

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Please note that activity signups (except for medical appointments) will be prioritized by alphabetical order, for the **first day of registrations**. For the month of October, last names starting with **W, X, Y and Z** will be prioritized.

**1**  
10:00 AM-12:00 PM:McGill Nurses  
🏠 1:00-4:00 PM: Holiday craft Fair creations - Paid work

**2**  
10:00-11:30 AM: Decoration making - Elissa  
1:00-3:00 PM: Restaurant outing - Elissa  
1:15 PM: CLOSING

**3**  
10:00-11:30 AM:Knit and crochet

**4** 10:00-11:30 AM:Games & snacks - Elissa  
10:00 AM-1:00 PM:Collective kitchen -Torill  
🏠 12:00-4:00 PM:UPIP - Cultural activity for indigenous women  
1:00-4:00 PM:Peter McGill project



**6**  
1:30-2:30 PM:AA meeting (in English)

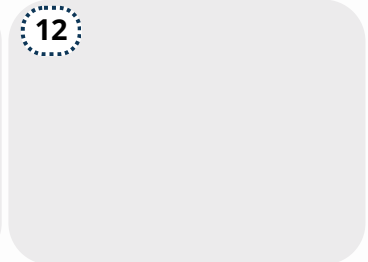
**7**  
10:30-11:30 AM: Bingo  
1:00-3:00 PM: McGill Nurses  
1:30-3:30 PM:Inuit collective kitchen - Elissa

**8**  
10:00 AM-3:00 PM:McGill Nurses

**9** 10:00-11:30 AM: Soapstone carving - Kim  
🏠 11:00 AM-4:00 PM:Dental Hygiene Clinic - Hien  
1:00-3:30 PM:Movie outing - Elissa  
1:15 PM: CLOSING

**10**  
10:00-11:30 AM:Knit and crochet  
10:00 AM-1:00 PM:Collective kitchen -Torill  
1:30-3:00 PM:Therapy Dog - Finn

**11** 10:00-11:30 AM:Movie at the house - Elissa  
1:15-3:30 PM:Basic manicures - Labrini  
🏠 12:00-4:00 PM:UPIP - Cultural activity for indigenous women  
1:00-4:00 PM:Peter McGill project  
1:30-3:00 PM:Beading circle - Nmesoma



**13**  
1:30-2:30 PM:AA meeting (in English)

**14** Thanksgiving  
10:15-11:45 AM:Baking - Mauricio  
10:30-11:30 AM:Yahtzee

**15**  
12:00-1:00 PM:Thanksgiving lunch  
1:00-3:00 PM:Thanksgiving games  
2:00-4:30 PM:Vaccination Clinic

**16**  
10:00-11:30 AM:Jewelry making - Elissa  
1:00-3:30 PM:Mini putt outing - Elissa  
1:15 PM: CLOSING

**17**  
10:00 AM-3:30 PM:Footcare nurse - Gisèle  
10:00 AM-1:00 PM:Collective kitchen -Torill  
10:00-11:30 AM:Knit and crochet

**18**  
10:00-11:30 AM:Games & snacks - Elissa  
1:00-4:00 PM:Peter McGill project

**19**  
10:00 AM-3:00 PM:Physiotherapy - Stephanie  
1:15-3:30 PM:Tax clinic - Aydin

**20**  
1:30-2:30 PM:AA meeting (in English)

**21**  
10:00 AM-3:00 PM:McGill Nurses  
10:30-11:30 AM: Bingo  
1:30-3:30 PM:Inuit collective kitchen - Elissa

**22**  
10:00 AM-3:00 PM:McGill Nurses  
🏠 10:30 AM-12:30 PM: Internal Medicine doctor - Dr. Folds

**23**  
10:00-11:30 AM:Smoothies at the house - Elissa  
1:00-3:30 PM:Biodome outing - Elissa  
1:15 PM: CLOSING

**24**  
10:00-11:30 AM:Knit and crochet  
1:00-4:00 PM: Reiki - Lulu  
1:30-2:30 PM: Women's committee

**25**  
10:00-11:30 AM:Movie at the house - Elissa  
1:00-4:00 PM:Peter McGill project  
1:15-3:30 PM: Basic manicures - Labrini



**27**  
1:30-2:30 PM:AA meeting (in English)

**28** 9:30 AM-12:00 PM:Haircuts - Salon Two Horses  
10:00 AM-3:00 PM:McGill Nurses  
10:00 AM-3:00 PM:Physiotherapy - Amy  
10:15-11:45 AM:Baking - Mauricio  
10:30-11:30 AM:Yahtzee  
🏠 1:00-4:00 PM: Holiday Craft Fair creations - Paid work

**29**  
🏠 9:30 AM-3:00 PM:Mobile Optometry Clinic  
10:00 AM-3:00 PM:McGill Nurses

**30**  
10:00-11:30 AM: Soapstone carving - Kim  
1:00-3:30 PM:Movie outing (scary movie) - Elissa  
1:15 PM: CLOSING

**31**  
10:00-11:30 AM:Pumpkin decorations - Elissa  
1:30-3:30 PM: Halloween party  
1:00-4:00 PM: Reiki - Lulu

🏠 This symbol indicates the meeting point is at **1445 Lambert-Closse**, or that the activity will take place at **1445 Lambert-Closse**.



