

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Please note that activity signups (including medical appointments) will start on Thursday July 2nd

- Signups for activities at 514-937-2341 **option 2** or **ext 0** (July 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.

5
🏠 1:30-2:30 PM AA meeting (in English)

6
10AM-12PM Solidarity Acupuncture Clinic - NADA
🏠 9H-12H Nursing clinic with Olivia
1-2:30PM Knit & Crochet
1-4 PM Brigade Peter McGill with Sydney
🏠 2-3PM Essentrics workout

7
11AM-4PM Dental Clinic-Hien
10:00- Financial Literacy Workshop by CODEM
11:30AM

8
9AM-3PM Foot Care with Annick
🏠 9AM-12PM Nursing clinic with Fannie
1-2:30 PM Acupuncture Clinic NADA at 1437 Chomedey

9
🏠 9:45AM-3:20PM Vestiaire
10-11:45AM Urban sketching Outing with Elissa
1:30-3:30PM Sewing circle

10
12:00-4:00PM UPIP
1:00-4:00PM Botanical gardens outing guided French tour
Legal clinic by appointment only

11
🏠 1:30-3:30PM Bingo
🏠 3:00-6:00PM Outing to the Taste of the Caribbean Festival

12
🏠 1:30-2:30 PM AA meeting (in English)

13
10AM-12PM Solidarity Acupuncture Clinic -NADA
🏠 9AM-12PM Nursing clinic with Olivia
1-2:30PM Knit & Crochet
1-4 PM Brigade Peter McGill with Sydney
🏠 2-3PM Essentrics workout

14
10AM-3PM Massage Therapy - Courtney
🏠 9AM-1PM Gyno clinic with Frédérique
10-11 AM Nutriton workshop
1-3 PM Jewelry Making with Lina
1:30-3:30PM Discover the city: SANAAQ Outing

15
9AM-3PM Foot Care with Annick
10:30-11:30AM Herbalism workshop
🏠 9AM-12PM Nursing clinic with Fannie
1-2:30 PM Acupuncture Clinic NADA at 1437 Chomedey
1-4PM Cinema Club (SAANAQ)

16
🏠 9:45AM-3:20PM Vestiaire
10-11:45AM Urban sketching Outing with Elissa
1:30-3:30PM Sewing circle
2:00-4:30PM Outing to the Atwater Market

17
🏠 9AM-12PM Nursing clinic
10:00-11:30AM Workshop on the right to access health and social services with LICM
12:00-4:00PM UPIP
1:00-4:00PM Insectarium outing
Legal clinic by appointment only

18
🏠 2:00- 3:30PM Outing to the Argo book store with Taya

19
🏠 1:30-2:30 PM AA meeting (in English)
1-4PM : CLOSED

20
10AM-12PM Solidarity Acupuncture Clinic -NADA
🏠 9AM-12PM Nursing clinic with Olivia
1-2:30PM Knit & Crochet
1-4 PM Brigade Peter McGill with Sydney

21
10:30AM-1:00PM Brunch outing to Allo mon coco
1:30 PM-3:00PM July Birthday Celebrations
3PM-4PM Book Club

22
9AM-3PM Foot Care with Annick
1-2:30 PM Acupuncture Clinic NADA at 1437 Chomedey

23
🏠 9:45AM-3:20PM Vestiaire
10:00-11:30AM Financial Literacy Workshop by CODEM
10:00AM-Information session, bingo & Lunch at Fulford
2:00PM Women's Committee,

24
9AM-12PM Nursing clinic
12:00-4:00PM UPIP
Legal clinic by appointment only

25
🏠 10:30-12:00PM Making protein ball snacks
🏠 1:30-3:30PM Oil painting workshop with Taya

START of the grocery gift card distribution

26
🏠 1:30-2:30 PM AA meeting (in English)

27
10AM-12PM Solidarity Acupuncture Clinic -NADA
🏠 9AM-12PM Nursing clinic with Olivia
1-2:30PM Knit & Crochet
1-4PM Brigade Peter McGill with Sydney
🏠 2-3PM Essentrics workout

28
10-11AM Nutriton workshop
🏠 9AM-1PM Gyno clinic with Frédérique
1-4 PM Summer fresh produce market at Fulford (Registration required)

29
9AM-3PM Foot Care with Annick
10:00-11:30AM Workshop on housing rights
1-2:30 PM Acupuncture Clinic NADA at 1437 Chomedey
3:00PM-7:00PM Jean Drapeau Pool Outing

30
🏠 9:45AM-3:20PM Vestiaire
1:30-3:30PM Sewing circle
🏠 9:00AM-4:00PM Outing to Oka beach

31
🏠 9AM-12PM Nursing clinic with Fannie
12:00-4:00PM UPIP
Legal clinic by appointment only



