



ASSOCIATION DE LA
COMMUNAUTÉ NOIRE DE
CÔTE-DES-NEIGES INC.

CÔTE-DES-NEIGES
BLACK COMMUNITY
ASSOCIATION INC.

COTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION INC. **PROGRAMS**

SENIORS

• Seniors Program

Location: CDN BCA center

Hours: Friday 1:00 pm to 4:00 pm

It is a weekly program that keeps seniors motivated and active in a friendly atmosphere by providing them with activities of interest and with helpful and relevant information. Seniors are engaged in a range of social activities such as workshops games, trips, picnics, music, choir, arts and crafts, and lunches.

• Fitness Class

Location: Lavoie

Cote-des-Neiges Senior exercise program provides the basic foundations needed to continue and make everyday activities of daily living easier.

Designed to build muscle mass, strength and flexibility, the program also improves cardiovascular and respiratory function, burns calories and helps maintain a steady weight.

• Steel Pan

The Cote-des-Neiges Black Community Association Steel Pan music program is a way to cultivate the seniors' cultural belonging by giving them the opportunity to learn and practise an instrument that was originated from the Caribbean. Participants learn many compositions from a wide variety of artists and they then have the opportunity to perform for various audiences, concerts, and parties.

