

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Please note that activity signups (including medical appointments) will start on Wednesday April 2nd

- Signups for activities at 514-937-2341 **option 2** or **ext 0** (April 2 **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 **20th to the 24th**, between 10:00 AM and 12:00 PM, as well as from 1:00 PM to 2:30 PM.

1

9AM-3PM Foot Care with Annick

2

9:45AM-3:20PM Vestiaire

3

9:30-11:30AM Solidarity Group Acupuncture Clinic - NADA

1:30-4:30PM Legal Clinic

Easter Celebration at Fulford (1221 Rue Guy) 12-4pm Registration required

4

5

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

6

CLOSED FOR EASTER

7

11AM-4PM Dental Clinic-Hien

10AM-3PM Massage Therapy - Courtney

8

9AM-3PM Foot Care with Annick

10-11AM Meet our new nurse and gynocologist

9

9:45AM-3:20PM Vestiaire

1:30-3:30PM Sewing circle

10:30AM-4:00PM Outing to Sugar Shack Lalande

10

9:30-11:30AM Solidarity Group Acupuncture Clinic - NADA

10:00-11:30AM Flower garland making with Sydney

12:00-4:00PM UPIP

1:30-4:30PM Legal Clinic

11

12

13H00 À 16H00: FERMÉ

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

13

10AM-12PM Solidarity Acupuncture Clinic - NADA

1-2:30PM Knit & Crochet

2:30-3:30PM Essentrics Stretching

14

10-11:30AM Gardening with Ecoquartier

12:45-4:30PM Outing to the Botanical Garden Greenhouses (guided French tour)

15

9AM-3PM Foot Care with Annick

1-4PM Cinema Club (SAANAQ) Depart 1445 at 1:00pm Movie starts at 1:30pm

12:30-3:30PM Outing to concert "Roots" Jazz and Mandinka music

16

9:45AM-3:20PM Vestiaire

10:00-11:30AM Financial Literacy Workshop: Budget Creation and optimization

9AM-12PM Reiki with Marthe

1:30-3:30PM Sewing circle

17

9:30-11:30AM Solidarity Group Acupuncture Clinic - NADA

10:00-11:30AM Collages with Sydney

12:00-4:00PM UPIP

1:30-4:30PM Legal Clinic

18

19

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

20

10AM-12PM Solidarity Acupuncture Clinic -NADA

1-2:30PM Knit & Crochet

2:30-3:30PM Essentrics Stretching

21

10AM-12PM Freestyle Dance party

1:00-2:30PM Jewelry Making with Lina

3:00-4:00PM Book Club

22

9AM-3PM Foot Care with Annick

23

9:45AM-3:20PM Vestiaire

10:00-11:30AM DIY Shower Melts

1:30-3:30PM Sewing circle

24

9:30-11:30AM Solidarity Group Acupuncture Clinic -NADA

10:00-11:30AM Totebag painting with Sydney

12:00-4:00PM UPIP

1:30-4:30PM Legal Clinic

25

26

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

27

10AM-12PM Solidarity Acupuncture Clinic -NADA

10AM-3PM Massage Therapy - Courtney

10AM-2PM Vaccination clinic

1-2:30PM Knit & Crochet

2:30-3:30PM Essentrics Stretching

28

9:00 AM-3:00PM Optometry Clinic

29

9AM-3PM Foot Care with Annick

30

9:45AM-3:20PM Vestiaire

10:00-11:30AM Financial Literacy Workshop: Budget Creation and practical exercices









1:30-2:30PM Women's Committee

2:30-3:30PM Bingo

END of the grocery gift card distribution

Activity at = 1430 Chomedey



- AA Meeting (English): April 5, 12, 19, 26— 1:30 p.m. to 2:30 p.m. 
- NADA Solidarity Acupuncture at 1445: April 13, 20, 27 — 10:00 a.m. to 12:00 p.m.
- Jewelry Making with Lina : April 21 — 1:00 p.m. to 2:30 p.m.
- Outing to concert "Roots" Jazz and Mandinka music: April 15 — 12:30 p.m. to 3:30 p.m.
- Foot Care with Annick: April 1, 8, 15, 22, 29 — 9:00 a.m. to 3:00 p.m.
- Clothing Bank (Vestiaire): April 2, 9, 16, 23, 30 — 9:45 a.m. to 3:20 p.m. 
- Crochet & Knitting: April 13, 20, 27 — 1:00 p.m. to 2:30 p.m.
- Sewing Circle: April 2, 9, 16, 23— 1:30 p.m. to 3:30 p.m.
- NADA Solidarity Acupuncture at 1430: April 3, 10, 17, 24 — 9:30 a.m. to 11:30 a.m. 
- Art workshop with Sydney: April 10, 17, 24 — 10:00 a.m. to 11:30 a.m.
- UPIP: April 10, 17, 24 — 12:00 p.m. to 4:00 p.m.
- Essentrics dynamic stretching workout with Jennifer : April 6, 13, 20, 27 — 2:30 p.m. to 3:30 p.m.
- Gardening workshop with Ecoquartier: April 14 — 10:00 a.m. to 11:30 a.m.
- Easter Celebration at Fulford: April 3 — 12:00 to 4:00 p.m. REGISTRATION ONLY
- Massage therapy with Courtney: April 7, 27 — 10:00 a.m. to 3:00 p.m.
- Dental Clinic: April 7 — 11:00 a.m. to 4:00 p.m. 
- Outing to Sugar Shack Lalande: April 9 — 10:30 a.m. to 4:00 p.m.
- Book Club: April 21 — 3:00 to 4:00 p.m.
- Freestyle dance: April 21 — 10:00 a.m. to 11:30 a.m.
- Outing to the Botanical Garden Greenhouses guided tour in French: 14 avril — 12 h 45 à 16 h 30
- Cinema Club at SAANAQ: April 15 — 1:00 p.m. to 4:00 p.m. (Pick up from 1445 at 1:00pm, movie starts at 1:30pm)
- Vaccination Clinic: April 27 — 10 a.m. to 2 p.m. 
- Meet Our New Nurse and Gynecologist: April 8 — 10 a.m. to 11 a.m. 
- Bingo: April 30 — 2:30 p.m. to 3:30 p.m.
- Women's Committee: April 30 — 1:30 p.m. to 2:30 p.m.
- Financial Literacy Workshop
 - Budget Creation and optimization: April 16 — 10:00 a.m. to 11:30 a.m.
 - Budget Creation and practical exercises: April 30 — 10:00 a.m. to 11:30 a.m.
- Legal Clinic: April 3, 10, 17, 24 — 1:30 p.m. to 4:30 p.m.
- Reiki with Marthe: April 16 — 9:00 a.m. to 12:00 p.m. 
- DIY Shower Melts: April 23 — 10:00 a.m. to 11:30 a.m. 

April 2nd Activity Registration only at 514-937-2341 ext. 368

After April 2nd:

- 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 & legal clinic 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.

TAX CLINIC INFORMATION SIGN UP OR LEGAL CLINIC SIGN UP

Call 514-937-2341 option 3 or ext 260 for an appointment

BOOK CLUB WITH TAYA AND MICHELLE

Short story of the month: Chess Story by Stefan Zweig

Email tayaw@chezdoris.org for a free copy of the story.

We will read some of it together and discuss on April 21, from 3-4pm

EASTER APRIL 3RD 12-4PM REGISTRATION REQUIRED

Friday April 3rd from 12-4pm at the Fulford Residence, 1221 Rue Guy