

SENIORS IN THE CITY CALENDAR

MAY 2026



FRIDAY

1

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

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

High School Art Exhibit
5 p.m. - 8 p.m.
Moncton City Hall

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

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

SATURDAY

2

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

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

Municipal Election Advance Polls
10 a.m. - 8 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

MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>*DIY Flower Vases 12 p.m. - 2 p.m. Moncton Public Library (EN/FR)</p> <p>Senior Social 1 p.m. Royal Canadian Legion Branch #6 (\$3)</p> <p>Public Swim 2:30 p.m. YMCA Moncton (\$3)</p>	<p>4</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>Municipal Election Advance Polls 10 a.m. - 8 p.m.</p> <p>*Tantramar Seniors College: Homelessness in Moncton 1:30 p.m. CCC-KA</p> <p>Grief Cafe with Hospice SENB 2:30 p.m. Moncton Public Library (EN/ FR)</p>	<p>5</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>*Chair Yoga 10:30 a.m. DansEncorps (EN/FR)</p> <p>Moncton Cares Newcomer Social 6 p.m. Moncton Public Library (EN/FR)</p>	<p>6</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>Senior Social 1 p.m. - 4 p.m. Moncton Public Library (EN/FR)</p> <p>*Tech & Connect 2:30 p.m. Moncton Public Library (EN/FR)</p>	<p>7</p> <p>Senior-Friendly Indoor Walking 9 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>8</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>9</p> <p>Moncton Market 8 a.m. - 2 p.m.</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>Dance and Live Music 8 p.m. Royal Canadian Legion Branch #6 (\$)</p>

SENIORS IN THE CITY CALENDAR

MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10</p> <p>Knitting Club 12 p.m. Moncton Public Library (EN/FR)</p> <p>Senior Social 1 p.m. Royal Canadian Legion Branch #6 (\$3)</p> <p>Public Swim 2:30 p.m. YMCA Moncton (\$3)</p>	<p>11</p> <p>Municipal Election Day Polls open from 10 a.m. - 8 p.m.</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p>	<p>12</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>*Chair Yoga 10:30 a.m. DansEncorps (EN/FR)</p> <p>*Alzheimer Society Caregiver Support Group 2 p.m. and 6:30 p.m. Faubourg du Mascaret (FR)</p>	<p>13</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>Aquafit 9 a.m. YMCA Moncton (\$3)</p> <p>Resurgo Place 50% off for Seniors Ages 60+ 10 a.m. - 5 p.m. (\$)</p> <p>*Body Alignment 10:30 a.m. DansEncorps (EN/FR)</p>	<p>14</p> <p>Morning Mingle 10 a.m. 398 Salisbury Road (EN)</p> <p>*Line Dance 10:30 a.m. DansEncorps (EN/FR)</p> <p>Coffee For Caregivers 2 p.m. 52 Falkland St. (EN)</p> <p>*Book Club: Around the World 3 p.m. Moncton Public Library (EN)</p>	<p>15</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>16</p> <p>Moncton Market 8 a.m. - 2 p.m.</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>Dance and Live Music 8 p.m. Royal Canadian Legion Branch #6 (\$)</p>

SENIORS IN THE CITY CALENDAR

MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA Knitting Club 12 p.m. Moncton Public Library (EN/FR) Senior Social 1 p.m. Royal Canadian Legion Branch #6 (\$3) Public Swim 2:30 p.m. YMCA Moncton (\$3)	18 VICTORIA DAY Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA	19 Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA *Chair Yoga 10:30 a.m. DansEncorps (EN/FR)	20 Aquafit 9 a.m. YMCA Moncton (\$3) (EN) *Body Alignment 10:30 a.m. DansEncorps (EN/FR) *Alzheimer Society Minds in Motion: Walk & Talk 1 p.m. YMCA Moncton North (EN) *Tech & Connect 2:30 p.m. Moncton Public Library (EN/FR)	21 Senior-Friendly Indoor Walking 9 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)	22 *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)	23 Moncton Market 8 a.m. - 2 p.m. Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA Dance and Live Music 8 p.m. Royal Canadian Legion Branch #6 (\$)

SENIORS IN THE CITY CALENDAR

MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>24</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>Senior Social 1 p.m. Royal Canadian Legion Branch #6 (\$3)</p> <p>Public Swim 2:30 p.m. YMCA Moncton (\$3)</p>	<p>25</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>*Monday Afternoon Book Club 3 p.m. Moncton Public Library (EN)</p>	<p>26</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>*Chair Yoga 10:30 a.m. DansEncorps (EN/FR)</p> <p>Let's Speak French 6 p.m. Moncton Public Library (FR)</p>	<p>27</p> <p>Senior-Friendly Indoor Walking 9 a.m. - 10:30 a.m. CCC-KA</p> <p>Aquafit 9 a.m. YMCA Moncton (\$3)</p> <p>Resurgo Place 50% off for Seniors Ages 60+ 10 a.m. - 5 p.m. (\$)</p> <p>*Body Alignment 10:30 a.m. DansEncorps (EN/FR)</p>	<p>28</p> <p>*Tantramar Seniors College: Find Your Fit! Seniors Recreation in Moncton 10 a.m. CCC-KA (EN)</p> <p>Morning Mingle 10 a.m. 398 Salisbury Road (EN)</p> <p>*Line Dance 10:30 a.m. DansEncorps (EN/FR)</p> <p>Coffee For Caregivers 2 p.m. 52 Falkland St. (EN)</p>	<p>29</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>30</p> <p>Moncton Market 8 a.m. - 2 p.m.</p> <p>Atlantic Tree Climbing Championship 7 a.m. - 5 p.m. Victoria Park</p> <p>Dance and Live Music 8 p.m. Royal Canadian Legion Branch #6 (\$)</p>

