

Sunday

2

🏠 1:30-2:30 PM AA meeting
(in English)

9

🏠 1:30-2:30 PM AA meeting
(in English)

16

🏠 1:30-2:30 PM AA meeting
(in English)

1:00 PM - 4:00 PM
1430 CLOSED

23

🏠 11:00AM-12:00 PM
Discussion on
Women's
Wellbeing - Part 2

🏠 1:30-2:30 PM
AA meeting
(in English)

30

🏠 1:30-2:30 PM AA meeting
(in English)

Monday

3

REMEMBERING DORIS

10:00AM-12:00PM

Solidarity Group
Acupuncture Clinic -NADA

🏠 2:00-3:30PM

Memorial for Doris
1:00-3:00PM
Gift bag making for Holiday
market with Eva (good
sewing skills required)

10

🏠 9:00AM-12:00 PM
Reiki with Marthe

10:00AM-12:00PM

Solidarity Group
Acupuncture Clinic -NADA

1:00-3:00PM

Gift bag making for Holiday
market with Eva (good
sewing skills required)

17

10:00AM-12:00PM

Solidarity Group
Acupuncture Clinic -NADA

1:00-3:00PM

Gift bag making for Holiday
market with Eva (good
sewing skills required)

**START of the grocery gift
card distribution**

24

10:00AM-12:00PM

Solidarity Group
Acupuncture Clinic
-NADA

1:00-3:00PM

Gift bag making for Holiday
market with Eva (good
sewing skills required)



**Activity at
= 1430
Chomedey**

Tuesday

4

9:00AM-12:00PM

Peter McGill Brigade

🏠 10:00AM-12:00PM

Art workshop with Hilary
- Concordia Art

1:00-3:00PM

Movie outing

3:00-5:00 PM

Tutoring all levels
- Adults only

11

9:00AM-12:00PM

Peter McGill Brigade

🏠 10:00AM-12:00PM

Art workshop with Hilary -
Concordia Art

🏠 10:00AM-4:00 PM

Haircuts

1:00-2:30 PM

Ornaments making

3:00-5:00 PM

Tutoring all levels - Adults only

18

9:00AM-12:00PM

Peter McGill Brigade

🏠 10:00AM-12:00PM

Art workshop with Hilary -
Concordia Art

11:00AM-3:00PM

Dental Clinic

1:00-2:30 PM

Ornaments making

3:00-5:00 PM

Tutoring all levels - Adults only

25

9:00AM-12:00PM

Peter McGill Brigade

🏠 10:00AM-12:00PM

Art workshop with Hilary
- Concordia Art

1:00-3:00PM

Bowling outing

3:00-5:00 PM

Tutoring all levels
- Adults only

Wednesday

5

9:00AM-3:00PM Foot Care with
Annick

3:00-4:30PM Soap making
with Valerie

12

9:00AM-3:00PM Foot Care with
Annick

11:00AM-2:00PM Restaurant
outing

3:00-4:30PM Soap making with
Valerie

19

9:00AM-3:00PM Foot Care with
Annick

9:30AM-12:00PM Mount Royal
walk

3:00-4:30PM Soap making with
Valerie

26

9:00AM-3:00PM Foot Care
with Annick

3:00-4:30PM Soap making
with Valerie

Thursday

6

9:45AM-3:20PM

Vestiaire

🏠 10:00-11:30AM

Knit & Crochet

🏠 10:00AM-3:00PM

Massage Therapy with Courtney

1:00-3:00PM

Tote bags making for the holiday
market

13

9:45AM-3:20PM

Vestiaire

🏠 10:00-11:30AM

Knit & Crochet

🏠 10:00AM-4:00 PM

Haircuts

1:00-2:30PM

Jewelry Making with Lina

🏠 1:00-3:00PM

Tote bags making for the holiday
market

3:45-4:45PM

Line dancing

🏠 9:45AM-3:20PM

Vestiaire

🏠 10:00-11:30AM

Knit & Crochet

Tote bags making for the holiday
market

1:30-2:30PM

Women's Committee

2:30-3:30PM

Bingo

🏠 9:45AM-3:20PM Vestiaire

10:00-11:30AM Knit & Crochet

1:00-3:00PM Tote bags making
for the holiday
market

3:45-4:45PM Line dancing

Friday

7

9:30-11:30AM

Solidarity Group
Acupuncture Clinic -NADA

🏠 10:00-11:30AM Lip scrub making for the holiday
market

🏠 1:00-3:00PM Manicures with Labrini

🏠 1:00-2:00PM Sitting exercises and stretching

1:00-3:00PM Tote bags making for the holiday
market

14

9:30-11:30AM

Solidarity Group
Acupuncture Clinic -NADA

🏠 10:00-11:30AM Lip scrub making for the
holiday market

🏠 10:00AM-12:00PM Polarity therapy

🏠 1:00-2:00PM Sitting exercises and stretching

1:00-3:00PM Tote bags making for the holiday
market

21

9:30-11:30AM

Solidarity Group
Acupuncture Clinic -NADA

🏠 9:30AM-12:00PM Vaccination clinic

10:00-11:30AM Lip scrub making for the holiday
market

🏠 1:00-3:00PM Manicures with Labrini

1:00-3:00PM Tote bags making for the holiday
market

🏠 1:00-2:00PM Sitting exercises and stretching

END of the grocery gift card distribution

28

9:30-11:30AM

Solidarity Group
Acupuncture Clinic -NADA

🏠 9:30-11:30AM Lip scrub making for the
holiday market

10:00-11:30AM Lip scrub making for the
holiday market

1:00-3:00PM Tote bags making for the holiday
market

🏠 1:00-2:00PM Sitting exercises and stretching

Saturday

8

15

22

29

On **November 3rd** only : Signups for activities at 514-937-2341 ext 368 or ext 369, from 9:00 am to 3:00pm.

