

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

2
10AM-12PM Solidarity Acupuncture Clinic -NADA
1-2:30PM Knit & Crochet

3
10AM-3PM Massage Therapy - Courtney
3-4:30PM Soap making with Valerie

4
9AM-3PM Foot Care with Annick

5
9:45AM-3:20PM Vestiaire
1:30-3:30PM Sewing circle
1:00-4:00PM Fine Arts Museum Outing - English Tour

6
9:30-11:30AM Solidarity Group Acupuncture Clinic - NADA
12:00-4:00PM UPIP



8
1:30-2:30 PM AA meeting (in English)

Women's Day at Fulford (1221 Rue Guy) 11am-3:30pm Registration Only

9
10AM-12PM Solidarity Acupuncture Clinic -NADA
1-2:30PM Knit & Crochet
9AM-12PM Reiki with Marthe
2:30-3:30PM Essentrics Stretching

10
11AM-4PM Dental Clinic-Hien

11
9AM-3PM Foot Care with Annick
1:30-3PM Housing Law Legal workshop with the Legal Aid Office

12
9:45AM-3:20PM Vestiaire
1:30-3:30PM Sewing circle
6:30-10:00PM Outing to Classical orchestra of Montréal

13
9:30-11:30AM Solidarity Group Acupuncture Clinic - NADA
10:00-11:30AM Felting workshop with Sydney
12:00-4:00PM UPIP

14

15
13H00 À 16H00: FERMÉ
1:30-2:30 PM AA meeting (in English)

16
10AM-12PM Solidarity Acupuncture Clinic -NADA
1-2:30PM Knit & Crochet
2:30-3:30PM Essentrics Stretching

17
12:45-4:00PM Outing to the Greenhouses at the Botanical Garden (guided French tour)
3-4:30PM Soap making with Valerie

18
9AM-3PM Foot Care with Annick
1-4PM Cinema Club (SAANAQ) Depart 1445 at 1:00pm Movie starts at 1:30pm

19
9:45AM-3:20PM Vestiaire
10:00-11:30AM Make your own tea blend
1:30-3:30PM Sewing circle
3:30-4:45PM Line Dancing with Kate

20
9:30-11:30AM Solidarity Group Acupuncture Clinic - NADA
10:00-11:30AM Spring Equinox art workshop with Sydney UPIP
12:00-4:00PM UPIP
1:30-3:00PM Immigration Rights & Legal Workshop

21
9AM-12PM Physio with Jennifer

START of the grocery gift card distribution

END of the grocery gift card distribution

22
1:30-2:30 PM AA meeting (in English)
2:30PM-Bingo
3:30PM with Rania

23
10AM-12PM Solidarity Acupuncture Clinic -NADA
1-2:30PM Knit & Crochet
10AM-2PM Vaccination clinic
2:45-4:15PM Gardening workshop with Ecoquartier

24
9:00 AM-3:00PM Optometry Clinic

25
9AM-3PM Foot Care with Annick
10AM- 11:30AM Freestyle Dance
1:00-2:30PM Jewlery Making with Lina

26
9 AM to 4 PM Super Tax Clinic at Fulford
9:45AM-3:20PM Vestiaire
1:30-2:30PM Women's Committee
2:30-3:30PM Bingo
3:30-4:45PM Line Dancing with Kate

27
9:30-11:30AM Solidarity Group Acupuncture Clinic -NADA
12:00-4:00PM UPIP

28

29
1:30-2:30 PM AA meeting (in English)

30
10AM-12PM Solidarity Acupuncture Clinic -NADA
1-2:30PM Knit & Crochet
2:30-3:30PM Essentrics Stretching

31
10AM-12PM Matcha and games outing
3-4:30PM Soap making with Valerie

Please note that activity signups (including medical appointments) will start on Tuesday March 3rd

- Signups for activities at 514-937-2341 option 2 or ext 0 (March 3 ext. 368)
- 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 16th to the 20th, between 10:00 AM and 12:00 PM, as well as from 1:00 PM to 2:30 PM.

