EN

DECEMBER 2026 | 1430 CHOMEDEY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note that activity signups (including medical appointments) will start on Tuesday December 1st		1 10AM-12PM Watercolours with Julie 1:30-3:00 PM Guitar class with Felix **Registration opens for the Christmas Party at 1430 Chomedey**	2 1:00-4:00 PM : CLOSED 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	3 1:00-4:00PM Brigade Peter McGill with Sydney 1:30-3:30 PM Sewing Circle	4 9:45-11:45AM Acupuncture Solidaire NADA 10:00-11:30AM Crafting with Jessica 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 10:15-11:30AM Bingo 10:00AM-3:00PM Massage-Courtney 1:30PM-3:00PM Workshop: Sewing nested baskets with Taya and Michelle	8 9AM-1PM Gynocology clinic with Frédérique 10AM-12PM Watercolours with Julie 1-4PM Cinema Club (SANAAQ)- The Barbie movie 1:30-3:00 PM Guitar class with Felix	9 1:00-4:00 PM : CLOSED 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey 1:30-3 PM Listening and support circle with Taya (English)	10 1:00-4:00PM Brigade Peter McGill with Sydney 1:30-3:30 PM Sewing Circle	11 9:45-11:45AM Acupuncture Solidaire NADA 10:00- 11:30AM Crafting with Jessica Legal clinic by appointment only	12 10:30-11:30 AM AA meeting (in French) 6:30-9:30 PM Outing to the Orchestra concert
13 1:30-2:30 PM AA meeting (in English)	14 10:15-11:30AM Bingo 1-3 PM Jewelry making with Lina	15 9AM-1PM Gynocology clinic with Frédérique 10AM-3PM Massage-Courtney 10-11:30AM Zine making workshop with Oli 3:30 PM-4:30PM December Birthday Celebrations	16 1:00-4:00 PM : CLOSED 9AM-12PM Nursing Clinic with France 10-11:30 AM Crafts with Oli 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey 1:30-3 PM Listening and support circle with Taya (French)	17 **FÊTE DE NOËL**	18 9:45-11:45AM Acupuncture Solidaire NADA 10:00-11:30AM Crafting with Jessica Legal clinic by appointment only	19 10:30-11:30 AM AA meeting (in French) 11AM-2PM Indigenous Collective Kitchen with Oli at 1437 Chomedey
20 1:00-4:00 PM : CLOSED 1:30-2:30 PM AA meeting (in English)	21 10:15-11:30AM Bingo	22 11AM-4PM Dental clinic 9AM-1PM Gynocology clinic with Frédérique 1:30-3:00 PM Guitar class with Felix	23 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	24	25	26 10:30-11:30 AM AA meeting (in French)
27 1:30-2:30 PM AA meeting (in English)	28 10:15-11:30AM Bingo	29	30 1-3 PM Acupuncture Solidaire NADA at 1437 chomedey	31		**Activity at = 1445 Lambert-Closse**

- Bingo: December 7, 14, 21, 28 — 10:15 a.m. to 11:30 a.m.
- Guitar class with Felix: December 1, 8, 22 — 1:30 p.m. to 3:00 p.m.
- Creative crafts with Jessica: December 4, 11, 18— 10:00 a.m. to 11:30 a.m.
- Ciné Club at SANAAQ: December 8 — 1:00 p.m. to 4:00 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.
- Brigade Peter McGill with Sydney: December 3, 10 — 1:00 p.m. to 4:00 p.m.
- December birthday celebrations: December 15 — 3:30 p.m. to 4:30 p.m.
- AA meeting (in English): December 5, 12, 19— 1:30 p.m. to 2:30 p.m.
- AA meeting (in French): December 6, 13, 20, 27— 10:30 a.m. to 11:30 a.m.
- NADA Solidarity Acupuncture: December 4, 11, 18 — 9:45 a.m. to 11:45 a.m.
- NADA Solidarity Acupuncture at 1437 Rue Chomedey: December 2, 9, 16, 23, 30 — 1:00 p.m. to 3:00 p.m.
- Dental clinic: 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.
- Nursing clinic with France: December 16 — 9:00 a.m. to 12:00 p.m.
- Gynocology clinic with Fredérique: December 8,15,22 — 9:00 a.m. to 1:00 p.m.
- Sewing Circle: December 3, 10 — 1:30 p.m. to 3:30 p.m.
- Jewelry making with Lina: December 14 — 1:00 p.m. to 3:00 p.m.
- Watercolours with Julie : December 1, 8 — 10:00 a.m. to 12:00 p.m.
- Outing to the orchestra (Requiem de Brahms): December 12 — 6:30 p.m. to 9:30 p.m.
- Crafts with Oli: December 2, 9, 16, 23— 10:00 a.m. to 11:30 a.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.

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: Tuesday December 1st Activity Registration only at 514-937-2341 ext. 368 , Monday to Friday, 9:00 AM to 2:00 PM.
After December 1st: Signups for activities at 514-937-2341 option 2 or ext 0

LEGAL CLINIC

Call ext. 260 for an appointment



