

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Activity at
= 1445
Lambert-
Closse

Please note that activity signups
(including medical appointments) will
start on Wednesday October 1st

1

9:00AM-3:00 PM Foot Care

1:00-4:00 PM : CLOSED

2

9:00AM-12:00PM Peter McGill
Brigade

10:00-11:30AM Knit &
Crochet

10:00AM-12:00PM Art workshop
with Hilary

3

9:30-11:30AM Solidarity Group
Acupuncture Clinic -
NADA

10:30-11:30AM Bracelet making

4

5

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

6



10:00AM-12:00PM
Solidarity Group
Acupuncture Clinic -
NADA

10:00AM-3:00PM Massage therapy
- Courtney

10:15-11:30AM Bingo

1:30-3:30PM Board Games

7

10:00AM-12:00PM Art workshop
with Hilary

8



9:00 AM-3:00 PM
Foot Care
9:00AM-12:00 PM
Physiotherapy - Amy
10:00 AM-12:00 PM
Book biding
1:00-4:00 PM
Outing to the Redpath museum

3:00-4:30 PM
Soap making with Valerie
1:00-4:00 PM : CLOSED

9

9:00AM-12:00PM Peter McGill
Brigade

10:00-11:30AM Knit & Crochet

2:00-4:00PM Halloween movie
and snacks

10

9:30-11:30AM
Solidarity Group
Acupuncture Clinic - NADA
10:00AM-2:00PM Haircuts - Alexis
& Morgan

