






















Educational program

Bilingual day Centre for adults 21 years and older living with physical or cognitive deficiencies.

For appointment, call Claudette Read
director of members service
514 366-6868 ext. 229



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 to 11:30	Bingo 	Cooking workshop 	(En) Computer workshop for beginners, level 1 	(Fr) Computer workshop for beginners, level 1 	Geography 
	or	or	or	or	or
	French workshop 	Journal workshop 	Memory exercises 	Arts & crafts Painting  or gardening 	Games 
11:30 to 1:30	L	U	N	C	H
1:30 to 3:30	Music 	Arts & Crafts or Exercise 	Arts & Crafts 	Bowling 	Games 
	or	or	or	or	or
	Boccia 	(En) Computer workshop level 2 	Group discussion 	(Fr) Computer workshop level 2 or  Meditation 	In-house movie 