

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Activity at = 1445 Lambert-Closse

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

5

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

6

10AM-12PM Acupuncture Clinic NADA
9AM-12PM Nursing clinic with Olivia
10:15-11:30AM Bingo
1-2:30PM Knit & Crochet
2-4 PM Essentrics Workout

7

11AM-4PM Dental Clinic-Hien
1:30PM-3:30PM Discover the city: Outing to SANAAQ

8

1:00-4:00 PM : CLOSED
9AM-12PM Nursing clinic with Fannie
1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey
1- Outing to Botanical Gardens French guided tour

9

10:00-11:45AM Urban drawing outing with Elissa
1:30-3:30PM Sewing circle

10

9AM-12PM Nursing clinic
10:00- 11:30AM Crafting with Jessica
1:30-4:30PM Brigade Peter McGill with Elissa
9:00-12:00PM Footcare with Nurse Gulia
Legal clinic by appointment only

11

1:30-3:00PM Bingo with Taya
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 Acupuncture Clinic NADA
9AM-12PM Nursing clinic with Olivia
10:15-11:30AM Bingo
1-2:30PM Knit & Crochet
2-4 PM Essentrics Workout

14

10AM-3PM Massage Therapy - Courtney
9AM-1PM Gyno clinic with Frédérique
1-3 PM Jewelry making with Lina
1:30PM-3:30PM Outing to the African Nights Festivals (Ensemble afrovibes)

15

1:00-4:00 PM : CLOSED
9AM-12PM Nursing clinic with Fannie
10:30-11:30 AM Herbalism workshop
1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey
1-4PM Cinema Club (SANAAQ)

16

10:00-11:45AM Urban drawing outing with Elissa
1:30-3:30PM Undercuts and colour with Elissa
1:30-3:30PM Sewing circle

17

9AM-12PM Nursing clinic
10:00-11:30AM Crafting with Jessica
1:30-4:30PM Brigade Peter McGill with Elissa
Legal clinic by appointment only

18

10:00-12:00PM Manicures with Labrini
2:00-3:30PM Outing to the Argo book store with Taya

19

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

20

10AM-12PM Acupuncture Clinic NADA
10:15-11:30AM Bingo
9AM-12PM Nursing clinic with Olivia
1-2:30PM Knit & Crochet

21

10AM-3PM Massage Therapy - Courtney
11:00 AM-12:00PM June Birthday Celebrations
3:00PM-4:00 PM Book Club

22

1:00-4:00 PM : CLOSED
1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey
1:00-4:00PM Outing to Botanical Gardens French guided tour

23

10:00AM-2:00PM Information session, women's committee, lunch and bingo at Fulford

24

9AM-12PM Nursing clinic
10AM-3PM Footcare with Nurse Nancy
10:00- 11:30AM Crafting with Jessica
1:30-4:30PM Brigade Peter McGill with Elissa
Legal clinic by appointment only

25

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

26

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

27

10AM-12PM Acupuncture Clinic NADA
9AM-12PM Nursing clinic with Olivia
10:15-11:30AM Bingo
1-2:30PM Knit & Crochet
2-4 PM Essentrics Workout

28

9AM-1PM Gyno clinic with Frédérique

29

1:00-4:00 PM : CLOSED
9AM-12PM Nursing clinic with Fannie
1-3:00PM Outing to Ben & Jerrys
1-2:30PM Acupuncture Clinic NADA at 1437 Chomedey

30

1:30-3:30PM Sewing circle
9:00-4:00PM Outing to Oka beach

31

9AM-12PM Nursing clinic
10:00-11:30AM Crafting with Jessica
1:30-4:30PM Brigade Peter McGill with Elissa
Legal clinic by appointment only

Activité au = 1445 Chomedey



- NADA Solidarity Acupuncture at 1445: July 6, 13, 20, 27 — 10:00 a.m. to 12:00 p.m. 
- NADA Solidarity Acupuncture at 1437 Rue Chomedey: July 8, 15, 22, 29 — 1:00 p.m. to 2:30 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.
- Bingo:
  - July 6, 13, 20, 27 — 10:15 a.m. to 11:30 a.m.
- Sewing circle: July 2, 9, 16, 30 — 1:30 p.m. to 3:30 p.m. 
- Dental clinic with Hien: July 7 — 11:00 a.m. to 4:00 p.m. 
- Creative crafts with Jessica: July 3, 10, 17, 24, 31 — 10:00 a.m. to 11:30 a.m.
- Jewelry making with Lina: July 14 — 1:00 p.m. to 3:00 p.m. 
- Ciné Club at SAANAQ: July 15 — 1:00 p.m. to 4:00 p.m.
- Foot care with nurse Gulia: July 10— 9:00 a.m. to 12:00 p.m.
- Foot care with nurse Nancy: July 24— 10:00 a.m. to 3:00 p.m.
- Book club: July 21 — 3:00 p.m. to 4:00 p.m. 
- Essentrics dynamic stretching workout with Jennifer (in the park if weather permits):
  - July 6, 13, 27 — 2:00 p.m to 3:00 p.m.
- Brigade Peter McGill with Elissa: July 3, 10, 17, 24, 31 — 1:30 p.m. to 4:30 p.m.
- Discover the city: Outing to SANAAQ: July 7 — 1:30 p.m. to 3:30 p.m.
- Manicures with Labrini: July 18 – 10:00 a.m. to 12:00 p.m.
- Outing to the African Nights festival (Ensemble Afrovibes): July 14 – 2:45 p.m. to 5:00 p.m.

- Outing to the Botanical Garden guided French visit: July 8, 22 — 1:00 p.m. to 4:00 p.m.
- AA meeting (in English): July 5, 12, 19, 26 — 1:30 p.m. to 2:30 p.m.
- Knitting and crochet: July 6, 13, 20, 27 — 1:00 p.m. to 2:30 p.m. 
- Undercuts and colour with Elissa: July 16 — 1:30 p.m. to 3:30 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, 29, 31 — 9:00 a.m. to 12:00 p.m.
- Outing to Oka beach and picnic: July 30 – 9:00 a.m. to 4:00 p.m.
- Outing to Ben & Jerrys – July 29 – 1:00 p.m. to 3:00 p.m.
- Legal clinic: July 3, 10, 17, 24, 31 — Appointment required 

**OPENING HOURS**

8:00 AM - 7:00 PM

**BREAKFAST**

8:30 - 10:00 AM

**SNACKS**

3:00 PM

**LUNCH**

12:00 - 1:00 PM

**DINNER**

5:00 - 6:00 PM

Signup start date : **Thursday July 2nd Activity Registration only at 514-937-2341 ext. 368**, Monday to Friday, 9:00 AM to 2:00 PM.  
After July 2nd: Signups for activities at 514-937-2341 option 2 or ext 0

**LEGAL CLINIC**

Call ext. 260 for an appointment

**CAMP INFORMATION**

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