Activity at = 1430 Chomedey

- AA Meeting (English): July 5, 12, 19, 26— 1:30 p.m. to 2:30 p.m. 🏠
- NADA Solidarity Acupuncture at 1445: July 6, 13, 20, 27 — 10:00 a.m. to 12:00 p.m.
- Jewelry Making with Lina : July 14 — 1:00 p.m. to 3:00 p.m.
- Foot Care with Annick: July 8, 15, 22, 29 — 9:00 a.m. to 3:00 p.m.
- Clothing Bank (Vestiaire): July 2, 9, 16, 23, 30— 9:45 a.m. to 3:20 p.m. 🏠
- Crochet & Knitting: July 6, 13, 20, 27 — 1:00 p.m. to 2:30 p.m.
- Sewing Circle: July 2, 9, 16, 30— 1:30 p.m. to 3:30 p.m.
- NADA Solidarity Acupuncture at 1437 Rue Chomedey: July 8, 15, 22, 29 — 1:00 p.m. to 2:30 p.m.
- Outing to the Insectarium: July 17 — 1:00 p.m. to 4:00 p.m.
- UPIP: July 3, 10, 17, 24, 31 — 12:00 p.m. to 4:00 p.m.
- Essentrics dynamic stretching workout with Jennifer : July 6, 13, 27 — 2:00 p.m. to 3:00 p.m. 🏠
- Dental Clinic: July 7 — 11:00 a.m. to 4:00 p.m.
- Book Club: July 21— 3:00 p.m. to 4:00 p.m.
- Cinema Club at SAANAQ: July 15— 1:00 p.m. to 4:00 p.m. (Pick up from 1445 at 1:00pm, movie starts at 1:30pm)
- Information session, women's committee, bingo & lunch at Fulford: July 23 — 10:00 a.m. to 2:00 p.m.
- Financial Literacy Workshop
 - Managing financial stress : July 7 — 10:00 a.m. to 11:30 a.m.
 - Re-thinking sources of influence & defining a life project: July 23 — 10:00 a.m. to 11:30 a.m.
- Brigade Peter McGill with Sydney: July 6, 13, 20, 27 — 1:00 p.m. to 4:00 p.m.
- Massage Therapy with Courtney: July 14, 21 — 10:00 a.m. to 3:00 p.m. 🏠
- Nursing clinic : July 6, 8, 13, 15, 20, 27, 30, 31 9h00 à 12h00 🏠
- Legal clinic: July 3, 10, 17, 24, 31 — Appointment required
- Discover the city: Outing to SANAAQ: July 14 – 1:30 p.m. to 3:30 p.m.
- Brunch outing to Àllo mon coco: July 21 – 10:30 a.m. to 1:00 p.m.
- July Birthday Celebrations: July 21 – 1:30 p.m. to 3:00 p.m.
- Herbalism workshop with Abby: July 15 – 10:30 a.m. to 11:30 a.m.
- Workshop on the right to access health and social services by LICM: July 17 – 10:00 a.m. to 11:30 a.m.
- Workshop on housing rights: July 29 – 10:00 a.m. to 11:30 a.m.
- Outing to Oka beach and picnic: July 30 – 9:00 a.m. to 4:00 p.m.
- Saturdays with Taya: 🏠
 - July 4: Outing to get iced coffee – 10:30 to 11:30 a.m.
 - July 4: Henna – 1:30 to 3:30 p.m.
 - July 11: Bingo – 1:30 to 3:00 p.m.
 - July 11: Outing to Taste of the Caribbean– 3:00 to 6:00 p.m.
 - July 18: Outing to Argo book store – 2:00 to 3:30 p.m.
 - July 25: Making protein ball snacks – 10:30 to 12:00 p.m.
 - July 25: Oil painting workshop – 1:30 to 3:30 p.m.
- Summer fresh produce market at Fulford (REGISTRATION REQUIRED): July 28 – 1:00 to 4:00 p.m.

- Nutrition workshop: July 14, 28 – 10:00 a.m. to 11:00 a.m.
- Gynecologist clinic with Frédérique: July 14, 28 – 9:00 a.m. to 1:00 p.m. 🏠
- Atwater Market outing: July 16 – 2:00 p.m. to 4:30 p.m.
- Urban sketching Outing with Elissa: July 9, 16 – 10:00 a.m. to 11:40 a.m.
- Outing to the Guilde Museum guided tour in French: July 10 – 12:30 p.m. to 3:30 p.m.

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

After July 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 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.

BOOK CLUB WITH TAYA AND MICHELLE

Email tayaw@chezdoris.org for a free copy of the story of the month
Meet July 21, from 3:00 - 4:00 pm at
1445 Rue Lambert-Closse

CAMP INFORMATION

Registration for the draw open July 2nd
Draw: July 23 during the Women's committee
Date for camp: August 18-21, 2026

LEGAL CLINIC

Call ext. 260 for an appointment