

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Signups for October activities :

- October 1st: Signups for medical appointments at 514-937-2341 option 3.
- October 1st: Signups for all the other activities at 514-937-2341 option 2.
- Grocery gift card distribution: from the 20th to the 24th, between 10:00 AM and 12:00 PM, as well as from 1:00 PM to 2:30 PM.

1

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

2

9:45AM-3:20PM Vestiaire

10:00-11:30AM Knit & Crochet

1:00-3:00PM Pizza-lunch including a survey about medical services at Chez Doris

3

9:30-11:30AM

Solidarity Group Acupuncture Clinic -NADA

4



Activity at

= 1430

Chomedey

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 with Courtney

1:00-3:00PM

Gift bag making for Holiday market with Eva (good sewing skills required)

7

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

3:00-5:00 PM Tutoring all levels - Adults only

8

9:00AM-3:00PM

Foot Care with Annick

9:00AM-12:00PM

Physiotherapy - Amy

3:00-4:30PM

Soap making with Valerie

9

9:45AM-3:20PM Vestiaire

10:00-11:30AM Knit & Crochet

10

9:30-11:30AM

Solidarity Group Acupuncture Clinic -NADA

10:00AM-2:00PM

Haircuts - Alexis & Morgan

1:15-5:00PM

Massage Therapy - Chantal

11

12

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

13

1445 CLOSED

THANKSGIVING

14

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

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

15

9:00AM-12:00PM

Physiotherapy - Amy

9:00AM-12:00PM

Foot Care with Annick

3:00-4:30PM

Soap making with Valerie

16

9:45AM-3:20PM Vestiaire

10:00-11:30AM Knit & Crochet

17

9:30-11:30AM

Solidarity Group Acupuncture Clinic -NADA

18

19

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

1:00 PM - 4:00 PM

1430 CLOSED

20

10:00AM-12:00PM

Solidarity Group Acupuncture Clinic -NADA

1:00-3:00PM

Gift bag making for Holiday market with Eva (good sewing skills required)

START of the grocery gift card distribution

21

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

3:00-5:00 PM Tutoring all levels - Adults only

22

9:00AM-3:00PM

Foot Care with Annick

9:30AM-12:00PM

Mount Royal walk

3:00-4:30PM

Soap making with Valerie

23

9:45AM-3:20PM Vestiaire

10:00-11:30AM Knit & Crochet

1:00-2:30PM

Jewelry Making with Lina

24

9:30-11:30AM

Solidarity Group Acupuncture Clinic -NADA

11:00AM-3:00PM

Dental Clinic

1:00-3:00PM

Polarity Therapy

2:00-4:00PM

Manicures

25

9:00AM-12:00PM

Physiotherapy - Stephanie

26

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

27

10:00AM-12:00PM

Solidarity Group Acupuncture Clinic -NADA

1:00-3:00PM

Gift bag making for Holiday market with Eva (good sewing skills required)

28

9:00AM-3:00PM

Optometry clinic

9:00AM-12:00PM

Peter McGill Brigade

3:00-5:00 PM

Tutoring all levels - Adults only

29

9:00AM-3:00PM

Foot Care with Annick

1:00-4:00PM

Botanical garden outing

3:00-4:30PM

Soap making with Valerie

30

9:45AM-3:20PM Vestiaire

10:00-11:30AM Knit & Crochet

1:30-2:30PM

Women's Committee

3:00-4:00PM

Bingo

31

9:30-11:30AM

Solidarity Group Acupuncture Clinic -NADA

12:00-3:30 PM

Halloween at Fulford - 1221 Guy street



- 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
- Bingo: October 30 – 3:00 pm to 4:00 pm
- Dental Clinic – Hien: October 24 – 11:00 am to 4:00 pm
- Women’s Committee: October 30 – 1:30 pm to 2:30 pm
- Haircuts – Alexis and Megan: October 10 – 10:00 am to 2:00 pm 🏠
- Grocery Gift Card Distribution: October 20 to 24 – 10:00 am to 12:00 pm and 1:00 pm to 2:30 pm
- Pizza Lunch with Medical Services Survey at Chez Doris: October 2 – 1:00 pm to 3:00 pm
- Jewelry Making with Lina: October 23 – 1:00 pm to 2:30 pm
- Bag Making with Eva (good sewing skills required): October 6, 20, 27 – 1:00 pm to 3:00 pm
- Soap Making with Valérie: October 8, 15, 22, 29 – 3:00 pm to 4:30 pm
- Halloween at Fulford – 1221 Guy Street: October 31 – 12:00 pm to 3:30 pm
- Manicures: October 24 – 2:00 pm to 4:00 pm
- Mount Royal Walk: October 22 – 9:30 am to 12:00 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 🏠
- Physiotherapy – Amy: October 8, 15 – 9:00 am to 12:00 pm 🏠
- Physiotherapy – Stéphanie: October 25 – 9:00 am to 12:00 pm 🏠
- AA Meeting (in English): October 5, 12, 19, 26 – 1:30 pm to 2:30 pm 🏠
- Foot Care – Annick: October 1, 8, 15, 22, 29 – 9:00 am to 3:00 pm
- Botanical Garden Outing: October 29 – 1:00 pm to 4:00 pm
- Polarity Therapy – Emily: October 24 – 1:00 pm to 3:00 pm 🏠
- Knitting and Crochet: October 2, 9, 16, 23, 30 – 10:00 am to 11:30 am
- Tutoring – All Levels (Adults): October 7, 21, 28 – 3:00 pm to 5:00 pm
- Clothing Room: October 2, 9, 16, 23, 30 – 9:45 am to 3:20 pm 🏠

Signup start date :

- October 1st for activities at 514-937-2341 option 2, Monday to Friday, 9:00 AM to 2:00 PM.
- October 1st for medical appointments at 514-937-2341 option 3, Monday to Friday, 9:00 AM to 4:00 PM.
- October 1st for the vestiaire at 514-937-2341 ext. 237, Monday to Friday, 9:00 AM to 2:00 PM.

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

ANY QUESTIONS OR COMMENTS ABOUT HOW AN ACTIVITY IS GOING?

Write to progservices@chezdoris.org and we'll get back to you as soon as possible.



LAST MONTH FOR THE 2024 TAX CLINIC

Chez Doris is doing taxes! Call (514) 937-2341 option 3 for more information.
The tax clinic will close at the end of the month and reopen in February 2025.

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