

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

2
🏠 10AM-12PM Acupuncture Clinic NADA
10:15-11:30AM Bingo

🏠 1-2:30PM Knit & Crochet

3
10AM-12PM Bookmark collage with Hilary & Liana
10AM-3PM Massage therapy-Courtney

🏠 3-4:30PM Soap making with Valerie

4 1:00-4:00 PM : CLOSED
🏠 9:00AM-3:00PM Foot Care with Annick
9-11 AM Henna Artist for Celebration of Holi
1-4 PM Holi Indian Restaurant Outing

5
🏠 1:30-3:30PM Sewing circle

6
9:30-11:30AM Acupuncture Clinic NADA

3:00-4:30PM Crafting with Jessica and Forest



8
Women's Day at Fulford (1221 Rue Guy) 11am-3:30pm Registration Only

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

9 🏠 10AM-12PM Acupuncture Clinic NADA
9AM-12PM Reiki with Marthe
10:15-11:30AM Bingo
1-4PM Women's Day Celebration
1-2:30PM Knit & Crochet
🏠 1:30-2:30 PM Essentrics stretching

10 🏠 11AM-4PM Dental Clinic-Hien
10AM-12PM Zine making with Hilary & Liana

11 1:00-4:00 PM : CLOSED
🏠 12PM-3PM Foot Care with Annick
1PM-4PM Creation of a Chez Doris Mural at 1437

12
🏠 1:30-3:30PM Sewing circle

13 9:30-11:30AM Acupuncture Clinic NADA

10AM-12PM Board games with Karine
3:00-4:30PM Crafting with Jessica and Forest

14
1:30-3:30PM Letter writing workshop with Taya

15 1:00-4:00 PM : CLOSED
1:30-2:30 PM AA meeting (in English)

16 🏠 10AM-12PM Acupuncture Clinic NADA
10:15-11:30AM Bingo
1-2:30PM Knit & Crochet
1:30-2:30 PM Essentrics stretching

17 10AM-12PM Styrofoam printmaking with Hilary & Liana
1-3:30PM St. Patrick's Day Celebration
🏠 3-4:30PM Soap making with Valerie

18 1:00-4:00 PM : CLOSED
9:00AM-3:00PM Foot Care with Annick
10AM-12PM Calligraphy with Karine
1-4PM Cinema Club (SAANAQ) Leave 1430 at 1:00pm Movie starts at 1:30pm

19
1:30-2:30PM Women's committee
🏠 1:30-3:30PM Sewing circle

20 9:30-11:30AM Acupuncture Clinic NADA
10AM-12PM Board games with Karine
1:30-3:00PM Immigration Rights & Legal Workshop
3:00-4:30PM Crafting with Jessica and Forest

21
9:00AM-12:00PM Physio avec Jennifer
1:30-3:30PM Scrabble with Taya

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

23 🏠 10AM-12PM Acupuncture Clinic NADA
10:15-11:30AM Bingo
10AM-2PM Vaccination Clinic
🏠 1-2:30PM Knit & Crochet
3:00-4:00PM Book Club

24 10AM-12PM Yarn Portraits with Hilary & Liana
11:30AM-1:30PM Mobile Sugar Shack
🏠 9AM-3PM Optometry Clinic

25 1:00-4:00 PM : CLOSED
🏠 9AM-3PM Foot Care with Annick
10AM-12PM Calligraphy with Karine
🏠 1PM-2:30PM Jewlery making with Lina

26
9 AM to 4 PM Super Tax Clinic at Fulford
Come to print your required tax forms

27
9:30-11:30AM Acupuncture Clinic NADA
10AM-12PM Board games with Karine
3:00-4:30PM Crafting with Jessica and Forest

28
1:30-3:30PM DIY facial serum with Taya

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

30 🏠 10AM-12PM Acupuncture Clinic NADA
10:15-11:30AM Bingo
🏠 2:30-3:30 PM Essentrics stretching
🏠 1-2:30PM Knit & Crochet

31 10AM-12PM Emotion based abstract painting with Hilary & Liana
🏠 3:00-4:30PM Soap making with Valerie

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

Activity at = 1445 Lambert-Close
➔

- Board games with Karine: March 13, 20, 27 — 10:00 a.m. to 12:00 p.m.
- NADA Solidarity Acupuncture at 1445: March 2, 9, 15, 23, 30 — 10:00 a.m. to 12:00 p.m. 
- NADA Solidarity Acupuncture at 1430: March 6, 13, 20, 27 — 9:00 a.m. to 11:30 a.m.
- Saturdays with Taya: — 1:30 p.m. to 3:30 p.m.
 - March 14: Letter writing workshop
 - March 21: Scrabble
 - March 28: Making a DIY facial serum
- Bingo:
 - March 2, 9, 16, 23, 30 — 10:15 a.m. to 11:30 a.m. and March 22 — 1:30 p.m. to 2:30 p.m.
- Sewing circle: March 5, 12, 19 — 1:30 p.m. to 3:30 p.m. 
- Mobile Sugar shack: March 24 — 11:30 a.m. to 1:30 p.m.
- Holi Indian Restaurant Outing: March 4 — 1:00 p.m. to 4:00 p.m.
- Henna artist for Holi Celebration: March 4 — 9:00 a.m. to 11:00 a.m.
- Dental clinic with Hien: March 10 — 11:00 a.m. to 4:00 p.m. 
- Women's committee: March 19 — 1:30 p.m. to 2:30 p.m.
- Soap making with Valérie: March 3, 17, 31 — 3:00 p.m. to 4:30 p.m. 
- Creative crafts with Forest and Jessica: March 6, 13, 20, 27 — 3:00 p.m. to 4:30 p.m.
- Massage therapy with Courtney: March 3 — 10:00 a.m. to 3:00 p.m.
- Art workshops with Hilary and Liana: March 3, 10, 17, 24, 31 — 10:00 a.m. to 12:00 p.m.
- Calligraphy with Karine: March 18, 25 — 10:00 a.m. to 12:00 p.m.
- Creation of a Chez Doris Mural at 1437 rue Chomedey: March 11 — 1:00 p.m. to 4:00 p.m.
- Cine Club at SAANAQ: March 18 — 1:00 p.m. to 4:00 p.m.
- Vaccination clinic: March 23 — 10:00 a.m. to 2:00 p.m.
- Book club: March 23 — 3:00 p.m. to 4:00 p.m.
- Physiotherapy with Jennifer: March 21 — 9:00 a.m. to 12:00 p.m.
- Women's Day celebration: March 9 — 1:00 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.

- AA meeting (in English): March 1, 8, 15, 22, 29 — 1:30 p.m. to 2:30 p.m. 
- Foot care with Annick: March 4, 11, 18, 25 — 9:00 a.m. to 3:00 p.m. 
- Knitting and crochet: March 2, 9, 16, 23, 30 — 1:00 p.m. to 2:30 p.m. 

OPENING HOURS

8:00 AM - 7:00 PM

BREAKFAST

8:30 - 10:00 AM

SNACKS

3:00 PM

LAUNDRY

2:00 PM Tuesdays
 2:00 PM Thursday
 11:30 AM Sundays

LUNCH

12:00 - 1:00 PM

DINER

5:00 - 6:00 PM

Signup start date : **Tuesday March 3rd Activity Registration only at 514-937-2341 ext. 368**, Monday to Friday, 9:00 AM to 2:00 PM.

After March 3rd: Signups for activities at 514-937-2341 option 2 or ext 0

TAX CLINIC SCHEDULE

Saturdays at 1430 Rue Chomedey