**OCTOBER 1, 28** Holiday Craft Fair creations - paid work **1:00 -3:00 PM** 🏠

**OCTOBER 1, 7, 8, 21, 22, 28, 29** McGill Nurses **10:00 AM-3:00 PM**

**OCTOBER 2** Restaurant outing with Elissa **1:00-3:00 PM**

**OCTOBER 2** Decorations making with Elissa **10:00-11:30 AM**

**OCTOBER 3, 10, 17, 24** Knit and crochet **10:00-11:30 AM**

**OCTOBER 4, 11** UPIP - Cultural activity for indigenous women **12:00-4:00 PM** 🏠

**OCTOBER 4, 18** Games and snacks with Elissa **10:00-11:30 AM**

**OCTOBER 4, 10, 17** Collective kitchen with Torill **10:00 AM-1:00 PM**

**OCTOBER 4, 11, 18, 25** Peter McGill project **1:00-4:00 PM**

**OCTOBER 6, 13, 20, 27** AA meeting (in English) **1:30-2:30 PM**

**OCTOBER 7, 21** Inuit collective kitchen with Elissa **1:30-3:30 PM**

**OCTOBER 7, 21** Bingo **10:30-11:30 AM**

**OCTOBER 9** Dental clinic with Hien **11:00 AM-4:00 PM** 🏠

**OCTOBER 9** Movie at the theater with Elissa **1:00-3:30 PM**

**OCTOBER 9, 30** Soapstone with Kim and Elissa **10:00-11:30 AM**

**OCTOBER 10** Therapy Dog - Finn **1:30-3:00 PM**

**OCTOBER 11** Beading circle with Nmesoma **1:30-3:00 PM**

**OCTOBER 11** Massage therapist - Courtney **10:00 AM-3:00 PM**

**OCTOBER 11, 25** Basic manicures with Labrini **1:15 -3:30 PM**

**OCTOBER 11, 25** Movie at the house with Elissa **10:00-11:30 AM**

**OCTOBER 14, 28** Baking with Mauricio **10:15-11:45 AM**

**OCTOBER 14, 28** Yahtzee **10:30-11:30 AM**

**OCTOBER 15** Thanksgiving games **1:00-3:00 PM**

**OCTOBER 15** Thanksgiving lunch **12:00-1:00 PM**

**OCTOBER 15** Vaccination clinic **2:00-4:30 PM** 🏠

**OCTOBER 16** Jewelry making with Elissa **10:00-11:30 AM**

**OCTOBER 16** Mini putt outing with Elissa **1:00-3:00 PM**

**OCTOBER 17** Footcare nurse - Gisèle **10:00 AM-3:30 PM**

**OCTOBER 19** Physiotherapist - Stephanie **10:00 AM-3:00 PM**

**OCTOBER 19** Tax clinic with Aydin **1:15-3:30 PM**

**OCTOBER 22** Internal Medicine doctor - Dr. Foldes **10:30 AM-12:30 PM** 🏠

**OCTOBER 23** Biodome outing with Elissa **1:00-3:00 PM**

**OCTOBER 23** Smoothies at the house with Elissa **10:00-11:30 AM**

**OCTOBER 24** Women's committee **1:30-2:30 PM**

**OCTOBER 24, 31** Reiki with Lulu - by appointment **1:00-4:00 PM**

**OCTOBER 28** Haircuts - Salon Two Horses - by appointment (Wash your hair before arrival) **9:30 AM-12:00 PM**

**OCTOBER 28** Physiotherapist - Amy **10:00 AM-3:00 PM**

**OCTOBER 29** Mobile optometry clinic - by appointment **9:30 AM-3:00 PM** 🏠

**OCTOBER 30** Scary movie outing with Elissa **1:00-3:30 PM**

**OCTOBER 31** Pumpkin decorations with Elissa **10:00-11:30 AM**

**OCTOBER 31** Halloween Party **1:30-3:30 PM**

#### OPENING HOURS

8:00 AM - 4:00 PM

#### LAUNDRY

10:00 AM

Tuesdays and  
Fridays

#### BREAKFAST

8:30 - 10:00 AM

#### LUNCH

12:00 - 1:00 PM

Signup start date :

- **October 1st** for activities at **514-937-2341 ext. 0**, Monday to Friday, 9:00 AM to 2:00 PM.
- **October 2nd** for medical appointments at **514-937-2341 ext. 260**, Monday to Friday, 9:00 AM to 4:00 PM.

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