EN

NOVEMBER 2026 — 1445 LAMBERT-CLOSSE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30-2:30 PM AA meeting (in English)	**2**	**3** 1:30-3:00 PM Guitar class with Felix	**4** 9AM-3PM Foot Care with Annick 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	**5** 9:45-11:45 AM Vestiaire 8:15AM-11:00AM Haircuts (Meet Sydney at 2000 rue Parthenais) 1:30-4:30 PM Embroidery circle	**6** 9:45-11:45AM Acupuncture Solidaire NADA 12:00-4:00PM UPIP Legal clinic by appointment only	**7** 10:30-11:30 AM AA meeting (in French)
8 1:30-2:30 PM AA meeting (in English)	**9** 10AM-3PM Massage - Courtney	**10** 9AM-12PM Brigade Peter McGill 9:45-11:45 AM Vestiaire 9:30AM-3:00PM Optometry clinic 9 AM - 1 PM Gynecology clinic 1:30-3:30 PM Coffee outing with Sydney	**11** 9AM-3PM Foot Care with Annick 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	**12** 9:45-11:45 AM Vestiaire 10AM-12:30PM Brunch outing 1:30-4:30 PM Sewing circle	**13** 9:45-11:45AM Acupuncture Solidaire NADA 12:00-4:00PM UPIP Legal clinic by appointment only	**14** 10:30-11:30 AM AA meeting (in French)
15 1:30-2:30 PM AA meeting (in English)	**16** 1-3PM Jewelry making with Lina START of the grocery gift card distribution	**17** 9AM-12PM Brigade Peter McGill 9:45-11:45 AM Vestiaire 9 AM - 1 PM Gynecology clinic 10 -11 AM Dermatology workshop 10AM-3PM Massage-Courtney 1:30 PM-3PM Birthday Celebrations	**18** 9AM-3PM Foot Care with Annick 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey 1-4PM Cinema Club (SANAAQ)	**19** 9:45-11:45 AM Vestiaire 3:00-4:30PM Workshop on Family Law	**20** 9:45-11:45AM Acupuncture Solidaire NADA 12:00-4:00PM UPIP 1:30 - 5:00PM Vaccination Clinic Legal clinic by appointment only END of the grocery gift card distribution	**21** 10:30-11:30 AM AA meeting (in French)
22 1:30-2:30 PM AA meeting (in English) 1-4PM : CLOSED	**23**	**24** 9AM-12PM Brigade Peter McGill 9AM-3PM Dental clinic 9:45-11:45 AM Vestiaire 9 AM-1 PM Gynecology clinic 2 PM-3 PM Dental workshop 1:30-3:00 PM Guitar class with Felix	**25** 9AM-3PM Foot Care with Annick 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey 1:30 PM-3:00 PM Book Club with Oli	**26** 9:45-11:45AM Vestiaire 1:30-4:30 PM Sewing circle	**27** 9:45-11:45AM Acupuncture Solidaire NADA 12:00-4:00PM UPIP Legal clinic by appointment only	**28** 10:30-11:30 AM AA meeting (in French)
29 1:30-2:30 PM AA meeting (in English)	**30**					

Registration for the Christmas Party: November 17 & 18

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

- Signups for activities at 514-937-2341 option 2 or ext 0 (November 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

Chez DORIS

- AA Meeting (English): November 1, 8,15,22,29— 1:30 p.m. to 2:30 p.m.
- AA Meeting (French) November 7,14,21,28 — 10:30 a.m. to 11:30 a.m.
- Clothing Bank (Vestiaire): November 5,10,12,17,19,24,26 — 9:45 a.m. to 11:45 a.m.
- NADA Solidarity Acupuncture at 1437 Chomedey: November 11,18,20,25 — 1:00 to 3:00 p.m.
- NADA Solidarity Acupuncture at 1430 Chomedey: November 6,13,27 — 9:45 to 11:45 a.m.
- Foot care with Annick: November 4, 11,18,25 — 9:00 a.m. to 3:00 p.m.
- Crafts with Oli : November 4, 11, 18, 25— 10:00 a.m. to 11:30 a.m.
- UPIP: November 6,13,20,27 — 12:00 p.m. to 4:00 p.m.
- Jewelry making with Lina: November 16— 1:00 p.m to 3:00 p.m.
- Book Club with Oli: November 25 — 1:30 p.m. to 3:00 p.m.
- Cinema Club at SANAAQ: November 18— 1:00 p.m. to 4:00 p.m.
- Brigade Peter McGill with Sydney: November 10, 17, 24 — 9:00 a.m. to 12:00 p.m.
- Legal clinic: November 6,13, 20, 27 — Appointment required
- Coffee outing with Sydney: November 10 – 1:30 p.m. to 3:30 p.m.
- Brunch outing with Sydney: November 12- 10:00 a.m. to 12:30 p.m.
- November Birthday Celebrations: November 17 – 1:30 p.m. to 3:00 p.m.
- Guitar class with Felix: November 3, 24 - 1:30 p.m. to 3:00 p.m.
- Dental clinic with Hien: November 24- 9:00 a.m. to 3:00 p.m.
- Massage with Courtney: November 9, 17 — 10:00 a.m. to 3:00 p.m.
- Gynecology clinic with Fredérique: November 10, 17, 24 — 9:00 a.m. to 1:00 p.m.
- Embroidery circle: November 5 — 1:30 p.m. to 4:30 p.m.
- Sewing Circle: November 12, 26— 1:30 p.m. to 4:30 p.m.
- Dental workshop with UDEM: November 24 — 2:00 p.m. to 3:00 p.m.
- Dermatology workshop: November 17 — 10:00 a.m. to 11:00 a.m.
- Optometry clinic: November 10 — 9:30 a.m. to 3:00 p.m.
- Vaccination clinic: November 20 — 1:30 p.m. to 5:00 p.m.
- Haircuts (Meet Sydney at 2000 rue Parthenais): November 5 — 8:15 a.m. to 11:00 a.m. Appointment required
- Workshop on Family Law: November 19— 3:00 p.m. to 4:30 p.m.

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

After November 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 & 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.

FOR HAIRCUT APPOINTMENTS ON NOVEMBER 5TH, YOU MUST ARRIVE ON TIME FOR YOUR APPOINTMENT. PLEASE ARRIVE BETWEEN 8:15-8:30AM AT 2000 RUE PARTHENAIS ÉCOLE DES MÉTIERS DES FAUBOROUGS-DE-MONTRÉAL (SYDNEY WILL BE WAITING AT THE ENTRANCE OF THE SCHOOL)

LEGAL CLINIC

Call ext. 260 for an appointment

SIGN UPS FOR THE CHRISTMAS PARTY ON DECEMBER 17TH WILL BEGIN ON NOVEMBER 17 & 18 FROM 9 AM-12 PM & 1-4PM AT EXT 369