

SENIORS IN THE CITY CALENDAR

APRIL 2026

WEDNESDAY THURSDAY FRIDAY SATURDAY

1

**City of Moncton
Seniors Presentation:
Wills & Estate Planning**

9 a.m., - EN
10:30 a.m. - FR
Centennial Rotary
Lodge

Aquafit

9 a.m.
YMCA Moncton (\$3)

Senior Social

1 p.m. - 4 p.m.
Moncton Public Library
(EN/FR)

***Tech & Connect**

2:30 p.m.
Moncton Public Library
(EN/FR)

Far Out East Cinema

7:30 p.m.
Université de Moncton
(EN) (\$)

2

**Senior-Friendly
Indoor Walking**

8 a.m. -
10:30 a.m.
CCC-KA

Morning Mingle

10 a.m.
398 Salisbury
Road (EN)

**Coffee For
Caregivers**

2 p.m.
52 Falkland St.
(EN)

3

**Senior-Friendly
Indoor Walking**

8 a.m. -
10:30 a.m.
CCC-KA

Public Swim

1:30 p.m.
YMCA
Moncton (\$3)

4

Moncton Market
8 a.m. - 2 p.m.

**Book Club:
Historical Fiction**

10 a.m.
Moncton Public
Library (EN)

**Dance and Live
Music**

8 p.m.
Royal Canadian
Legion Branch #6
(\$)

Legend:

* Registration required

\$ - Paid activity

CCC-KA - Crossman
Community Centre-Kay Arena

EN - Offered in English

FR - Offered in French

EN / FR - Offered in English
and French

Questions?

moncton.ca
506-853-3333
info@moncton.ca

SENIORS IN THE CITY CALENDAR

APRIL 2026



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

5

Senior-Friendly Indoor Walking

8 a.m. - 10:30 a.m.
CCC-KA

Senior Social

1 p.m.
Royal Canadian Legion Branch #6 (\$2)

Public Swim

1:30 p.m.
YMCA Moncton (\$3)

6

Senior-Friendly Indoor Walking

8 a.m. - 10:30 a.m.
CCC-KA

7

***Chair Yoga**

10:30 a.m.
DansEncorps (EN/FR)

Moncton Cares Newcomer Social

6 p.m.
Moncton Public Library (EN/FR)

Far Out East Cinema

7:30 p.m.
Université de Moncton (EN) (\$)

8

Aquafit

9 a.m.
YMCA Moncton (\$3)

Resurgo Place

50% off for Seniors Ages 60+
10 a.m. - 5 p.m.

***Body Alignment**

10:30 a.m.
DansEncorps (EN/FR)

***Alzheimer Society Minds in Motion: Walk & Talk**

1 p.m.
YMCA Moncton North (EN)

Far Out East Cinema

7:30 p.m.
Université de Moncton (EN) (\$)

9

Senior-Friendly Indoor Walking

8 a.m. - 10:30 a.m.
CCC-KA

Morning Mingle

10 a.m.
398 Salisbury Road (EN)

***Line Dance**

10:30 a.m.
DansEncorps (EN/FR)

10

***Chair Yoga**

10:30 a.m.
DansEncorps (EN/FR)

***Qi Gong**

11:30 a.m.
DansEncorps (EN/FR)

Public Swim

6:30 p.m.
YMCA Moncton (\$3)

Karaoke

8 p.m.
Royal Canadian Legion Branch #6 (\$2)

11

Moncton Market

8 a.m. - 2 p.m.

Origami Club

2 p.m.
Moncton Public Library (EN/FR)

Dance and Live Music

8 p.m.
Royal Canadian Legion Branch #6 (\$)

SENIORS IN THE CITY CALENDAR

APRIL 2026



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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12
Knitting Club
 12 p.m.
 Moncton Public Library (EN/FR)

Senior Social
 1 p.m.
 Royal Canadian Legion Branch #6 (\$2)

Public Swim
 2:30 p.m.
 YMCA Moncton (\$3)

13
Senior-Friendly Indoor Walking
 8 a.m. - 10:30 a.m.
 CCC-KA

Grief Cafe with Hospice SENB
 2:30 p.m.
 Moncton Public Library (EN/ FR)

14
***Chair Yoga**
 10:30 a.m.
 DansEncorps (EN/FR)

***Alzheimer Society Caregiver Support Group**
 2 p.m. and 6:30 p.m.
 Faubourg du Mascaret (FR)

Far Out East Cinema
 7:30 p.m.
 Université de Moncton (EN) (\$)

