EN

NOVEMBER 2026 — 1430 CHOMEDEY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30-2:30 PM AA meeting (in English)	**2** 10:15-11:30AM Bingo	**3** 10AM-12PM Watercolours with Julie 1:30-3:00 PM Guitar class with Felix	**4** 1:00-4:00 PM : CLOSED 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	**5** 8:15AM-11:00AM Haircuts (Meet Sydney at 2000 rue Parthenais) 1:00-4:00PM Brigade Peter McGill with Sydney 1:30-4:30 PM Embroidery Circle	**6** 9:45-11:45AM Acupuncture Solidaire NADA 10:00-11:30AM Crafting with Jessica 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** 10:15-11:30AM Bingo 10:00AM-3:00PM Massage-Courtney	**10** 9AM-1PM Gynocology clinic with Frédérique 10AM-12PM Watercolours with Julie 9:30 AM-3:00 PM Optometry clinic 1:30-3:30 PM Coffee outing with Sydney	**11** 1:00-4:00 PM : CLOSED 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	**12** 10:00AM-12:30PM Brunch outing with Sydney 1:00-4:00PM Brigade Peter McGill with Sydney 1:30-4:30 PM Sewing Circle	**13** 9:45-11:45AM Acupuncture Solidaire NADA 10:00-11:30AM Crafting with Jessica 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** 10:15-11:30AM Bingo 1-3 PM Jewelry making with Lina	**17** 10AM-3PM Massage-Courtney 9AM-1PM Gynocology clinic with Frédérique 10AM-12PM Watercolours with Julie 10-11 AM Dermatology workshop 3:30 PM-4:30PM November Birthday Celebrations	**18** 1:00-4:00 PM : CLOSED 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey 1-4PM Cinema Club (SANAAQ)	**19** 1:00-4:00PM Brigade Peter McGill with Sydney 3:00-4:00PM Workshop on Family Law	**20** 9:45-11:45AM Acupuncture Solidaire NADA 10:00-11:30AM Crafting with Jessica 1:30 - 5:00 PM Vaccination clinic Legal clinic by appointment only	**21** 10:30-11:30 AM AA meeting (in French)
22 1:00-4:00 PM : CLOSED 1:30-2:30 PM AA meeting (in English)	**23** 10:15-11:30AM Bingo	**24** 9AM-3PM Dental clinic 9AM-1PM Gynocology clinic with Frédérique 10AM-12PM Watercolours with Julie 2-3 PM Dental workshop 1:30-3:00 PM Guitar class with Felix	**25** 1:00-4:00 PM : CLOSED 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey 1:30 PM-3 PM Book Club with Oli	**26** 1:30-4:30 PM Sewing circle	**27** 9:45-11:45AM Acupuncture Solidaire NADA 1-2:30PM Crafting with Jessica 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** 10:15-11:30AM Bingo					

Registration for the Christmas Party: November 17 & 18

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

Activity at = 1445 Lambert-Closse

EN

NOVEMBER 2026

1430 CHOMEDEY

- Bingo: November 2, 9,16, 23, 30 — 10:15 a.m. to 11:30 a.m.
- Guitar class with Felix: November 3, 24 — 1:30 p.m. to 3:00 p.m.
- Creative crafts with Jessica: November 6, 13, 20 — 10:00 a.m. to 11:30 a.m. and November 27 — 1:30 p.m. to 2:30 p.m
- Ciné Club at SANAAQ: November 18 — 1:00 p.m. to 4:00 p.m.
- Book club with Oli: November 25 — 1:30 p.m. to 3:00 p.m.
- Brigade Peter McGill with Sydney: November 5, 12, 19 — 1:00 p.m. to 4:00 p.m.
- November birthday celebrations: November 17 — 3:30 p.m. to 4:30 p.m.
- AA meeting (in English): November 1, 8, 15, 22, 29— 1:30 p.m. to 2:30 p.m.
- AA meeting (in French): November 7, 14, 21, 28— 10:30 a.m. to 11:30 a.m.
- NADA Solidarity Acupuncture: November 6, 13, 20, 27— 9:45 a.m. to 11:45 a.m.
- NADA Solidarity Acupuncture at 1437 Rue Chomedey: November 11,18,25, — 1:00 p.m. to 3:00 p.m.
- Dental clinic: 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.
- Gynocology clinic with Fredérique: November 10, 17, 24— 9:00 a.m. to 1:00 p.m.
- Sewing Circle: November 12, 26 — 1:30 p.m. to 4:30 p.m.
- Embroidery Circle: November 5 — 1:30 p.m. to 4:30 p.m.
- Jewelry making with Lina: November 16 — 1:00 p.m. to 3:00 p.m.
- Vaccination clinic: November 20 — 1:30 p.m. to 5:00 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.
- Dental workshop with UDEM: November 24 — 2:00 p.m. to 3:00 p.m.
- 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.
- Watercolours with Julie : November 3,10,17,24 — 10:00 a.m. to 12:00 p.m.
- Crafts with Oli: November 4, 11, 18, 25 — 10:00 a.m. to 11:30 a.m.

- Workshop on Family Law : November 19— 3:00 p.m. to 4:30 p.m.
- Haircuts (Meet Sydney at 2000 rue Parthenais): November 5 — 8:15 a.m. to 11:00 a.m. Appointment required

OPENING HOURS
8:00 AM - 7:00 PM

BREAKFAST
8:30 - 10:00 AM

LUNCH
12:00 - 1:00 PM

SNACKS
3:00 PM

DINNER
5:00 - 6:00 PM

Signup start date: Tuesday November 3rd Activity Registration only at 514-937-2341 ext. 368 , Monday to Friday, 9:00 AM to 2:00 PM.
After November 3rd: Signups for activities at 514-937-2341 option 2 or ext 0

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

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)