SENIORS IN THE CITY CALENDAR

MAY 2026



SUNDAY

31

Senior-Friendly Indoor Walking

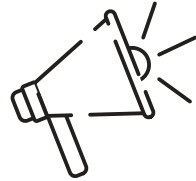
9 a.m. -
10:30 a.m.
CCC-KA

Senior Social

1 p.m.
Royal Canadian
Legion
Branch #6 (\$3)

Public Swim

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



2026 Municipal Elections

Important Dates:

Advance polls - Saturday, May 2 from 10 a.m. - 8 p.m.
Advance polls - Monday, May 4 from 10 a.m. - 8 p.m.
Election day - Monday, May 11 from 10 a.m. - 8 p.m.

The City of Moncton is divided into four wards. Voters will be asked to vote for a mayor, two at-large councillors, and two ward councillors.

To determine what ward you live in, refer to the City of Moncton ward map or use the address look up tool by visiting www.moncton.ca/en/municipal-elections-2026.

For more information on how and where to vote, visit www.electionsnb.ca or call 1-888-858-8683.

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

MAY 2026

Seniors in the City Calendar Guide

Special Events

High School Art Exhibit

May 1, 5 p.m. - 8 p.m.

Moncton City Hall, 655 Main Street

The City of Moncton invites you to help kick off Youth Week! Celebrate young talent by discovering emerging artists from area high schools, music by a trio of string musicians from the New Brunswick Youth Orchestra, and a performance by students from la jeune troupe de DansEncorps.

Moncton Taco Week

May 1 - 7, 2026

Various restaurants

Whether you prefer soft or hard-shell, add some flavour to your day with Moncton Taco Week! Try fun taco creations at local restaurants across the city all week long. For more information, visit www.facebook.com/monctontacoweb.

Atlantic Tree Climbing Championship

May 30, 2026, 7 a.m. - 5 p.m.

Victoria Park, 223 Weldon Street

Every year the Atlantic Chapter of International Society of Arboriculture hosts a showcase of the best tree climbers in the region. Watch these industrial athletes display their skills in a fun and supportive environment!

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.

Walking Tracks

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.

Croix Bleue Medavie Stadium

30 Antonine-Maillet Ave, Université de Moncton

The Croix Bleue Medavie Stadium is an outdoor track and field, and soccer facility located on the grounds of Université de Moncton. The 400-metre, 8-lane track is built to international standards.

The public has free access to the stadium's track from 8:30 a.m. to 4:30 p.m., Monday to Friday (except days of competitions or major events). Those arriving by vehicle can park free for two hours in the lot between the stadium and Pavillon Léopold-Taillon (P-9) on the Université de Moncton campus.

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.

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.

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!

- **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! Bathing caps are required.
- **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. Bathing caps are required.

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

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.

- **Karaoke** - Friday nights from 8 p.m. to midnight, free of charge. Come sing your heart out or enjoy the show! Admission is \$2.
- **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.

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.

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 www.marchemonctonmarket.ca.

Moncton Public Library

644 Main Street

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:

- ***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.
- ***DIY Flower Vases** (EN/FR) - Offered Sunday, May 3 from 12 p.m. to 2 p.m. Decorate a glass vase using pressed flowers and Mod Podge. All materials provided are provided for this bilingual activity. Registration is required, call 506-869-6000 option 3 to reserve your place.
- **Grief Café with Hospice SENB** - These free, drop-in sessions are held the first Monday of the month 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.
- **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.
- **Knitting Club** - Offered on the second and third Sunday of May from 12 p.m. to 1:30 p.m. in the Maskerspace. Bring your fiber art projects to work on and socialize with fellow crafters. Knitting, crochet, macramé; all arts are welcome.
- **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.

Tantramar Seniors College

Crossman Community Centre / Kay Arena (CCC-KA)

99 Wynwood Dr.

Discover the joy of lifelong learning with Tantramar Seniors College! Open to adults 50+, the College offers engaging, peer-led courses in Moncton at the Crossman Community Centre. New participants are welcome to attend their first class at no cost. May classes in the Codiac Region include:

- ***Homelessness in Moncton** - Monday, May 4, 9 a.m.
- ***Find Your Fit! Seniors Recreation in Moncton** - Thursday, May 28, 10 a.m.

To register for the complimentary course of your choice, please call 506-856-0099. To learn more about the Tantramar Seniors College, including their full spring course catalogue, visit www.tantramarseniorscollege.wordpress.com.

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 May 6 and 20 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.

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.

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.

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.