



Without appointment :
Every Wednesday
from February 21st to April 26th
1:00 to 4:00 pm
87, rue Main O., Coaticook

Tax clinics **Free of charge**

✓ Eligibility criterias

- Single person : annual income of \$ 35 000 or less
- Couple : annual income of \$ 45 000 or less
- 1 adult with 1 child : annual income of \$ 45 000 or less
- \$ 2 500 more income for each additional dependent
- and you earn less than \$ 1 000 / year in interest

Tax clinics by appointment outside Coaticook

BARNSTON-OUEST

Way's Mills Community Center
March 6th | 13 h 30 à 16 h

MARTINVILLE

Municipal Office
March 13th | 13 h 30 à 16 h

EAST HERFORD

Town Hall, 15, rue de l'Église
March 14th | 13 h 30 à 16 h

WATERVILLE

Town Hall
March 21st | 13 h 30 à 16 h

St-HERMÉNÉGILDE

Community Center
March 28th | 13 h 30 à 16 h

COMPTON

Church basement, room 4
April 1st | 13 h 30 à 16 h

ST-MALO

Local de l'Âge d'or, 459 route 243
April 4th | 13 h 30 à 16 h



Le CAB est fier de pouvoir compter
sur de nombreux bénévoles formés
pour recueillir vos documents et
pour effectuer vos impôts !



For information or an
appointment :
819-849-7011 #231



<https://www.cabmrccoaticook.org/services/rapports-impots.php>

For information:
Sandra Boss **819 849-7011 ext. 225**
popote@cabmrccoaticook.org



La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

Fresh meals served at home

MENU

MARS 2024

The CAB is proud to use meat from
Moisson Estrie to reduce
food waste and maintain
the affordability of Meals on Wheels



**MOISSON
ESTRIE**

MEALS ON WHEELS Mars 2024

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p>4 Minestrone Soup Beef Patty, Rice, Sautéed vegetables Banana Bread</p>	<p>5 Brocoli Velouté Chicken Pot Pie, Couscous, Vegetables Fruit Crisp</p>	<p>6 Chines Soup Stewed Pork, Noodles, Vegetables Raspberry Muffin</p>	<p>7 Onion Soup Porcupine Meatball, Vegetables, Potato Fruit Pudding</p>	<p>8 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Pudding with bread and grapes</p>
<p>11 Beef and noodle soup Chicken curry, couscous, and vegetables, Pumpkin cookies</p>	<p>12 Vegetable cream soup Meat lasagna Vegetables Tapioca</p>	<p>13 Tomato & rice soup Ham and pasta salad, vegetables Blueberry Muffins</p>	<p>14 Broccoli cream Pork chop Mashed potatoes and vegetables Lemon square</p>	<p>15 Chicken noodle soup Dill salmon, Rice & Vegetables Oat cake</p>
<p>18 Tomato noodle soup Chicken grandpa, rice, and vegetables Jell-O & cookies</p>	<p>19 Carrot and broccoli cream African beef, Potatoes and vegetables Chocolate pie</p>	<p>20 Beef and barley Soup Chinese chicken macaroni (Chow mein) Date square</p>	<p>21 Rice and chicken soup Broccoli and pork stew, Egg noodles, Vegetables Molasse cookies</p>	<p>22 Vegetable soup, Trout pies, vegetables, Chocolate sauce ca</p>
<p>25 Carrot cream turkey in sauce, Mashed potatoes, vegetables Pudding & cookies</p>	<p>26 Legume soup, Beef burger, hash browns, vegetables Coconut square</p>	<p>27 Spinach cream Spaghetti with meat sauce, cheese, bread Maple cake pudding</p>	<p>28 Easter Special Vegetable soup Ham, omelette, baked beans, hash browns, vegetables Maple tartlet,</p>	<p>29 Closed Easter Friday</p> <div style="text-align: center;">  </div>