

Sunday

Monday


Tuesday


Wednesday

Thursday

Friday

Saturday

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

**2**  
 **1:30-4:00 PM:** Baking - Mauricio


**3**  
**9:00 AM-12:00 PM:** Holiday cards making - Elissa  
**1:30-3:30 PM:** Gingerbread house making - Elissa

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

**5**  
 **10:00 AM-1:00 PM:** Collective kitchen - Torill  
**1:30-3:30 PM:** Sewing circle - Elissa

**6**  
 **11:00-11:45 AM:** Dance & relaxation - Anastasia  
 **1:30-3:30 PM:** Christmas treats - Catherine




**7**

**8**  
 **1:30-2:30 PM:** AA meeting (in English)





**10**  
**10:30 AM-12:30 PM:** Internal Medicine doctor - Dr. Földes  
**1:00-3:00 PM:** Nurse - Kitty  
**1:30-3:30 PM:** Scented Bath Salt Creation and Holiday Snacks - Elissa


**11**  
**9:00 AM-3:00 PM:** Footcare nurse - Annick

**12**  **9:45-11:35 AM:** Vestiaire  
**10:00 AM-12:00 PM:** Emotional regulation workshop (in French)  
 **10:00 AM-3:00 PM:** Massage therapy - Courtney  
 **12:00-1:00 PM:** Firefighters lunch  
**1:30-3:30 PM:** Sewing circle - Elissa

**13**  
 **9:45-11:35 AM:** Vestiaire  
**11:00-11:45 AM:** Dance & relaxation - Anastasia  
**12:00-4:00 PM:** UPIP - Cultural activity for indigenous women

**14**  
 **10:00 AM-3:00 PM:** Physiotherapy - Stephanie


**15**  
 **1:30-2:30 PM:** AA meeting (in English)

**16**  
 **1:30-4:00 PM:** Baking - Mauricio  
**1:30-3:30 PM:** Holiday games - Elissa


**17**  
 **9:30-11:30 AM:** Holiday market outing - Elissa  
 **10:00 AM-1:00 PM:** Collective kitchen - Torill  
**1:00-3:00 PM:** Nurse - Kitty  
**1:30-3:00 PM:** Holiday Bingo - Elissa  
**3:00-4:00 PM:** Women's committee

**18**  
**11:00 AM:** Holiday party at the Fulford Residence - 1221 Guy street - **Fully booked**

**19**  **9:45-11:35 AM:** Vestiaire  
**1:00-4:00 PM:** Christmas and Grocery Gift Cards distribution  
 Pre-registered only, for those who do not go to the party on the 18th

**20**  **9:45-11:35 AM:** Vestiaire  
**9:30-11:30 AM:** Psychiatrists - Dr. Tuineag & Dr. Boudef  
**10:30 AM-12:30 PM:** Jewelry making - Lina  
**11:00-11:45 AM:** Dance & relaxation - Anastasia  
**12:00-4:00 PM:** UPIP - Cultural activity for indigenous women

**21**


**22**  
 **1:30-2:30 PM:** AA meeting (in English)

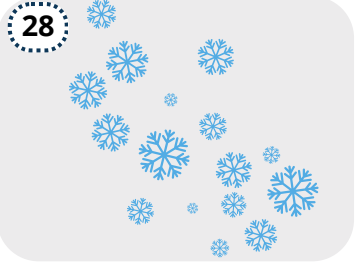
**23**


**24**  
**10:00-11:30 AM:** Skating and hot cocoa outing - Elissa  
**12:30-1:00 PM:** Nurse - Kitty  
**1:00-3:00 PM:** Movie outing (Christmas theme) - Elissa

**25**  
**FERMÉ**

**26**  
 **9:45-11:35 AM:** Vestiaire


**27**  
 **9:45-11:35 AM:** Vestiaire



**29**  
 **1:30-2:30 PM:** AA meeting (in English)

**30**  
**4:30-6:30 PM:** Bowling outing - Elissa

**31**  
**10:00-11:30 AM:** Café and games outing - Elissa

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

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 November, last names starting with **A and B** will be prioritized.



**DECEMBER 1, 8, 15, 22 ET 29** AA meetings (in English) **1:30-2:30 PM** 🏠

**DECEMBER 2, 16** Baking with Mauricio **1:30-4:00 PM** 🏠

**DECEMBER 3** Gingerbread house making with Elissa **1:30-3:30 PM**

**DECEMBER 3** Holiday cards making with Elissa **9:00 AM-12:00 PM**

**DECEMBER 4** Dental Hygiene clinic with Hien **11:00 AM-4:00 PM**

**DECEMBER 4, 11** Footcare nurse - Annick **9:00 AM-3:00 PM**

**DECEMBER 5, 17** Collective kitchen with Torill **10:00 AM-1:00 PM** 🏠

**DECEMBER 5, 12** Sewing circle with Elissa (beginners welcome) **1:30-3:30 PM**

**DECEMBER 6** Christmas treats with Catherine **1:30-3:30 PM** 🏠

**DECEMBER 6, 13, 20** Dance and relaxation with Anastasia **11:00-11:45 AM**

**DECEMBER 10** Scented Bath salt creation and Holiday snacks with Elissa **1:30-3:30 PM**

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

**DECEMBER 10, 17, 24** Nurse - Kitty **1:00-3:00 PM**

**DECEMBER 12** Massage therapist - Courtney **10:00 AM-3:00 PM** 🏠

**DECEMBER 12** Firefighters lunch **12:00-1:00 PM**

**DECEMBER 12** Emotional regulation workshop with La Maison Grise - in French **10:00 AM-12:00 PM**

**DECEMBER 12, 13, 19, 20, 26, 27** Vestiaire **9:45-11:35 AM** 🏠

**DECEMBER 13, 20** UPIP - Cultural activity for indigenous women **12:00-4:00 PM**

**DECEMBER 14** Physiotherapist - Stephanie **10:00 AM-3:00 PM** 🏠

**DECEMBER 16** Holiday games with Elissa **1:30-3:30 PM**

**DECEMBER 17** Holiday market outing with Elissa **9:30-11:30 AM**

**DECEMBER 17** Women's committee **3:00-4:00 PM**

**DECEMBER 17** Bingo with Elissa **1:30-3:00 PM**

**DECEMBER 18** Holiday Party at the Fulford Residence - 1221 Guy street - **Fully booked** **11:00 AM**

**DECEMBER 19** Christmas and Grocery gift cards distribution  
- pre-registered only, for those who do not  
go to the party on the 18th **1:00-4:00 PM**

**DECEMBER 20** Jewelry making with Lina **10:30 AM-12:00 PM**

**DECEMBER 20** Psychiatrists - Dr. Tuineag & Dr. Boudef - by appointment **9:30-11:30 AM**

**DECEMBER 24** Movie outing with Elissa (Christmas theme) **1:00-3:00 PM**

**DECEMBER 24** Skating and hot cocoa outing with Elissa **10:00-11:30 AM**

**DECEMBER 30** Bowling outing with Elissa **4:30-6:30 PM**

**DECEMBER 31** Café and games outing with Elissa **10:00-11:30 AM**

Signup start date :

- **December 2nd** for activities at **514-937-2341 ext. 0**, Monday to Friday, 9:00 AM to 2:00 PM.
- **December 2nd** for the vestiaire at **514-937-2341 ext. 237**, Monday to Friday, 9:00 AM to 2:00 PM.
- **December 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 December, last names starting with **C and D** 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, collective kitchens and vestiaires services will be limited to once every two months, maximum.