



ARC - Assistance and Referral Centre, 106 Churchill, Greenfield Park, 2nd Floor – www.arc-hss.ca

October 2020 new Virtual Activities Calendar. Shaded activities are for selected groups only. “In person” activities may be made available in addition to these. Watch for our emails, or check out our website and social media!

October 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy National Senior's Day	2	3
4	5 -Mother Goose -Group 1 9:00-9:45 -Group 2 10:15-11:00 -Virtual Drawing class workshop on Zoom 2:00 to 3:30 with Ilana	6 -Mother Goose 9:30-10:15 -McGill English conversation X2 at CISSS 12:00 to 1:00 -Phoenix Kids' Club 6:30 to 7:30 p.m. Activity Games Day	7 -McGill English conversation X2 at CISSS 12:00 to 1:00 -ReCharge-Group support for Caregivers 7:00 to 8:30 p.m. on zoom -ReCharge program for Caregivers in Chateauguay 6:00 to 9:00 p.m. workshop 1	8 -McGill English conversation X1 at CISSS 12:00 to 1:00 -Virtual Line Dancing on Zoom with Gerry 1:30 to 3:00 - ReCharge program for Caregivers in Brossard 6:00 to 9:00 p.m. workshop 1	9 -McGill English conversation X1 at CISSS 12:00 to 1:00	10