15
Aquafit
 9 a.m.
 YMCA Moncton (\$3)

***Body Alignment**
 10:30 a.m.
 DansEncorps (EN/FR)

***Tech & Connect**
 2:30 p.m.
 Moncton Public Library (EN/FR)

Tax Preparation Clinic
 4 p.m. - 7 p.m.
 Moncton Public Library (EN/FR)

Far Out East Cinema
 7:30 p.m.
 Université de Moncton (EN) (\$)

16
Senior-Friendly Indoor Walking
 8 a.m. - 10:30 a.m.
 CCC-KA

Morning Mingle
 10 a.m.
 398 Salisbury Road (EN)

***Line Dance**
 10:30 a.m.
 DansEncorps (EN/FR)

Coffee For Caregivers
 2 p.m.
 52 Falkland St. (EN)

***Book Club: Around the World**
 3 p.m.
 Moncton Public Library (EN)

17
***Chair Yoga**
 10:30 a.m.
 DansEncorps (EN/FR)

***Qi Gong**
 11:30 a.m.
 DansEncorps (EN/FR)

Public Swim
 6:30 p.m.
 YMCA Moncton (\$3)

Karaoke
 8 p.m.
 Royal Canadian Legion Branch #6 (\$2)

18
Moncton Market
 8 a.m. - 2 p.m.

Origami Club
 2 p.m.
 Moncton Public Library (EN/FR)

Dance and Live Music
 8 p.m.
 Royal Canadian Legion Branch #6 (\$)

SENIORS IN THE CITY CALENDAR

APRIL 2026



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

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|--|--|---|--|--|---|---|
| <p>19</p> <p>Senior-Friendly Indoor Walking 8 a.m. - 10:30 a.m. CCC-KA</p> <p>Senior Social 1 p.m. Royal Canadian Legion Branch #6 (\$2)</p> <p>Public Swim 2:30 p.m. YMCA Moncton (\$3)</p> | <p>20</p> <p>Senior-Friendly Indoor Walking 8 a.m. - 10:30 a.m. CCC-KA</p> | <p>21</p> <p>Senior-Friendly Indoor Walking 8 a.m. - 10:30 a.m. CCC-KA</p> <p>*Chair Yoga 10:30 a.m. DansEncorps (EN/FR)</p> | <p>22</p> <p>Aquafit 9 a.m. YMCA Moncton (\$3)</p> <p>*Body Alignment 10:30 a.m. DansEncorps (EN/FR)</p> <p>*Alzheimer Society Minds in Motion: Walk & Talk 1 p.m. YMCA Moncton North (EN)</p> <p>Tax Preparation Clinic 4 p.m. - 7 p.m. Moncton Public Library (EN/FR)</p> | <p>23</p> <p>Senior-Friendly Indoor Walking 8 a.m. - 10:30 a.m. CCC-KA</p> <p>Morning Mingle 10 a.m. 398 Salisbury Road (EN)</p> <p>*Line Dance 10:30 a.m. DansEncorps (EN/FR)</p> | <p>24</p> <p>*Chair Yoga 10:30 a.m. DansEncorps (EN/FR)</p> <p>*Qi Gong 11:30 a.m. DansEncorps (EN/FR)</p> <p>Public Swim 6:30 p.m. YMCA Moncton (\$3)</p> <p>Karaoke 8 p.m. Royal Canadian Legion Branch #6 (\$2)</p> | <p>25</p> <p>Moncton Market 8 a.m. - 2 p.m.</p> <p>Origami Club 2 p.m. Moncton Public Library (EN/FR)</p> <p>Dance and Live Music 8 p.m. Royal Canadian Legion Branch #6 (\$)</p> |
|--|--|---|--|--|---|---|

SENIORS IN THE CITY CALENDAR

APRIL 2026



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY

26

Senior-Friendly Indoor Walking

8 a.m. - 10:30 a.m.
CCC-KA

Senior Social

1 p.m.
Royal Canadian Legion
Branch #6 (\$2)

Public Swim

2:30 p.m.
YMCA
Moncton (\$3)

27

Senior-Friendly Indoor Walking

8 a.m. - 10:30 a.m.
CCC-KA

***Monday Afternoon Book Club**

3 p.m.
Moncton Public Library (EN)

28

***Chair Yoga**

10:30 a.m.
DansEncorps (EN/FR)

Let's Speak French

6 p.m.
Moncton Public Library (FR)

29

Aquafit

9 a.m.
YMCA Moncton (\$3)

Resurgo Place

50% off for Seniors Ages 60+
10 a.m. - 5 p.m.

