


# November Activity Calendar

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

[info@arc-hss.ca](mailto: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	<p>4 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p>	<p>5 Computers &amp; Tablets Workshop @ Activity Centre 10:00-11:00 am</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Ilana's In-Person Drawing Class @ Activity Centre 1:00-3:00 pm</p>	<p>6 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly / GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p> <p>Caregiving Community Virtual Workshop via Zoom</p>	<p>7 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Employment Clinic @ Activity Centre 12:00 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	8	9
10	<p>11 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 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>12 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Caregivers Support Group via Zoom 7:00-8:30 pm</p> <p>Seniors Wellness Activity Clarenceville 1:30-3:30 pm</p>	<p>13 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p>	<p>14 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	15	16
17	<p>18 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 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>19 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p>	<p>20 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</p> <p>SHARP: via zoom "Thinking About Your Future" 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>21 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>Book Club (St Jean) 7:30-9:00 pm</p>	22	23
24	<p>25 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 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>26 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Seniors Wellness Activity Clarenceville 1:30-3:30 pm</p>	<p>27 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p>	<p>28 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	29	<p>30 Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm</p> <p>Community Dinner Dance @ GPK (Legion) 5:00-10:00 pm</p>