Activity at = 1430 Chomedey

- AA Meeting (English): March 1, 8, 15, 22 — 1:30 p.m. to 2:30 p.m. 🏠
- NADA Solidarity Acupuncture at 1445: March 2, 9, 16, 23 — 10:00 a.m. to 12:00 p.m.
- Jewellery Making with Lina : March 25 — 1:00 p.m. to 2:30 p.m.
- Soap Making with Valérie: March 3, 17, 31 — 3:00 p.m. to 4:30 p.m.
- Foot Care with Annick: March 4, 11, 18, 25 — 9:00 a.m. to 3:00 p.m.
- Clothing Bank (Vestiaire): March 5, 12, 19, 26 — 9:45 a.m. to 3:20 p.m. 🏠
- Crochet & Knitting: March 2, 9, 16, 23 — 1:00 p.m. to 2:30 p.m.
- Sewing Circle: March 5, 12, 19 — 1:30 p.m. to 3:30 p.m.
- Line Dancing: March 19, 26 — 3:30 p.m. to 4:45 p.m.
- Physio with Jennifer: March 21st — 9 h 00 à 12 h 00 🏠
- NADA Solidarity Acupuncture at 1430: March 6, 13, 20, 27 — 9:30 a.m. to 11:30 a.m. 🏠
- Art workshop with Sydney: March 13, 20 — 10:00 a.m. to 11:30 a.m.
- UPIP: March 6, 13, 20, 27 — 12:00 p.m. to 4:00 p.m.
- Essentrics dynamic stretching workout with Jennifer : March 9,16,30 — 2:30 p.m to 3:30 p.m.
- Gardening workshop with Ecoquartier: March 23 — 2:45 p.m. to 4:15 p.m.
- Women's Day Brunch and Celebration at Fulford: March 8 — 11:00 to 3:30 p.m. REGISTRATION ONLY
- Massage therapy with Courtney: March 3 — 10:00 a.m. to 3:00 p.m. 🏠
- Dental Clinic: March 10 — 11:00 a.m. to 4:00 p.m.
- Matcha and games Outing: March 31 — 10:00 a.m. to 12:00 p.m.
- Freestyle dance: : March 25 — 10:00 a.m. to 11:30 a.m.
- Make your own tea blend: March 19 — 10:00 a.m. to 11:30 a.m.
- Outing to the Botanical Garden Greenhouses guided tour in French: 17 mars — 12 h 45 à 16 h
- Cinema Club at SAANAQ: March 18 — 1:00 p.m. to 4:00 p.m. (Pick up from 1445 at 1:00pm, movie starts at 1:30pm)
- Vaccination Clinic: March 23 — 10 a.m. to 2 p.m. 🏠
- Bingo: March 26 — 2:30 p.m. to 3:30 p.m.
- Outing to the Montréal Classical Orchestra Concert: March 12 — 6:30 p.m. to 10:00 p.m.
- Women's Committee: March 26 — 1:30 p.m. to 2:30 p.m.
- Housing Law Legal Workshop with the Legal Aid Office: March 11 — 1:30 p.m. to 3:00 p.m.
- Immigration rights and legal workshop: March 20 — 1:30 p.m. to 3:00 p.m. 🏠

March 3rd Activity Registration only at 514-937-2341 ext. 368

After March 3rd:

- 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.

SUPER TAX CLINIC INFORMATION

March 26th from 9:00 a.m. to 4:00 p.m. at the Fulford Residence, 1221 Guy

Come to print your required tax forms

TAX CLINIC SCHEDULE AT 1445 BEGINS MARCH 9TH

Tuesday: 10 a.m. to 3:00 p.m.
Wednesday: 10:30 a.m. to 3:30 p.m.
Friday: 11:00 a.m. to 1:00 p.m.

WOMEN'S DAY BRUNCH INFORMATION (REGISTRATION ONLY)

March 8th 11am- 3:30 pm at Fulford Residence 1221 Rue Guy

EASTER SIGN UP APRIL 3RD 12-4PM (REGISTRATION ONLY)

April 3rd 12-4pm at Fulford Residence 1221 Rue Guy
Sign ups will start on March 3rd

International
WOMENS
Day