EN

DECEMBER 2026

1445 LAMBERT-CLOSSE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• Signups for activities at 514-937-2341 option 2 or ext 0 (December 1 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 14th to the 18th, between 10:00 AM and 12:00 PM, as well as from 1:00 PM to 2:30 PM.		1 1:30-3:00 PM Guitar class with Felix	2 9AM-3PM Foot Care with Annick 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	3 9:45-11:45 AM Vestiaire 1:30-3:30 PM Sewing circle **Registrations for the holiday party 9am-4pm ext. 369**	4 9:45-11:45AM Acupuncture Solidaire NADA 12:00-4:00PM UPIP Legal clinic by appointment only	5 10:30-11:30 AM AA meeting (in French)
6 1:30-2:30 PM AA meeting (in English)	7 10AM-3PM Massage - Courtney 1:30PM-3:00PM Workshop: Sewing nested baskets with Taya and Michelle	8 9AM-12PM Brigade Peter McGill 9:45-11:45 AM 9 AM - 1 PM Vestiaire Gynecology clinic 1-4PM Cinema Club (SANAAQ) The Barbie Movie 1:30-3:00 PM Guitar class with Felix	9 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 PM Listening and support circle with Taya (English)	10 9:45-11:45 AM Vestiaire 1:30-3:30 PM Sewing circle	11 9:45-11:45AM Acupuncture Solidaire NADA 12:00-4:00PM UPIP Legal clinic by appointment only	12 10:30-11:30 AM AA meeting (in French) **Mom & Child Holiday Party 11am-4pm Registration Closed** 6:30-9:30 PM Orchestra outing
13 1:30-2:30 PM AA meeting (in English)	14 1-3PM Jewelry making with Lina **START of the grocery gift card distribution**	15 9AM-12PM Brigade Peter McGill 9:45-11:45 AM Vestiaire 9 AM - 1 PM Gynecology clinic 10AM-3PM Massage-Courtney 10-11:30 AM Zine making workshop with Oli 1:30 PM-3PM Birthday Celebrations	16 9AM-12PM Nursing Clinic with France 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 PM Listening and support circle with Taya (French)	17 9:45-11:45 AM Vestiaire **HOLIDAY PARTY 11am-4pm Registration Required**	18 9:45-11:45AM Acupuncture Solidaire NADA 12:00-4:00PM UPIP Legal clinic by appointment only **END of the grocery gift card distribution**	19 10:30-11:30 AM AA meeting (in French) 11AM-2PM Indigenous Collective Kitchen with Oli at 1437 Chomedey
20 1:30-2:30 PM AA meeting (in English) 1-4PM : CLOSED	21	22 9AM-12PM Brigade Peter McGill 9AM-3PM Dental clinic 9:45-11:45 AM Vestiaire 9 AM-1 PM Gynecology clinic 1:30-3:00 PM Guitar class with Felix	23 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	24 1445 RUE LAMBERT-CLOSSE: CLOSED FOR CHRISTMAS EVE	25 1445 RUE LAMBERT-CLOSSE: CLOSED FOR CHRISTMAS DAY	26 10:30-11:30 AM AA meeting (in French)
27 1:30-2:30 PM AA meeting (in English)	28	29	30 9AM-3PM Foot Care with Annick 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	31 1445 RUE LAMBERT-CLOSSE: CLOSED FOR NEW YEAR'S	**Please note that activity signups (including medical appointments) will start on Tuesday December 1st**	Activity at = 1430 Chomedey

- 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): December 1,3, 8, 10, 15,17, 22, 29 — 9:45 a.m. to 11:45 a.m.
- NADA Solidarity Acupuncture at 1437 Chomedey: December 2,9,16, 23,30 — 1:00 to 3:00 p.m.
- NADA Solidarity Acupuncture at 1430 Chomedey: December 4, 11, 18 — 9:45 to 11:45 a.m.
- Foot care with Annick: December 2, 9, 16, 30 — 9:00 a.m. to 3:00 p.m.
- Crafts with Oli : December 2, 9, 16, 23 — 10:00 a.m. to 11:30 a.m.
- Indigenous Collective Kitchen with Oli at 1437 rue Chomedey: December 19 — 11:00 a.m. to 2:00 p.m.
- UPIP: December 4, 11, 18 — 12:00 p.m. to 4:00 p.m.
- Jewelry making with Lina: December 14 — 1:00 p.m to 3:00 p.m.
- Book Club with Oli: December 23 — 1:30 p.m. to 3:00 p.m.
- Zine making workshop with Oli: December 15— 10:00 a.m. to 11:30 a.m.
- Cinema Club at SANAAQ: December 8— 1:00 p.m. to 4:00 p.m.
- Brigade Peter McGill with Sydney: December 8, 15 — 9:00 a.m. to 12:00 p.m.
- Legal clinic: December 4, 11, 18 — Appointment required
- December Birthday Celebrations: December 15 – 1:30 p.m. to 3:00 p.m.
- Guitar class with Felix: December 1, 8, 22 - 1:30 p.m. to 3:00 p.m.
- Dental clinic with Hien: December 22 — 11:00 a.m. to 4:00 p.m.
- Massage with Courtney: December 7, 15 — 10:00 a.m. to 3:00 p.m
- Gynecology clinic with Fredérique: December 8, 15, 22 — 8:30 a.m. to 1:00 p.m.
- Sewing Circle: December 3, 10— 1:30 p.m. to 3:30 p.m.
- Orchestra Outing (Requiem de Brahms): December 12 — 6:30 p.m. to 9:30 p.m.
- Workshop for sewing wax fabric nested baskets with Taya and Michelle: December 7 – 1:30PM to 3:00 PM
- Listening and support circle with Taya:
  - French: December 16 – 1:30 p.m. to 3 p.m.
  - English: December 9 – 1:30 p.m. to 3 p.m.

December 1st Activity Registration only at 514-937-2341 ext. 368

After December 1st:

- 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.

LEGAL CLINIC

Call ext. 260 for an appointment

THE HOLIDAY PARTY WILL BE ON DECEMBER 17TH 11AM-4PM AT THE HOLIDAY INN DOWNTOWN WEST 1390 BOULEVARD RÉNE-LÉVESQUE OUEST (REGISTRATION REQUIRED)