For the rest of the month :

- Signups for activities at 514-937-2341 **option 2** or **ext 0**
- Signups for the vestiaire at 514-937-2341 **ext 237**
- Signups for medical appointments at 514-937-2341 **option 3** or **ext 260**
- Grocery gift card distribution: from the **17th to the 21st**, between 10:00 AM and 12:00 PM, as well as from 1:00 PM to 2:30 PM.



- AA meeting (in English): November 2, 9, 16, 23, 30 – 1:30 pm to 2:30 pm 🏠
- Art workshop with Hilary - Concordia Art : November 4, 11, 18, 25 – 10:00 am to 12:00 pm 🏠
- Bingo: November 20 – 2:30 pm to 3:30 pm
- Bowling outing : November 25 – 1:00 pm to 3:00 pm
- Dental clinic : November 18 – 11:00 am to 3:00 pm
- Discussion on Women's Wellbeing - Part 2: November 23 – 11:00 am to 12:00 pm 🏠
- Foot Care with Annick: November 5, 12, 19, 26 – 9:00 am to 3:00 pm
- Gift bag making for Holiday market with Eva (good sewing skills required): November 3, 10, 17, 24 – 1:00 pm to 3:00 pm
- Haircuts : November 11, 13 – 10:00 am to 4:00 pm 🏠
- Jewelry Making with Lina: November 13 – 1:00 pm to 2:30 pm
- Knit & Crochet: November 6, 13, 20, 27 – 10:00 am to 1:30 pm
- Line dancing: November 13, 27 – 3:45 pm to 4:45 pm
- Lip scrub making for the holiday market: November 7, 14, 21, 28 – 10:00 am to 11:30 am
- Manicures with Labrini: November 7, 21 – 1:00 pm to 3:00 pm 🏠
- Massage therapy with Courtney: November 6 – 10:00 am to 3:00 pm 🏠
- Memorial for Doris: November 3 – 2:00 pm to 3:30 pm 🏠
- Movie outing: November 4 – 1:00 pm to 3:00 pm
- Mount Royal walk: November 19 – 9:30 am to 12:00 pm
- Ornaments making: November 11, 18 – 1:00 pm to 2:30 pm
- Peter McGill Brigade: November 4, 11, 18, 25 – 9:00 am to 12:00 pm
- Polarity therapy: November 14 – 10:00 am to 12:00 pm 🏠
- Reiki with Marthe: November 10 – 9:00 am to 12:00 pm 🏠
- Restaurant outing: November 12 – 11:00 am to 2:00 pm
- Sitting exercises and stretching: November 7, 14, 21, 28 – 1:00 pm to 2:00 pm 🏠
- Soap making with Valerie: November 5, 12, 19, 26 – 3:00 pm to 4:30 pm
- Solidarity Group Acupuncture Clinic - NADA at 1445 : November 3, 10, 17, 24 – 10:00 am to 12:00 pm

- Solidarity Group Acupuncture Clinic - NADA at 1430 : November 7, 14, 21, 28 – 9:30 am to 11:30 am 🏠
- Tote bags making for the holiday market at 1430 : November 13, 20 – 1:00 pm to 3:00 pm 🏠
- Tote bags making for the holiday market at 1445: November 6, 7, 14, 21, 27, 28 – 1:00 pm to 3:00 pm
- Tutoring (all levels - Adults only): November 4, 11, 18, 25 – 3:00 pm to 5:00 pm
- Vaccination clinic : November 21 – 9:30 am to 12:00 pm
- Vestiaire: November 6, 13, 20, 27 – 9:45 am to 3:20 pm 🏠
- Women's committee: November 20 – 1:30 pm to 2:30 pm

On **November 3rd** only : Signups for activities at **514-937-2341 ext 368** or **ext 369**, from 9:00 am to 3:00 pm.

For the rest of the month :

- Signups for activities at **514-937-2341 option 2** or **ext 0**
- Signups for the vestiaire at **514-937-2341 ext 237**
- Signups for medical appointments at **514-937-2341 option 3** or **ext 260**

There is no limit to the number of signups to dance, sewing circle, art, or jewelry activities. Please note that outings are limited to two per month. Restaurant outings, collective kitchens and vestiaires services will be limited to once every two months, maximum. Haircuts are limited to twice a year.

ANY QUESTIONS OR COMMENTS ABOUT HOW AN ACTIVITY IS GOING?

Write to progservices@chezdoris.org and we'll get back to you as soon as possible.

VACCINATION CLINIC

Available vaccines :

Flu

- Shingles (75+)
- Pneumococcus (65+)
- Covid-19 (65 + or with health issues that will be evaluated by a nurse on site)

CHRISTMAS PARTY REGISTRATIONS

Registrations to the Christmas will take place on **November 6th**, by phone only, at **514-937-2341 ext 368**, from 9:00 am to 4:00 pm.