


March Activity Calendar

For information or to register, please contact our
Administrative Coordinator at: 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</p> <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>5</p> <p>Conversations about Grief via Zoom 7:00-8:30 pm</p>	<p>6</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm</p>	<p>7</p> <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p>	8	9
10	<p>11</p> <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>12</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>Caregivers Support Group via Zoom 7:00-8:30 pm</p>	<p>13</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>14</p> <p>Activity Centre Closed</p>	15	16
17	<p>18</p> <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>19</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>20</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm</p> <p>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	<p>21</p> <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p> <p>Book Club @ St Jean 7:30 pm</p>	22	<p>23</p> <p>Family Wellness Saturday @ St-Jean Military College 10:00-2:00</p>
24	<p>25</p> <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>26</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>27</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>28</p> <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p>	29	30