



LE CENTRE DES FEMMES DE VERDUN

PROGRAM SUMMER 2024

The Centre des femmes de Verdun mission is to break
isolation and promote regaining of power over our
lives

Open to anyone who identifies as woman and/or as a
part of gender diversity



514-767-0384



@centredesfemmesdeverdun



www.centredesfemmesdeverdun.org



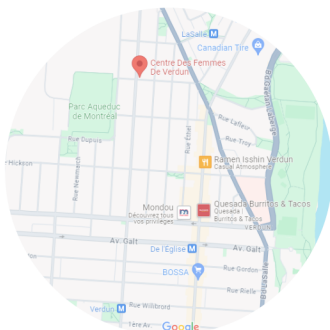
3488 de Verdun st., Verdun, Qc, H4G 1K3

This is our new address!



DROP-IN

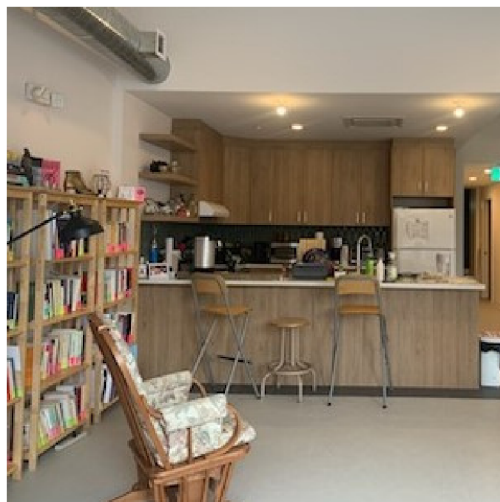
Whether it is to have a coffee with other members, talk to a worker, get referrals, use the Centre's artistic material, computer or sports equipment, everyone is welcome during the following opening hours :



Usually :

- Wednesdays 10am to 2pm
- Thursdays 1pm – 4pm

****See dates and exceptions to the calendar at the end of the program***



Please note that the Center will be closed on the following dates:

Thursday August 22 for an administrative day

The week of August 26 : administrative week

ACTIVE CLUBS

To get us moving together as a group, but at your own pace.

Tuesdays afternoon, usually from 1pm to 4pm

June 25 : Walk

July 2nd : Yoga * from 1:30pm to 3:30pm

July 16 : Explorative Dance "Feeling at home"

20 août : Meditative walking

The yoga will take place in Yoga Yuni's premises :
4255 Wellington st. suite 202. Entry door code : 2946



*Limited space, priority to registered people. Registrations are open until March 10.
Bring your water bottles and dress comfortably.*

MEDITATION – Self-managed activity

**Meditation and relaxation practices guided by
Françoise, a volunteer member of the Centre!**

**Every Thursday from July 4 to August 8
10:30am to 11:30am**



OUTINGS

AN OPPORTUNITY TO DISCOVER!

Thursday June 27 : Outing to the Montreal Museum of Fine Arts with Femmes du Monde



**Femmes
du monde**
à Côte-des-Neiges

Guided tour of the “Arts of the World” collection, archeology and world cultures section.

Departure from the Center at 10:15 am, return scheduled around 3:30 pm

Lunch offered on site

Transport tickets provided

For members only, upon registration. Limited places!

***Guided tour offered only in French or English.*

Tuesday July 9 : Outing to Ignace Bourget Park

We are going to discover this park in the South-West, come and enjoy its green spaces to play and relax.

**Family activity (water games for children on site).*



**Departure from the Center at 1:15pm,
return scheduled around 4pm**

Snacks offered

Bring your water bottles.

Transportation tickets provided.

Wednesday July : Théâtre de la Roulotte

Theater play presented free of charge in Montreal parks.

FORTISSIMO! is an ode to friendship, a snub to the quest for perfection and an invitation to artistic expression.

Departure from the Center at 6:30pm. Show from 7pm to 7:50pm.

At Honorable-George-O'Reilly Park (7523 boul. Lasalle)

Family activity (especially for children aged 6 to 12).

In French.

Transportation tickets provided.



Tuesday July 23 : Nuits d'Afrique Festival

We are going to stroll through the free activities offered at the Quartier des spectacles.



Departure from the Center at 1:30 p.m., return scheduled for 5 p.m.

Snacks offered.

Bring your water bottles.

Transportation tickets provided.



Tuesday July 30 : Verdun's beach

If weather conditions permit, we will go swimming at Verdun Beach!

Departure from the Center at 1:15pm, return scheduled around 4pm

Snacks offered.

Bring your swimsuits and towels!

Tuesday August 6 : Outing to the Old Port of Montreal

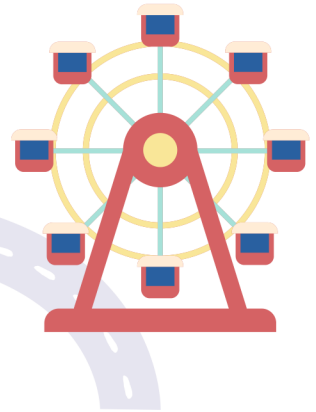
Let's go for a walk together at the Old Port! And let's rediscover this emblematic place of Montreal.

Departure from the Center at 1:15pm, return scheduled around 4:30pm

Snacks offered.

Bring your water bottles.

Transportation tickets provided.



