

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

5

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

6

10:15-11:30AM Bingo

1:30-2:30 PM Essentrics stretching

7

11AM-4PM Dental Clinic- Hien

10AM-3PM Art activity - Liana

10AM-3PM Massage therapy - Courtney  
Easter Celebration

1-4PM

8

1:00-4:00 PM : CLOSED

9AM-3PM Foot Care with Annick

10-11AM Meet our new nurse and gynocologist

1PM-4PM Outing to Café Chat l'heureux

9

1:30-3:30PM Sewing circle

10:30 AM-4PM Outing to Sugar shack Lalande

10

9:30-11:30AM Acupuncture Clinic NADA

1:30PM-4:30PM Legal Clinic

3:00-4:30PM Crafting with Jessica and Forest

11

1:30-3:30PM Bingo with Taya

1:30-3:30PM Letter writing with Taya

12

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

13

10AM-12PM Acupuncture Clinic NADA

10:15-11:30AM Bingo

1-2:30PM Knit & Crochet

1:30-2:30 PM Essentrics stretching

14

15

1:00-4:00 PM : CLOSED

9:00AM-3:00PM Foot Care with Annick

1-4PM Cinema Club (SAANAQ)  
Leave 1430 at 1:00pm  
Movie starts at 1:30pm

16

10:00-11:30AM Jewelry making

9AM-12PM Reiki with Marthe

1:30-3:30PM Sewing circle

17

9:30-11:30AM Acupuncture Clinic NADA

1:30PM-4:30PM Legal Clinic

1:30PM-3:00M Developing internet skills

3:00-4:30PM Crafting with Jessica and Forest

18

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

1-2:30PM Knit & Crochet

1:30-2:30 PM Essentrics stretching

21

9:00AM-3:00PM Foot Care with Nancy

1:00-2:30PM Jewelry making with Lina

3:00-4:00PM Book Club

22

1:00-4:00 PM : CLOSED

9AM-3PM Foot Care with Annick

1PM-4PM Outing to the Centre des mémoires montréalaises  
(Meet at 1445 rue Lambert-Closse)

23

10:00-11:30AM DIY Shower melts

1:30-2:30PM Women's committee

1:30-3:30PM Sewing circle

24

9:30-11:30AM Acupuncture Clinic NADA

1:30PM-4:30PM Legal Clinic

3:00-4:30PM Crafting with Jessica and Forest

25

1:30-3:30PM Natural perfume workshop with Taya

26

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

27

10AM-12PM Acupuncture Clinic NADA

10:15-11:30AM Bingo

10AM-2PM Vaccination Clinic

10AM-3PM Massage therapy - Courtney

2:30-3:30 PM Essentrics stretching

1-2:30PM Knit & Crochet

28

9AM-3PM Optometry Clinic

29

1:00-4:00 PM : CLOSED

9AM-3PM Foot Care with Annick

30

Activity at = 1445 Lambert-Closse



Easter Celebration at Fulford (1221 Rue Guy) 12pm-4pm Registration required

- Board games with Karine: April 3 — 10:00 a.m. to 12:00 p.m.
- NADA Solidarity Acupuncture at 1445: April 13, 20, 27 — 10:00 a.m. to 12:00 p.m. 🏠
- NADA Solidarity Acupuncture at 1430: April 3, 10, 17, 24 — 9:00 a.m. to 11:30 a.m.
- Saturdays with Taya: — 1:30 p.m. to 3:30 p.m.
  - April 4: Bingo
  - April 11: Letter Writing
  - April 25: Perfume workshop
- Bingo:
  - April 6, 13, 20, 27 — 10:15 a.m. to 11:30 a.m.
- Sewing circle: April 2, 9, 16, 23 — 1:30 p.m. to 3:30 p.m. 🏠
- Dental clinic with Hien: April 7 — 11:00 a.m. to 4:00 p.m. 🏠
- Women's committee: April 23 — 1:30 p.m. to 2:30 p.m.
- Creative crafts with Forest and Jessica: April 10, 17, 24 — 3:00 p.m. to 4:30 p.m.
- Massage therapy with Courtney: April 7, 27 — 10:00 a.m. to 3:00 p.m.
- Art workshop with Liana: April 7 — 10:00 a.m. to 12:00 p.m.
- Calligraphy with Karine: April 1 — 10:00 a.m. to 12:00 p.m.
- Jewelry making with Lina: April 21 — 1:00 p.m. to 2:30 p.m. 🏠
- Cine Club at SAANAQ: April 15 — 1:00 p.m. to 4:00 p.m.
- Vaccination clinic: April 27 — 10:00 a.m. to 2:00 p.m.
- Optometry clinic: April 28 — 9:00 a.m. to 3:00 p.m. 🏠
- Foot care with Nancy: April 21 — 9:00 a.m. to 3:00 p.m.
- Book club: April 21 — 3:00 p.m. to 4:00 p.m.
- Easter celebration: April 7 — 1:00 p.m. to 4:00 p.m.
- Essentrics dynamic stretching workout with Jennifer : April 6, 13, 20, 27— 2:30 p.m to 3:30 p.m.
- Outing to Cat Café: April 8 — 1:00 p.m. to 4:00 p.m.
- Outing to Sugar Shack Lalande: April 9 — 10:30 a.m. to 4:00 p.m.
- Outing to Centre des mémoires montréalaises: April 8 — 1:00 p.m. to 4:00 p.m.

- AA meeting (in English): April 12, 19, 26 — 1:30 p.m. to 2:30 p.m.
- DIY Shower Melts: April 23 — 10:00 a.m. to 11:30 a.m.
- Foot care with Annick: April 1, 8, 15, 22, 29 — 9:00 a.m. to 3:00 p.m. 🏠
- Knitting and crochet: April 13, 20, 27 — 1:00 p.m. to 2:30 p.m. 🏠
- Legal Clinic: April 3, 10, 17, 24 — 1:30 p.m. to 4:30 p.m. 🏠
- Developing internet skills: April 17 — 1:30 p.m. to 3:00 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 : **Thursday April 2nd Activity Registration only at 514-937-2341 ext. 368**, Monday to Friday, 9:00 AM to 2:00 PM.  
After April 1st: Signups for activities at 514-937-2341 option 2 or ext 0

**TAX CLINIC AND LEGAL CLINIC SIGN UP**

Call 514-937-2341 option 3 or ext 260 for an appointment

