

P.A.L. ACTIVITY CALENDAR

January 2019



(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

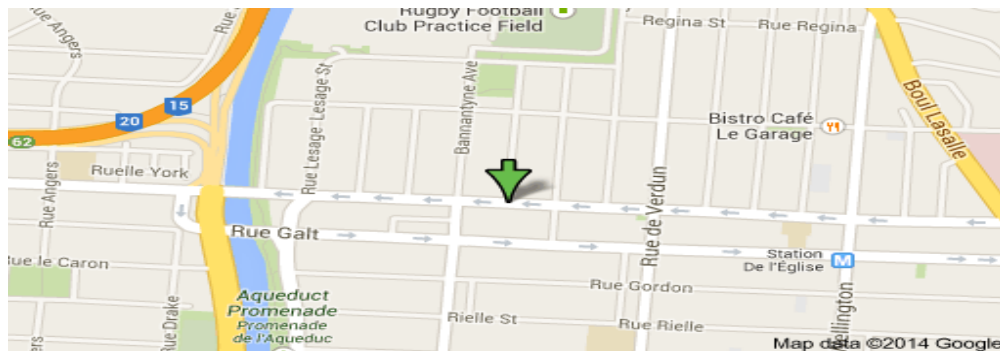
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3 9:00 Meal preparation 12:00 Lunch 1:30 New Year's goals-setting	4 Services open Drop-in Closed	5	6
7 Services open Drop-in Closed	8 1:00 Embroidery 3:00 Democratic Life 4:30 Essential Oils 7:00 Social Club - Darts	9 1:30 Share your Story 3:00 Welfare info session	10 9:00 Meal preparation 12:00 Lunch 1:30 Choir	11 Services closed Drop-in Closed	12 2:30 Lindsay's Animal workshop 4:00 Cribbage tournament 6:00 Bowling *** Drop-in closes at 6:00 pm	13
14 Services open Drop-in Closed	15 1:30 Art and Inspired You 3:00 Democratic Life 7:00 Social Club - OKO	16 1:30 Special Members Assembly 3:00 Coffee or tea at Chat Noir *Drop-in closed at 3:00pm	17 9:00 Meal preparation 12:00 Lunch and birthday celebrations 1:00 Thursday Talk: Poor and Captive Campaign	18 1:30 Open <u>only</u> for the Hearing Voices group (open to new participants)	19 2:30 Coffee with the Drop-in workers 4:00 Self-care discussion group 6:30 Movie with popcorn	20
21 Services open Drop-in Closed	22 1:30 New members orientation 3:00 PAL Jeopardy 6:00 Make your own pizza	23 1:30 Mental Health Discussion Group 3:00 Newsletter Committee	24 9:00 Meal preparation 12:00 Lunch 1:30 Hot chocolate with the drop-in workers	25 10:30 Brunch *Drop-in closed at 12:00pm Services open	26 2:30 Choir 4:30 Members Assembly with Pizza 7:00 Sing-Along with Sarah and Steve	27
28 Services open Drop-in Closed	29 1:00 Names for Cleaning 1:30 Names for cooking (Feb) 2:30 Meal preparation 5:30 Supper 7:00 Board games night	30 1:30 Coffee with Luxan & Angela 3:00 Bingo	31 9:00 Meal preparation 12:00 Free Lunch for members with the team 1:30 Master Class-Simone	1 Services open Drop-in Closed	2	3

The next Board of Directors meeting
January 23rd at 1:30pm
 *Members are welcome for the non-confidential section

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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

- ◆ **Welfare info session: Wednesday, January 9th at 3:00pm**
The government is moving forward with the creation of a special program for people who have had severe constraints recognized by social assistance for several years. Other changes to social assistance also come into effect this month. This is good news for many, but is that enough? Is it fair for people who do not have severe constraints recognized since a long time? Come and learn more about these changes and discuss these issues with Luxan and Anne-Marie.
- ◆ **Special Member's Assembly: Wednesday, January 16th at 1:30pm**
An important assembly not to be missed! Come and vote on the new schedule for the winter, make suggestions for the upcoming outings and have the opportunity to vote on your top choices! (Only permanent and community members are permitted to vote).
- ◆ **Coffee or Tea at Chat Noir: Wednesday, January 16th at 3:00pm**
Sign-up in the Drop-in for a nice afternoon out and discover this welcoming café!
- ◆ **Thursday Talk: Poor and Captive Campaign: Thursday, January 17 at 1:00pm**
Our guest from the Poor and Captive Campaign will talk to us about the welfare rule that prevents people from leaving Quebec for more than 7 days at a time. This rule particularly affects immigrants and people who have family outside Quebec. The Poor and Captive Campaign denounces that, and is fighting the rule in court.
- ◆ **Make your own pizza: Tuesday, January 22 at 6pm**
Join us in the kitchen to create your own pizza! Sign-up in the Drop-in beforehand. Spaces are limited!
- ◆ **Brunch: Friday, January 25 at 10:30am**
Join us for an early morning light breakfast, run by members for the low cost of 1\$ for members.