1:15-5:00PM Massage Therapy
- Chantal

3:00-4:30PM Magnet making for
Holiday market with
Jessica and Forest

11

12

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

13

10:15-11:30AM Bingo

14

9:00AM-12:00 PM Reiki with
Marthe

12:00-3:00 PM Thanksgiving at
Fulford - 1221
Guy street

15

9:00AM-12:00 PM Physiotherapy
- Amy

9:00AM-3:00 PM Foot Care

10:00AM-12:00PM Book biding

3:00-4:30PM Soap making
with Valerie
1:00-4:00 PM : CLOSED

16

9:00AM-12:00PM Peter McGill
Brigade

10:00-11:30AM Knit & Crochet

2:00-4:00PM Halloween movie
& snacks

17

9:30-11:30AM Solidarity Group
Acupuncture
Clinic - NADA

10:00-11:30AM Boardgames

3:00-4:30PM Magnet making for
Holiday market with
Jessica and Forest

18

19

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

1:00 PM-4:00 PM : CLOSED

20



10:00AM-12:00PM
Solidarity Group
Acupuncture Clinic
- NADA

10:15-11:30AM
Bingo

2:30-4:00PM
Uno and snacks

21

10:00AM-12:00PM Art workshop
with Hilary

22

9:00AM-3:00 PM Foot Care

10:00AM-12:00PM Book biding

1:30-4:00PM Movie outing

3:00-4:30PM Soap making
with Valerie
1:00-4:00 PM : CLOSED

23

9:00AM-12:00PM Peter McGill
Brigade

10:00-11:30AM Knit &
Crochet

2:00-3:00PM Women's
Committee

24

9:30-11:30AM
Solidarity Group
Acupuncture Clinic -
NADA

11:00AM-3:00PM Dental Clinic

1:00-3:00PM Polarity Therapy

3:00-4:30PM Magnet making for
Holiday market with
Jessica and Forest

25

9:00AM-12:00 PM Physiotherapy
- Stephanie

26

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

27



9:30AM-12:00PM
Mount Royal walk

10:00AM-12:00PM
Solidarity Group
Acupuncture Clinic
- NADA

10:15-11:30AM
Bingo

2:00-4:00PM
Pumpkin painting

28

9:00AM-3:00PM Optometry clinic

10:00AM-12:00PM Art workshop
with Hilary

29

9:00AM-3:00 PM Foot Care

10:00AM-12:00PM Book biding

3:00-4:30PM Soap making
with Valerie

1:00-4:00 PM : CLOSED

30

9:00AM-12:00PM Peter McGill
Brigade

10:00-11:30AM Knit &
Crochet

31

12:00-3:30 PM
Halloween at Fulford -
1221 Guy street
9:30-11:30AM

Solidarity Group
Acupuncture Clinic -
NADA

3:00-4:30PM
Magnet making for Holiday
market with Jessica and
Forest



- AA Meeting (in English): October 5, 12, 19, 26 – 1:30 pm to 2:30 pm
- Art Workshop with Hilary: October 2, 7, 21, 28 – 10:00 am to 12:00 pm
- Bingo: October 6, 13, 20, 27 – 10:15 am to 11:30 am
- Board Games: October 6, 17 – 10:00 am to 11:30 am (6th) / 1:30 pm to 3:30 pm (17th)
- Book Binding: October 8, 15, 22, 29 – 10:00 am to 12:00 pm
- Bracelet Making: October 3 – 10:30 am to 11:30 am
- Dental Clinic – Hien: October 24 – 11:00 am to 4:00 pm 
- Foot Care – Annick: October 1, 8, 15, 22, 29 – 9:00 am to 3:00 pm 
- Haircuts – Alexis and Megan: October 10 – 10:00 am to 2:00 pm
- Halloween at Fulford – 1221 Guy Street: October 31 – 12:00 am to 3:30 pm
- Halloween Movie and Snacks: October 9 – 2:00 pm to 4:00 pm
- Knitting and Crochet: October 2, 9, 16, 23, 30 – 10:00 am to 11:30 am 
- Magnet Making for the Holiday Market with Forest and Jessica: October 10, 17, 24, 31 – 3:00 pm to 4:30 pm
- Massage Therapy – Chantal: October 10 – 1:15 pm to 5:00 pm 
- Massage Therapy – Courtney: October 6 – 10:00 am to 3:00 pm
- Mount Royal Walk: October 27 – 9:30 am to 12:00 pm
- Movie Outing: October 22 – 1:30 pm to 4:00 pm
- Optometry Clinic: October 28 – 9:00 am to 3:00 pm 
- Peter McGill Brigade: October 2, 9, 16, 23, 30 – 9:00 am to 12:00 pm
- Physiotherapy – Amy: October 8, 15 – 9:00 am to 12:00 am
- Physiotherapy – Stéphanie: October 25 – 9:00 am to 12:00 pm
- Polarity Therapy – Emily: October 24 – 1:00 pm to 3:00 pm
- Pumpkin Painting: October 27 – 2:00 pm to 4:00 pm
- Reiki with Marthe: October 14 – 10:00 am to 12:00 pm
- Redpath Museum Outing: October 8 – 1:00 pm to 4:00 pm

- Soap Making with Valérie: October 8, 15, 22, 29 – 3:00 pm to 4:30 pm 
- Solidarity Acupuncture NADA at 1430 Chomedey: October 3, 10, 17, 24, 31 – 9:30 am to 11:30 am
- Solidarity Acupuncture NADA at 1445 Lambert-Closse: October 6, 20, 27 – 10:00 am to 12:00 pm 
- Thanksgiving at Fulford – 1221 Guy Street: October 14 – 12:00 pm to 3:00 pm
- Women's Committee: October 23 – 2:00 pm to 3:00 pm

OPENING HOURS

8:00 AM - 7:00 PM

BREAKFAST

8:30 - 10:00 AM

SNACKS

3:00 PM

LAUNDRY

10:00 AM Tuesdays
11:30 AM Sundays

LUNCH

12:00 - 1:00 PM

DINER

5:00 - 6:00 PM

Signup start date : **October 1st** for activities at **514-937-2341 option 2**, Monday to Friday, 9:00 AM to 2:00 PM.

THANKSGIVING

Lunch: 12:00 pm to 12:45 pm

"Gratitude board" activity: 1:00 pm to 1:30 pm

Fall games: 1:30 pm to 2:15 pm

Bingo: 2:15 pm to 3:00 pm

HALLOWEEN

Lunch: 12:00 pm to 12:45 pm

Pumpkin painting and games : 1:00 pm to 2:15 pm

Bingo : 2:15 pm to 3:00 pm

Location : Fulford Residence -
1221 Guy street

**LAST MONTH FOR THE
2024 TAX CLINIC**

Chez Doris is doing taxes! Ask a caseworker for more information. The tax clinic will close at the end of the month and reopen in February 2025.