

July 2021

Pointe-Claire Senior Centre, 514-630-1214, ext. 1644



Join by teleconference OR by Zoom – Call us for more information 514-630-1214, ext. 1644

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>CANADA DAY – NO ACTIVITIES</i>	2 10 a.m. Walking group
5 1:30 p.m. Mindful Monday <i>Call to reserve your spot and receive your phone / zoom access.</i>	6 10 a.m. Coffee talk Join by teleconference OR by zoom. 1:30 p.m. Virtual knitting group <i>Call to reserve your spot and receive your phone / zoom access.</i>	7 10 a.m. Walking group Join us at Edgewater Park for a scenic art walk 1:30 p.m. Zoom Concert with Greg Innis! Call to reserve your spot and receive your phone / zoom access	8 1:30 p.m. Hot Topics (Zoom only) <i>Call to reserve your spot and receive your phone / zoom access.</i>	9 10 a.m. Walking group
12 1:30 p.m. Mindful Monday <i>Call to reserve your spot and receive your phone / zoom access.</i>	13 10 a.m. Coffee talk Join by teleconference OR by zoom. 1:30 p.m. Virtual knitting group <i>Call to reserve your spot and receive your phone / zoom access.</i>	14 10 a.m. Walking group 1:30 p.m. Virtual Pub quiz (zoom only) <i>Call to reserve your spot and receive your phone / zoom access.</i>	15 1:30 p.m. Hot Topics (Zoom only) <i>Call to reserve your spot and receive your phone / zoom access.</i>	16 10 a.m. Walking group
19 10 a.m. Longevity Stick Join us at the Viburnum entrance of Terra-Cotta Natural Park 1:30 p.m. Mindful Monday <i>Call to reserve your spot and receive your phone / zoom access.</i>	20 10 a.m. Coffee talk Join by teleconference OR by zoom. 1:30 p.m. Virtual knitting group <i>Call to reserve your spot and receive your phone / zoom access.</i>	21 10 a.m. Walking group 1:30 p.m. Virtual Pub quiz (zoom only) <i>Call to reserve your spot and receive your phone / zoom access.</i>	22 1:30 p.m. Hot Topics (Zoom only) <i>Call to reserve your spot and receive your phone / zoom access.</i>	23 10 a.m. Walking group 1:30 p.m. Summer Bingo
26 10 a.m. Longevity Stick Join us at the Viburnum entrance of Terra-Cotta Natural Park 1:30 p.m. Mindful Monday <i>Call to reserve your spot and receive your phone / zoom access.</i>	27 10 a.m. Coffee talk Join by teleconference OR by zoom. 1:30 p.m. Virtual knitting group <i>Call to reserve your spot and receive your phone / zoom access.</i>	28 10 a.m. Walking group 1:30 p.m. Virtual Pub quiz (zoom only) <i>Call to reserve your spot and receive your phone / zoom access.</i>	29 1:30 p.m. Hot Topics (Zoom only) <i>Call to reserve your spot and receive your phone / zoom access.</i>	30 10 a.m. Walking group