***Body Alignment**

10:30 a.m.
DansEncorps (EN/FR)

30

Senior-Friendly Indoor Walking

8 a.m. - 10:30 a.m.
CCC-KA

Morning Mingle

10 a.m.
398 Salisbury Road (EN)

***Line Dance**

10:30 a.m.
DansEncorps (EN/FR)

Coffee For Caregivers

2 p.m.
52 Falkland St. (EN)

***Please note that calendar events are subject to change.**

April 2026

Seniors in the City Calendar Guide



Special Events

Presentation: Wills & Estate Planning

Wednesday, April 1

9 a.m. - English language presentation

10:30 a.m. - French language presentation

Centennial Rotary Lodge, 125 Rotary Lodge Lane

The City of Moncton invites you to join Monica Barley, partner at Actus Law, as she discusses the importance of designating a power of attorney and having an up-to-date will. Monica will also outline the duties and obligations of the Executor, Trustee, and Attorney, and what to consider when creating these documents.

Frye Festival

April 24 - May 3, 2026

Various locations

Whether you're a lifelong bibliophile or just beginning your love of literature, the Frye Festival is your chance to meet authors, discover new books, develop your creative writing skills, engage in lively discussions and connect with fellow book lovers. For the full schedule of events, visit www.fyre.ca.

Earth Day Clean Up

April 24 to 26, 2026

The weather is getting warmer, and that means it's time for the City of Moncton's Earth Day Cleanup! To help keep local greenspaces beautiful and safe, the City, in partnership with Eco360, provides cleanup kits that individuals and groups can use for the spring cleanup of parks and trails. Participants can choose a zone and register to obtain a free cleanup kit. Each kit contains 5 pairs of gloves and 8 garbage bags. To register, visit www.moncton.ca/earth-day-cleanup.

Codiac Transpo

506-857-2008

Greater Moncton's public transit system offers free transportation for seniors age 65+ every Wednesday. For schedules and routes, visit www.codiactranspo.ca, or download the Codiac Transpo app to use the "plan your trip" tool and find the best way to get to your destination.

Indoor Walking

Crossman Community Centre / Kay Arena Walking Track

99 Wynwood Dr.

506-877-7715

Dedicated senior walking sessions are offered free of charge 7 days a week from 8 a.m. to 10:30 a.m. Proper indoor footwear is required. The walking track is also available during regular operation hours.

YMCA Moncton North Walking Track

70 Twin Oaks Drive

(506) 857-0606

You do not need to be a member to benefit from the YMCA Moncton North's 100-metre indoor walking track. The track is open to the public free of charge, 7 days a week: Monday to Friday from 6:30 a.m. to 7:45 p.m. and Saturday and Sunday from 8:30 a.m. to 7:45 p.m.

The Greater Moncton YMCA

30 War Veterans Ave.

The YMCA welcomes everyone in the community, and you don't have to be a member to take part in many of its programs and activities!

- **Aquafit** - Also in partnership with the City of Moncton, Aquafit classes, specially designed for seniors, are held every Wednesday at 9 a.m. for just \$3. These low-impact workouts improve strength, balance, and flexibility while keeping things fun and social.
- **Public Swims** - In partnership with the City of Moncton, the Y offers \$3 public swims every Friday evening from 6:30 p.m. to 7:30 p.m. and Sunday afternoons from 2:30 p.m. to 3:30 p.m. It's a great way to stay active and have fun in the water! **Please note: public swims on April 3 and 5 have been rescheduled to 1:30 p.m. to 2:30 p.m.**

For more information on YMCA programs and schedules, visit www.ymcamoncton.ca or call 506-857-0606.

Moncton Public Library

644 Main Street

506-869-6000



In addition to book loans, object lending, computer access, audio books, and passes to attractions, the Moncton Public Library offers an incredible lineup of free programming, including:

