



Activity Calendar January 2021 – Assistance and Referral Centre
106 Churchill, Greenfield Park, 2nd Floor – www.arc-hss.ca

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!

| January 2021 | | | | | | |
|---|---|--|---|--|---------------------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 New Year's Day | 2 |
| 3 | 4 Ilana's virtual Drawing Class (Zoom) 2:00-3:30 | 5 | 6 | 7 Addie's Virtual Colour Café (Zoom) 2:00-3:30 | 8 | 9 |
| 10 | 11 Mother Goose GPK #1: 9:00-9:45 #2: 10:15-11:00 (Zoom) Ilana's virtual Drawing Class (Zoom) 2:00-3:30 | 12 Mother Goose Brossard 10:00-10:45 (Zoom) Jerry's virtual Line Dancing 1:30-3:30 (Zoom) | 13 Mother Goose St-Jean -sur-Richelieu 10:30-11:15 (Zoom) Our Harbour's TBN café @ ARC 2:00-4:00 ReCharge-Group support for Caregivers 7:00-8:30 (Zoom) | 14 | 15 | 16 |
| 17 Kids' Club with Phoenix Programs Theme: Winter Science 2:00- 3:00 (Zoom) | 18 Mother Goose GPK #1: 9:00-9:45 #2: 10:15-11:00 (Zoom) Ilana's virtual Drawing class (Zoom) 2:00-3:30 | 19 Mother Goose Brossard 10:00-10:45 (Zoom) Jerry's virtual Line Dancing 1:30-3:30 (Zoom) | 20 Mother Goose St-Jean -sur-Richelieu 10:30-11:15 (Zoom) McGill: 'The price we pay for safety' with clinical psychologist 10:00-11:30 Zoom Qi Gong (Zoom) 10:30-11:30 Gentle Yoga with Linda 2:00-3:00 (Zoom) | 21 Addie's virtual Colour Café (Zoom) 2:00-3:30 | 22 | 23 |
| 24 Kids' Club with Phoenix Programs Theme: Blizzard Bonanza 2:00- 3:00 (Zoom) | 25 Mother Goose GPK #1: 9:00-9:45 #2: 10:15-11:00 (Zoom) Ilana's virtual Drawing class (Zoom) 2:00-3:30 | 26 Mother Goose Brossard 10:00-10:45 (Zoom) Tools for Planning Ahead: Wills and Mandates With an Éducaloï lawyer 1:30-3:30 (Zoom) | 27 Mother Goose St-Jean -sur-Richelieu 10:30-11:15 (Zoom) Qi Gong (Zoom) 10:30-11:30 Gentle Yoga with Linda 2:00-3:00 (Zoom) | 28 Jerry's virtual Line Dancing 1:30-3:30 (Zoom) | 29 | 30 |
| 31 Kids' Club with Phoenix Programs Theme: Art Hive 2:00- 3:00 (Zoom) | For information or to register, please contact our Administrative Assistant at: arc.admassistant@gmail.com or call: 514-951-9711 <i>These activities are made possible thanks to our funders: Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Monteregie, McGill and Bright Beginnings.</i> | | | | | |