



Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For information or to register, please contact our Administrative Assistant at: arc.admassistant@gmail.com or call: 514-951-9711</p> <p style="text-align: center;"><i>These activities are made possible thanks to our funders:</i></p> <p style="text-align: center;"><i>Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Monteregje, McGill and Bright Beginnings.</i></p>						1
2	<p>3 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>4 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>	<p>5 Mother Goose St Jean</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>6 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>7 English Conversation @ CISSS</p>	8
9	<p>10 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>11 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>12 Mother Goose St Jean</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>Support Group for Caregivers (Improving Wellbeing) 7:00-8:30 pm</p>	<p>13 TBN Café Our Harbour</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>14 English Conversation @ CISSS</p>	15
16	<p>17 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>18 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>19 Ticks and Lyme Disease CHEP Videoconference 10:30-11:30 am</p> <p>Mother Goose St Jean</p> <p>English Conversation @ CISSS x2</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>20 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>21 English Conversation @ CISSS</p>	22
23	<p>24 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>25 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>26 Mother Goose St Jean</p> <p>English Conversation @ CISSS x2</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>27 TBN Café Our Harbour</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>29 English Conversation @ CISSS</p>	30
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