- **Senior Social** - Held the first Wednesday of the month from 1 p.m. to 4 p.m., you're invite to drop by and enjoy conversation, light refreshments, board games and crafts. No registration is required for this bilingual activity.
- ***Tech & Connect** - This bilingual program is offered by appointment from 2:30 p.m. to 4 p.m. Whether you're curious about tablets, social media, or the online library, the library's friendly, tech-savvy staff are there to help. Bring your questions and enjoy a relaxed atmosphere where you can learn, explore, and connect. Feel free to bring your devices for your session. To register, call 506-869-6000.
- ***Book Clubs** - Discover new stories and make new friends! The Moncton Public Library offers welcoming book clubs for readers of all interests. Registration is required, and copies of the books are available at the front desk of the library. To register or to be added to a waitlist, please call 506-869-6000 option 3 or e-mail BiblioMonctonLib@gnb.ca. Here are just some of the book clubs that meet monthly at the library:
 - Historical Fiction - Held in English on the first Saturday of the month from 10 a.m. to 11 a.m.
 - Around the World - Held in English on the third Thursday of the month from 3 p.m. to 4 p.m.
 - Monday Afternoon Book Club - Held in English on the fourth Monday of the month from 3 p.m. to 4 p.m.
- **Grief Café with Hospice SENB (EN/FR)** - Monday, April 13 from 2:30 p.m. to 4 p.m. on the 2nd floor. Grief doesn't follow a schedule, and sometimes you just need to connect with others who understand. No registration is required. For more information e-mail info@hospicesenb.ca.
- ***Moncton Cares Newcomer Social** - You're invited to take part in the monthly Newcomer Social held the first Tuesday of every month from 6 p.m. to 7:30 p.m. All ages are welcome to attend this multilingual event. Registration is required.
- **Origami Club (EN/FR)**- Hosted weekly on Saturdays from 2 p.m. to 3 p.m. in English. An opportunity to discover our books about origami and to give it a try. Suitable for beginners, but all skill levels are welcome.

- **Knitting Club** (EN/FR) - Offered on the second Sunday of each month from 12 p.m. to 2 p.m. Bring your fiber art projects to work on and socialize with fellow crafters. Knitting, crochet, macramé; all arts are welcome.
- **Tax Preparation Clinics** - Offered April 15 and 22 from 4 p.m. to 7 p.m. Volunteers will help prepare simple tax returns for low income families and individuals on a first come, first served basis.
- **Let's Speak French** - Held on the fourth Tuesday of the month from 6 p.m. to 7 p.m. Moncton's Alliance Française invites you to its monthly series. The idea is simple: pair up and talk for seven minutes and then move to another partner to start another seven-minute conversation, in a kind and respectful atmosphere. This activity is open to everyone to meet people and above all, to have conversations in French. All ages and language levels are welcome, and no registration is required.

This is just a glimpse of some of the many activities and events held at the library. To view the full schedule of events, visit www.monctonpubliclibrary.ca/activities or call 506-869-6000.

Far Out East Cinema

Amphitheatre 163, Jacqueline Bouchard Building

Université de Moncton Campus

Far Out East Cinema screens films in Fall, Winter and Spring. Admission is \$10 for non-members and \$8 for members. Membership cards are \$15 for adults and \$12 for seniors ages 65+. Memberships are available at all shows and provide a \$2 saving on regular admission. Memberships are valid for 12 months from the date of purchase. Free parking is available on site. This month's screenings include:

- *Father Mother Sister Brother*, 110 min - April 1 at 7:30 p.m.
- *Dead Man's Wire*, 104 min - April 7 and 8 at 7:30 p.m.
- *Midwinter's Break*, 90 min - April 14 and 15 at 7:30 p.m.

Morning Mingle

Uplands Baptist Church

398 Salisbury Road

The Nursing Homes Without Walls (NHWW) program at the Kenneth E. Spencer Memorial Home offers a weekly drop-in social you won't want to miss. Join in for great conversation, delicious food, and a selection of activities every Thursday morning from 10 a.m. to 12 p.m. This NHWW program also offers walking groups, arts and crafts workshops, lunch and learn events, grocery shopping outings, and more. For more information, call 1-866-269-4544 or email nhww.admin@spencerhome.ca.

Coffee for Caregivers

Holy Family Catholic Church

52 Falkland Street

Those providing care to a spouse, friend, or family member with needs are invited to connect, share stories, and provide support over a cup of coffee or tea. The group meets every second Thursday in the Holy Family Church hall (52 Falkland Street) from 2 p.m. to 3:30 p.m. All are welcome. To learn more, contact Karen LeBlanc at 506-387-4198.

Moncton Market

120 Westmorland St.

Open every Saturday from 8 a.m. to 2 p.m., discover over 100 local farmers, chefs, and talented artisans under one roof. The weekday food court is also open Monday to Friday from 10 a.m. to 4 p.m. to pick up lunch from local favourites. For information on vendors, parking and more, visit marchemonctonmarket.ca.

The Royal Canadian Legion Branch #6

100 War Veterans Ave.

You do not need to be a member to take part in the fun at the Legion! Branch #6 offers a welcoming atmosphere and a wide variety of activities for seniors and community members alike.

