



Activities reserved for low-rent housing tenants



We are proud to present the free activities we've developed with our partner **Sentier Urbain**.

Gardening supplies

The choice and quantity of flower boxes, plants and soil will vary depending on your category. There are two possible categories:

- 1. **Balcony**: persons who garden on their balcony. You have **15 points** to spend on the plants listed below.
- 2. **Land**: single person or group gardening on the building's common ground. Let the tenant committee or your community organizer know about your activities. You have **110 points** to spend on the plants listed below.

15 points

per person

110 points

per building

Contact us 514-521-5608 cfj.omhm@gmail.com

- Get tips and training
- Register for tours and draws
- Order flower boxes and plants
- Unsubscribe

Find us online!

- omhm.qc.ca
- Facebook

Borough flowers and plants: call the City of Montréal at 311.

Vegetables, herbs, annual flowers	BALCONY Categorie	LAND Categorie	POINT value 5 points	Order between Monday April 3 and April 28
Deciduous shrubs	X	V	22 points	Quantities are limited.
Perennials	X	✓	14 points	
Grasses	X	✓	14 points	Notes :
Small flower box and soil	~	X	Max. 1 flower box (see note)	- Small cedar flower box (34" x 12" 16"): Ask if you never received on
Large flower box and soil	X	✓		The draw will take place the week May 8.
Soil, compost and mulch	Х	/	Max. 25 bags	 Large flower box: subject to availability.
	Maximum	Maximum		

Gardening advice and training (urban agriculture, planting, etc.)

- We'll answer your questions (in person or by phone).
- We offer training for groups of at least
 5 people. For example, Benefits of trees and Our feathered friends, etc.

Guided tours

- 1. The Sentier Urbain's community greenhouse: Tuesday, June 27 from 10 a.m. to noon and September 7 from 1–4 p.m.
 - Papineau Metro
- 2. Maison Saint-Gabriel:

Wednesday, July 26 from 1-4 pm

- LaSalle Metro
- 3. Jardin botanique:

Tuesday, August 22 from 1-4 p.m.,

- Pie-IX Metro(Pie IX and Sherbrooke entrance)
- 4. The Sentier Urbain's Circuit Jardins:

Thursday, September 7 from 1-4 pm

Frontenac Metro

Please note:

- The Sentier Urbain's Circuit Jardins is not accessible for people who use wheelchairs
- The activity will be cancelled in the event of heavy rain
- Bringing a water bottle and wearing comfortable shoes is recommended

The Flower and Garden Club stimulates urban agriculture and greening projects and promotes citizen involvement by encouraging residents to beautify their living environments.

HAVE A GREAT 2023 SEASON!

Carried out in collaboration with



D_{raw} for gifts



For: tenants taking part in the

2023 season

What: gardening kits When: week of May 8





Mrs. Michèle Sylvie L'archevêque is among those who won a gardening kit in 2022.