquet	8:45 – 9:55 am	Jan. 21-March 25	10	65 \$	75 \$	4112-H26
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	Jan. 21-March 25	10	53 \$	63 \$	4020-H26
Bridge	n/a	Bistro	9:30 – 12:25 pm	Jan 14-March 25	11	\$10	n/a	4510B-H26
Gentle Yoga	Subanki	Banquet	10:10 – 11:20 am	Jan. 21-March 25	10	65 \$	75 \$	4111-H26
Fit for life 1	Sharon	Terry Fox	10:10 – 11:05 am	Jan. 21-March 25	10	53 \$	63 \$	4027-H26
Arthritis Exercise	Caroline Hall	Banquet	11:30 – 13:00 pm	Jan. 21-March 25	10	88 \$	98 \$	4022-H26
Mah Jongg	n/a	Bistro	1:00 – 4:00 pm	Jan 14-March 25	11	10 \$	n/a	4164C-H26
Stretch & Strength	Lynn	Banquet	1:30 – 2:25 pm	Jan. 21-March 25	10	53 \$	63 \$	4074-H26
Billiards	n/a	Cactus	3:00 – 5:00 pm	Jan 14-March 25	11	10 \$	n/a	4515E-H26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Jan 14-March 25	11	15 \$	n/a	4302B-H26

THURSDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Oil Painting	Jacinta	Edw. J	9:30 – 12:00 pm	Jan 22-March 26	10	200 \$	220 \$	4152-H26
French - Beginner	Johanne	Multimedia	9:00 – 9:55 am	Jan 22-March 26	10	90 \$	100 \$	4131A-H26
French -Intermediate	Johanne	Multimedia	10:00 – 11:30 am	Jan 22-March 26	10	90 \$	100 \$	4131B-H26
Circuit Training for All	Dana	Banquet	9:00 – 9:55 am	Jan. 22-March 26	10	53 \$	63 \$	4035-H26
Men's Circuit Training	Dana	Banquet	10:00 – 10:55 am	Jan. 22-March 26	10	53 \$	63 \$	4034-H26
Tai Chi Kung	Colin	Sunnybrooke	10:30 – 11:25 am	Jan. 22-March 26	10	53 \$	63 \$	4123-H26
Fit Chair Yoga	Nicky	Sunnybrooke	12:30 – 1:25 pm	Jan. 22-March 26	10	53 \$	63 \$	4016-H26
World Danses	Ana	Banquet	1:00 – 1:55 pm	Jan. 22-March 26	10	53 \$	63 \$	4085-H26
Singing Group	Susanna	Park view	1:00 – 2:25 pm	Jan 15-March 12	9	80 \$	89 \$	4154-H26
Mah Jongg	n/a	Bistro	1:00 – 4:00 pm	Jan 15-March 26	11	10 \$	n/a	4164-H26
Billiards	n/a	Cactus	3:00 – 5:00 pm	Jan 15-March 26	11	10 \$	n/a	4515C-H26
Games	n/a	Cactus	3:00 – 5:00 pm	Jan 15-March 26	11	10 \$	n/a	4514B-H26
Billiards	n/a	Cactus	5:10 – 7:10 pm	Jan 15-March 26	11	10 \$	n/a	4515D-H26

FRIDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
English conversation	n/a	Bistro	10:00 – 11:00 am	Jan 16-March 20	10	Free	n/a	4526-H26
KineAction 3	Maya	Terry Fox	10:30 – 11:25 am	Jan 23-March 27*	9	47 \$	56 \$	4019-H26
Conversation en français	n/a	Bistro	11:00 – 12:00 pm	Jan 16-March 20	10	Free	n/a	4527-H26
Chair Yoga	Dana	Sunnybrooke	11:30 – 12:25 pm	Jan 23-March 27*	9	47 \$	56 \$	4115B-H26
Stretchalates	Lilly	Zoom	11:30 – 12:25 pm	Jan. 23-March 27	10	53 \$	63 \$	Z4070-H26
KineAction 1	Maya	Terry Fox	11:35 – 12:30 pm	Jan 23-March 27*	9	47 \$	56 \$	4028-H26
KineAction 2	Maya	Terry Fox	12:40 – 1:35 pm	Jan 23-March 27*	9	47 \$	56 \$	4021-H26
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	Jan 16-March 20	8	10 \$	n/a	4511C-H26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Jan 16-March 27	11	15 \$	n/a	4302C-H26

SUNDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	Jan 18-March 22	10	\$10	n/a	4511A-H26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Jan 18-March 29	11	\$15	n/a	4302D-H26

Stay tuned for L'Escapade's monthly outings—dates and restaurants will be announced during the winter session.

MEMBERSHIP 2025-2026

Regular member - \$25
Associate member - \$45

ONLINE Registration at ddoclub55.com

Regular Member: From Tue., Jan. 6 at 10 a.m.
Associate Member: From Thurs., Jan. 8 at 10 a.m.

IN PERSON Registration

The office will be open from 10 a.m. to 2 p.m. on the following dates

Office address: 12001, Boul. De Salaberry

Regular member: From Tuesday, January 6th
Associate member: From Thursday, January 8th
Non-member: From Friday, January 9th
Open to All: From January 12th, during regular office hours

PROXY Registration: During registration periods, an individual may register for themselves, a family member, and/or one other household member who meets the Club's membership requirements. However, new members must appear in person and cannot be registered by proxy.

Footnote: * Dates: Check your receipt for days when there are no classes.
Footnote: M: Member rate NM: Non-member rate
Schedule as of December 16, subject to change without notice

FITNESS

SOCIAL

APPRENDRE

Our Locations: Centre Civique DDO at 12001, boul. de Salaberry; Chalet Edward Janiszewski (Edw. J) situated at 264 Rue Ernest;
Chalet Terry Fox situated at 80, rue Westpark; Chalet Sunnybrooke, situated at 7, rue Cadman