

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
9:00 AM-3:00 PM:Footcare nurse - Annick

3
1:30-3:30 PM: Sewing circle - Elissa

4
10:00 AM-1:00 PM:Collective kitchen -Torill
12:00-4:00 PM: UPIP - Cultural activity for indigenous women



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

7
10:00 AM-12:00 PM:McGill Nurses

8
9:00 AM-12:00 PM:Peter McGill Project
10:00 AM-12:00 PM:McGill Nurses
1:00-3:00 PM: Biodome outing - Elissa

9
9:00 AM-3:00 PM:Footcare nurse - Annick
11:00 AM-4:00 PM:Dental Hygiene clinic - Hien

10
10:00 AM-1:00 PM:Collective kitchen -Torill
1:30-3:30 PM: Sewing circle - Elissa

11
10:00 AM-3:00 PM:Massage therapy - Courtney
12:00-4:00 PM:UPIP - Cultural activity for indigenous women
1:15-3:30 PM: Basic manicures - Labrini

12

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

14 Thanksgiving
CLOSED
10:15-11:45 AM: Baking - Mauricio

15
9:00 AM-12:00 PM: Peter McGill Project
10:00 AM-12:00 PM Grocery Gift Card distribution
1:00-4:00 PM: Thanksgiving lunch
1:30-3:30 PM: Thanksgiving games
2:00-4:30 PM:Vaccination clinic

16
9:00 AM-3:00 PM:Footcare nurse - Annick
10:00 AM-12:00 PM Grocery Gift Card distribution
1:00-4:00 PM:

17 **9:45-11:35 AM:** Vestiaire
10:00 AM-1:00 PM:Collective kitchen -Torill
10:00 AM-12:00 PM: Stress management workshop - La maison grise
1:30-3:30 PM: Sewing circle - Elissa

18
9:45-11:35 AM:Vestiaire
11:00-11:45 AM:Dance & relaxation - Anastasia

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

22
9:00 AM-12:00 PM:Peter McGill Project
10:00 AM-3:00 PM:McGill Nurses
10:30 AM-12:30 PM:Internal Medicine doctor - Dr. Foldes
1:00-3:00 PM: Bingo - Elissa
3:00-4:00 PM:Women's committee

23
9:00 AM-3:00 PM:Footcare nurse - Annick
10:30 AM-12:30 PM: Jewelry making - Lina

24
9:45-11:35 AM:Vestiaire
1:00-4:00 PM: Reiki - Lulu
1:30-3:30 PM: Sewing circle - Elissa

25
9:45-11:35 AM:Vestiaire
11:00-11:45 AM:Dance & relaxation - Anastasia
1:15-3:30 PM: Basic manicures - Labrini



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

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

29
9:00 AM-12:00 PM: Peter McGill Project
9:30 AM-3:00 PM: Mobile Optometry Clinic
10:00 AM-3:00 PM:McGill Nurses
1:00-3:00 PM:Scary movie outing - Elissa

30
9:00 AM-3:00 PM:Footcare nurse - Annick

31 **9:45-11:35 AM:** Vestiaire
10:00-11:30 AM:Pumpkin decorations - Elissa
1:30-3:30 PM: Halloween Party
1:00-4:00 PM: Reiki - Lulu

1430
 This symbol indicates the meeting point is at **1430 Chomedey**, or that the activity will take place at **1430 Chomedey**.



OCTOBER 1, 28 Holiday Craft Fair creations - paid work **1:00-4:00 PM**

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

OCTOBER 2, 9, 16, 23, 30 Footcare nurse - Annick **9:00 AM-3:00 PM**

OCTOBER 3, 10, 17, 24 Sewing circle with Elissa (beginners welcome) **1:30-3:30 PM**

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

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

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

OCTOBER 8 Biodome outing with Elissa **1:00-3:00 PM**

OCTOBER 8, 15, 22, 29 Peter McGill Project **9:00 AM-12:00 PM**

OCTOBER 9 Dental Hygiene clinic with Hien **11:00 AM-4:00 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 14, 28 Baking with Mauricio **10:15-11:45 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 15, 16 Grocery gift card distribution (pre-registered) **10:00 AM-12:00 PM & 1:00-4:00 PM**

OCTOBER 17 Stress management workshop with La Maison Grise **10:00 AM-12:00 PM**

OCTOBER 17, 18, 24, 25, 31 Vestiaire **9:45-11:35 AM** 🏠

OCTOBER 18, 25 Dance and relaxation with Anastasia **11:00-11:45 AM**

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

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

OCTOBER 22 Bingo with Elissa **1:00-3:00 PM**

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

OCTOBER 22 Women's committee **3:00-4:00 PM**

OCTOBER 23 Jewelry making with Lina **10:30 AM-12:00 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 29 Scary movie outing with Elissa **1:00-3:00 PM**

OCTOBER 31 Halloween party **1:30-3:30 PM** 🏠

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

Signup start date :

- **October 1st** for activities at **514-937-2341 ext. 0**, Monday to Friday, 9:00 AM to 2:00 PM.
- **October 1st** for the vestiaire at **514-937-2341 ext. 237**, 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.

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.

There is no limit to the number of signups to dance, sewing circle, art, or jewelry activities. Please note that restaurant outings and vestiaires services will be limited to once every two months, maximum.