

Calendar of Activities – Winter 2021

Pointe-Claire Aid for Seniors Program



Join by teleconference OR by Zoom – For more information, call us at 514-630-1214, ext. 1644

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 11</p> <p>10 a.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 12</p> <p>10 a.m. Coffee talk Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Virtual knitting group Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 13</p> <p>1:30 p.m. Virtual Pub Quiz (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>3 p.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 14</p> <p>1:30 p.m. Hot Topics (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 15</p> <p>2 to 3 p.m. Musical Afternoon With Greg Inniss</p> <p><i>Call to reserve your spot and receive your access code.</i></p>
<p>January 18</p> <p>10 a.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 19</p> <p>10 a.m. Coffee talk Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Virtual knitting group Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 20</p> <p>1:30 p.m. Virtual Pub Quiz (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>3 p.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 21</p> <p>1:30 p.m. Hot Topics (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 22</p>
<p>January 25</p> <p>10 a.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 26</p> <p>10 a.m. Coffee talk Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Virtual knitting group Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 27</p> <p>1:30 p.m. Virtual Pub Quiz (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>3 p.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 28</p> <p>1:30 p.m. Hot Topics (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>January 29</p> <p>1:30 to 2:30 p.m. Your Block with Barbara: Energy and immune-boosting foods</p> <p><i>Call to reserve your spot and receive your access code.</i></p>

<p>February 1</p> <p>10 a.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 2</p> <p>10 a.m. Coffee talk</p> <p>Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Virtual knitting group</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 3</p> <p>1:30 p.m. Virtual Pub Quiz (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>3 p.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 4</p> <p>10 a.m. Arts & Crafts with Julie from Stewart Hall!</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Hot Topics (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 5</p>
<p>February 8</p> <p>10 a.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 9</p> <p>10 a.m. Coffee talk</p> <p>Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Virtual knitting group</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 10</p> <p>1:30 p.m. Virtual Pub Quiz (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>3 p.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 11</p> <p>10 a.m. Stewart Hall preschool party Join us as we meet the little ones from the Stewart Hall preschool for a special little Valentine's Day surprise!</p> <p>1:30 p.m. Hot Topics (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 12</p> <p>2 to 3 p.m. Winter Blues Bingo!</p> <p><i>Call to reserve your spot and receive your access code.</i></p>
<p>February 15</p> <p>10 a.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 16</p> <p>10 a.m. Coffee talk</p> <p>Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Virtual knitting group</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 17</p> <p>1:30 p.m. Virtual Pub Quiz (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>3 p.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 18</p> <p>1:30 p.m. Hot Topics (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 19</p>
<p>February 22</p> <p>10 a.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 23</p> <p>10 a.m. Coffee talk</p> <p>Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>1:30 p.m. Virtual knitting group</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 24</p> <p>1:30 p.m. Virtual Pub Quiz (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p> <p>3 p.m. At-home chair exercises Join by teleconference OR by Zoom.</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 25</p> <p>1:30 p.m. Hot Topics (Zoom only)</p> <p><i>Call to reserve your spot and receive your access code.</i></p>	<p>February 26</p>