- **Saturday Dances** - Enjoy live music by popular local bands every Saturday from 8 p.m. to 11:30 p.m. Admission is \$6 for members and \$8 for non-members.
- **Senior Socials** - Held every Sunday from 1 p.m. to 4 p.m., featuring live music, dancing, and a light lunch. Admission is \$2.

- **Karaoke** - Friday nights from 8 p.m. to midnight, free of charge. Come sing your heart out or enjoy the show! Admission is \$2. **Please note that karaoke is cancelled on Good Friday, April 3.**

The Legion also offers line dancing, cribbage, euchre, 200, shuffleboard, darts, various fitness classes, and more. For details and the full activity calendar, visit www.royalcanadianlegionbranch6moncton.com or call the office at 506-855-3364 Wednesday to Friday from 12 p.m. – 3 p.m.

DansEncorps

Aberdeen Cultural Centre

140 Botsford St.

The Seniors Program offered by DansEncorps provides free bilingual classes to stimulate activity, flexibility, muscle tone, and balance. Participants can choose from four approaches to movement: chair yoga, body positioning, line dancing, and Qi Gong, in addition to social activities.

The spring program will be offered from April 7 to June 12 with classes available Tuesday through Friday from 10:30 a.m. to 11:30 a.m. Additionally, the adjacent studio is open from 10 a.m. to 1 p.m. for registered members to enjoy social activities. Free parking is available at théâtre l'Escouette, 170 rue Botsford.

Registration opens every Tuesday at 1 p.m. for the following week's courses. To register, create a profile by visiting https://app.gostudiopro.com/online/index.php?account_id=29275, then log in to reserve a place in the classes of your choice. Spaces are limited, so register quickly! For assistance, call 506-855-0998. Spring courses include:

***Chair yoga** - Offered Tuesdays and Fridays from 10:30 a.m. to 11:30 a.m. Chair yoga allows you to perform yoga-inspired poses and exercises while seated. It improves flexibility, strength, balance, and relaxation, and is ideal for those with mobility limitations. Sessions include gentle movements, stretching, breathing techniques, and meditation to promote well-being.

***Body alignment** - Offered Wednesdays from 10:30 to 11:30 a.m. The body alignment class offers techniques to improve posture, movement, and balance. It includes gentle exercises and stretches that help reduce pain and prevent injury, while improving daily mobility and overall well-being.

***Line dancing** - Offered Thursdays from 10:30 to 11:30 a.m. Line dancing is a form of group dancing where participants perform coordinated movements in rows, following predetermined step sequences. This style of dancing allows each dancer to synchronize with the group while improving their coordination and sense of rhythm. Accessible to all levels, line dancing is ideal for having fun, promoting team spirit, and creating a joyful and dynamic atmosphere.

***Qi Gong** - Offered Fridays from 11:30 a.m. to 12:30 p.m. This ancient practice combines gentle movements, deep breathing, and positive intention. Qi Gong improves balance, mobility, and vitality, while reducing stress and promoting a calm state of mind. It is particularly beneficial for overall well-being and healthy aging.

Resurgo Place

506-856-4383

20 Mountain Road

Visit the home of the Moncton Museum and Transportation Discovery Centre for \$5! Resurgo Place offers 50% off admission for seniors 60+ every Wednesday from 10 a.m. to 5 p.m. For more information, visit www.resurgo.ca or call **(506) 856 4383**.

Alzheimer Society of New Brunswick

1-800-664-8411

The Alzheimer Society of NB offers support to those living with Alzheimer's disease or another form of dementia and their caregivers.

- **Minds in Motion: Walk & Talk at the Y** (EN/FR) - Offered April 8 and 22 from 1 p.m. to 2:30 p.m. at the Moncton North YMCA (70 Twin Oaks Dr). People living with dementia, their families, and caregivers are invited to walk laps around an accessible indoor walking track followed by fun brain activities. All are welcome to this free program, however registration is required. Call or email education@alzheimernb.ca to learn more or register.
- **Caregiver Support Group** (FR) - Offered in partnership with the Nursing Homes Without Walls program at Shannex's Faubourg du Mascaret (75 Mascaret Street) on the second Tuesday of the month from 2 p.m. to 3:30 p.m. and from 6:30 p.m. to 8 p.m. This French language group is designed to connect caregivers of those living with dementia to share stories, feelings, and ideas. To register, call 506-855-5349 or e-mail fssmmoncton@shannex.com.