

P.A.L. ACTIVITY CALENDAR

December 2018



PROJETPAL

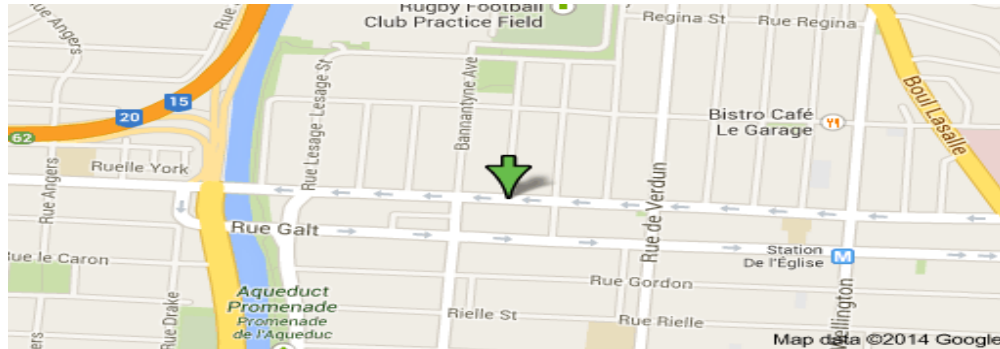
(514) 767-4701 #227 www.projetpal.com

PLEASE NOTE THAT OTHER SERVICES AT P.A.L. ARE AVAILABLE MONDAY - FRIDAY FROM 9:00 TO 4:30 BY APPOINTMENT ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3</p> <p>Services open Drop-in Closed</p>	<p>4</p> <p>1:30 Coffee with the workers and decorating the centre for the holidays 3:00 Democratic Life 4:30 Christmas Committee 7:00 Social Club: Karaoke</p>	<p>5</p> <p>1:30 Mental Health Discussion group 3:00 Share your story</p>	<p>6</p> <p>9:00 Meal preparation 10:00 New members orientation 12:00 Lunch & birthday celebrations 1:30 Choir</p>	<p>7</p> <p>Services open Drop-in Closed</p>	<p>8</p> <p>2:30 Egg nog with the Drop-in workers 4:00 Cribbage tournament 6:00 Bowling **Drop-in Closes at 6:00 pm</p>	<p>9</p>
<p>10</p> <p>Services open Drop-in Closed</p>	<p>11</p> <p>1:00 Embroidery 3:00 Democratic Life 4:30 Christmas Decorations + Meal preparation for the Christmas lunch 7:00 Social Club: Sandbags</p>	<p>12</p> <p>1:30 Christmas decorations for Christmas Party 3:00 Christmas decorations + Meal preparation for Christmas lunch</p>	<p>13</p> <p>9:00 Meal preparation 12:00 Christmas Meal ** Free Lunch for members 1:30 Choir</p>	<p>14</p> <p>1:30 Open <u>only</u> for the Hearing Voices group (open to new participants)</p>	<p>15</p>	<p>16</p>
<p>17</p> <p>Services open Drop-in Closed</p>	<p>18</p> <p>1:00 Names for Cleaning 1:30 Names for cooking (Jan) 2:30 Meal preparation 5:30 Supper 7:00 Baking for the sing -a-long</p>	<p>19</p> <p>12:00 Board of Directors' and Therapeutic Measures lunch ** see back for details 3:00 Christmas Coffee with Angela and Luxan *Drop-in open at 2:30pm</p>	<p>20</p> <p>1:00 Mulled cider and snacks with the Drop-in workers 1:30 Holiday songs with Simone and Giancarlo *Drop-in open at 1:00pm</p>	<p>21</p> <p>Christmas Party at Share the Warmth *** See back for details Drop-in Closed</p>	<p>22</p> <p>2:30 Christmas Eve Celebration + Buffet with the PAL Family *Drop-in closes at 7:00pm</p>	<p>23</p>
<p>24</p>	<p>25</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The next Board of Directors meeting TBD *Members are welcome for the non-confidential section</p> </div>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>2:00 Party preparation 5:00 New Year's Eve Party with Pizza</p>	<p>30</p>
<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p> <p>9:00 Meal preparation 12:00 Lunch 1:30 Hot Chocolate with the Drop- in workers</p>	<p>4</p> <p>Services open Drop-in Closed</p>	<p>5</p>	<p>6</p>

December 2018 P.A.L. Activity Calendar

Where is P.A.L. exactly? 861 de l'Église, Verdun, QC H4G2N3



10 min. walk from metro station "De l'Église" or "Verdun"
108 Bus to the corner of Bannantyne and De l'Église and walk to 861
107 Bus to the corner of Verdun and De l'Église and walk to 861

Opening Hours:

Monday	Drop-in CLOSED but offices open
Tuesday	1:00 pm - 9:00 pm
Wednesday	1:00 pm - 4:30 pm
Thursday	11:30 am - 4:30 pm
Friday	Drop-in CLOSED but offices open
Saturday	2:00 pm - 9:00 pm
Sunday	Drop-in CLOSED

For more information, you can contact PAL:

Phone: 514 767- 4701 #1 or #227

Website: www.projetpal.com

Email: info@projetpal.com

SPECIAL ACTIVITIES

- ◆ **PAL's Christmas Party- Friday, December 21st 2-8:00 pm.** You are invited to PAL's Annual Christmas party! Tickets are on sale until December 13th and cost: 5.00\$ for participant members, 7.50\$ for community and temporary members and 15.00\$ for non-members. Special prices for children. The evening includes a hot supper, games, a DJ and dance, prizes, etc. The party will be held at Share the Warmth, 625 Fortune St. Doors open at 2:00pm. Hope to see you there!
- ◆ **Free Christmas lunch for members with the staff - Thursday, December 13th at 12:00pm:** Visit the Drop-in to reserve your spot now for this traditional free holiday lunch. For those who want to get involved and help out preparing the food or doing the decorations, please see a Drop-in worker.
- ◆ **Hearing Voices: Friday December 14th 1:30 pm**
An interactive support group in English only, for people who have heard or currently hear voices. We plan short talks, watch videos and offer a safe and confidential place to share your experience.
- ◆ **Lunch for the Board of Directors at PAL, SLT and members of Therapeutic Measures and staff – Wednesday December 19th at 12:00 pm.** PAL opens at 2:30 pm.
- ◆ **Give & take holiday songs with Simone and Giancarlo- Thursday, December 20th at 1:30pm:** Come sing, dance and play with the members and staff involved in this musical event!
- ◆ **Christmas Eve celebration with the Drop-in Workers–Saturday, December 22nd :** Listen to Christmas music and share tea, coffee and a light buffet of holiday treats (free for members). What a wonderful way to celebrate the holidays, surrounded by your PAL family. Drop-in open 2:00pm – 7:00pm.
- ◆ **New Year's Eve Dance Party—Saturday, December 29th 5:00pm:** Come celebrate the New Year with us at PAL! Pizza will be served (free for members). Additionally, enjoy great music, dance, play games and have lots of fun. Join us to help with party preparation and decoration starting at 2:00pm that day. Get involved and enjoy an unforgettable party!