Tuesday August : Pedalo and boats on the Lachine Canal

Come and have fun on the canal with watercraft! One-hour rental of pedal boats, canoe, paddle board or kayak.

Departure from the Center at 1:15 p.m. We will get there on foot (+/- 20 min.). Return schedule around 4pm.

For members only, upon registration. Limited places!



CHATTY - BRUNCH

A great opportunity to meet and socialize around a brunch and coffee provided by the Centre.

The following Wednesdays, 10am - 11h30pm

- **July 10**
- **August 7 with Mamies immigrantes members !**



WORKSHOPS

To address different issues or share our thoughts

- **Wednesday July 10 from 11:30 am to 1:30 pm**

Workshops led by TRAC street workers on harm reduction and homelessness.



- **Wednesday July 24 from 1 pm to 3 pm** : Reflection and expression activity on the values of the Center.

- **Wednesday August 7 from 11:30 am to 1:30 pm**: Discussions on migratory journeys with Mamies immigrantes.

CAFÉ DISCUSSIONS IN FRENCH

It's the return of French café discussions!! For allophones who want to practice French through lively discussions.

The following Tuesdays, from 5:30 pm to 7 pm:

- **July 23**
- **August 6 and 20**

On registration. A light meal will be served.



COOKING WORKSHOPS

We are slowly relaunching community cooking workshops !
Come cook with us and share a good meal.

Tuesday July 9, from 5pm to 7pm (cooking) and from 7pm to 8pm (shared meal)

Vietnamese cooking workshop led by Caroline, a member of the Center!

Tuesday July 16, from 10am to 12pm (cooking) and from 12pm to 1pm (shared meal)

Collective cooking.

**On registration. Limited places. For members only.*



EVENINGS AT THE CENTER

Thursday July 4, from 6 pm to 8 pm : Documentary screening and discussion Le dernier Flip : démarchandiser l'immobilier (in french)

Our homes have become commodities. This race for profits prevents too many of us from having adequate housing. Increasing supply is not enough if new units slide into speculation. This documentary sheds light on an essential solution: decommodification.



Thursday August 1, from 6 pm to 8 pm: Making an artisanal weave (Eye of God) with the Circle of Latina Women.

Come learn about this Mexican artisanal practice and create your own Eye of God.

**On registration. Limited places!*

Thursday August 15, from 6 pm. to 8 pm.: Book club on an excerpt from All about love by bell hooks.

**On registration. The texts will be offered from mid-July.*






CALENDER

TUESDAY




















WEDNESDAY

THURSDAY

JUNE

- | | | |
|---|--|---|
| <p>25 ACTIVE CLUB :
Walk
1PM - 4PM</p>  | <p>26 DROP IN
10AM - 2PM</p>  | <p>27 OUTING : MMFA
10:15AM - 3:30PM</p>  |
|---|--|---|

JULY

- | | | |
|---|---|---|
| <p>2 ACTIVE CLUB : Yoga
1:30PM - 3:30PM
*At Yoga Yuni
Door code : 2946</p>  | <p>3 DROP IN
10AM - 2PM</p>  | <p>4 Meditation
10:30AM - 11:30AM
DROP IN
1PM - 4PM
DOCUMENTARY :</p>   |
| <p>9 OUTING : Park
departure at 1:15PM</p>  <p>COOKING
5PM - 8PM</p>  | <p>10 BRUNCH
10AM - 11:30AM
WORKSHOP
11:30AM - 1:30PM
DROP IN
1:30PM - 4PM</p>    | <p>11 Meditation
10:30AM - 11:30AM
DROP IN
1PM - 4PM</p>   |
| <p>16 COOKING
10AM - 1PM</p>  <p>ACTIVE CLUB : Dance
1PM - 4PM</p>  | <p>17 DROP IN
10AM - 2PM
OUTING : Theater
6:30PM - 8PM</p>   | <p>18 Meditation
10:30AM - 11:30AM
DROP IN
1PM - 4PM</p>   |
| <p>23 OUTING :
Nuits d'Afrique
1:30PM - 5PM
CAFÉ DISCUSSION
5:30PM - 7PM</p>   | <p>24 DROP IN
10AM - 1PM
WORKSHOP
1PM - 3PM</p>   | <p>25 Meditation
10:30AM - 11:30AM
DROP IN
1PM - 4PM</p>   |

CALENDER

TUESDAY

WEDNESDAY

THURSDAY

AUGUST

30

OUTING : BEACH

departure at 1:15PM



31

DROP IN

10AM - 2PM



1

Meditation

10:30AM - 11:30AM



DROP IN

1PM - 4PM



EVENING : Weave

6PM - 8PM



6

OUTING : OLD PORT

departure at 1:15PM



CAFÉ DISCUSSION

5:30PM - 7PM



7

BRUNCH

10AM - 11:30AM



WORKSHOP



11:30AM - 1:30PM

DROP IN

1:30PM - 4PM



8

Meditation

10:30AM - 11:30PM



DROP IN

1PM - 4PM



13

OUTING: Lachine Canal

departure at 1:15PM



14

DROP IN

10AM - 2PM



15

DROP IN

1PM - 4PM



EVENING : Book club

6PM - 8PM



20

ACTIVE CLUB :

Meditative Walk

1PM - 4PM



CAFÉ DISCUSSION

5:30PM - 7PM



21

DROP IN

10AM - 2PM



22

Closed

27

28

29

ADMINISTRATIVE WEEK: The Center will be closed