


January Activity Calendar

For additional information or to register for an activity, please contact

info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>These activities are made possible thanks to our funders</p> 						
			1	2	3	4
			ARC OFFICES CLOSED	ARC OFFICES CLOSED		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	<p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Social Cooking @ Activity Centre 10:00 am-12:00 pm</p>	<p>Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>SHARP: via zoom <i>Thinking About Your Mental Health ?</i> 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>		<p>Family Wellness Saturday @ St-Jean Military College 10:00 am-12:00 pm</p>
19	20	21	22	23	24	25
	<p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Book Club (St-Jean) 7:30-9:00 pm</p>	<p>Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm</p>	<p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>		<p>Community Dinner Dance @ GPK (Legion) 5:00-10:00 pm</p>
26	27	28	29	31		
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