



INCOME TAX
ASSISTANCE
VOLUNTEER
PROGRAM
SINCE 1988

TAX CLINICS FOR LOW-INCOME PEOPLE

from february 28th to April 29th

Registration required by phone
from february 22th at 819-849-7011 #231

HOURS FOR REGISTERING BY PHONE
monday and thursday : 1 pm to 4 pm
tuesday and wednesday : 9 am to 12 pm

New eligibility criteria

- **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 city

BARNSTON-OUEST

Way's Mills municipal office

March 2nd | 1:30 pm to 4 pm

EAST HEREFORD

Town hall, 15 rue de l'Église

March 16th | 1:30 pm to 4 pm

St-HERMÉNÉGILDE

Community center

March 31th | 1:30 pm to 4 pm

St-MALO

Senior citizen room, 459 route 243

April 7th | 1:30 pm to 4 pm

MARTINVILLE

Municipal office

March 9th | 1:30 pm to 4 pm

WATERVILLE

Salle du Conseil, Town hall

March 24th | 1:30 pm to 4 pm

COMPTON

Church basement room 4

April 4th | 1:30 pm to 4 pm

To book an appointment
from february 22th, call at
819-849-7011 #231

FREE OF CHARGE

(suggested donation : 5\$ or 10\$/person depending on means)

For information:

Sandra Boss 819 849-7011 ext. 225

popote@cabmrccoaticook.org

CENTRE
D'Action **BÉNÉVOLE**
DE LA MRC DE COATICOOK



**La popote
roulante**

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

Fresh meals served at home

MENU



APRIL 2022

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 APRIL 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p>4 Mushroom cream, Greek square, couscous, vegetables Crispy fruit yogurt</p>	<p>5 Chicken & rice soup Beef with cabbage Mashed potatoes Vegetables Zucchini square</p>	<p>6 Cream of tomato soup Crispy chicken, orzo Mashed carrot & turnip Vegetables Cookie's chocolate-banana</p>	<p>7 Beef and vegetable soup Provencal pork, riz, vegetables Muffin bran and raisin</p>	<p>8 Vegetable and lentils soup, Salmon pie, vegetables, bread Chocolate sauce cake</p>
<p>11 Pepper soup Chicken with king sauce, Potatoes, vegetables healthy cookies</p>	<p>12 Tomato and noodle soup Beef bourguignon, egg noodles, vegetables Zucchini Cake</p>	<p>13 Asparagus cream Peach dumpling, riz Vegetables Banana muffins</p>	<p>14 Lentil soup Ham, baked bean, hash browns Maple tartlet, Easter special.</p>	<p>15 Closed Easter Friday </p>
<p>18 Closed Easter Monday </p>	<p>19 Cabbage soup garden chicken, fettuccine, vegetables Blueberry Squares</p>	<p>20 Vegetable cream Maple beef, potatoes, vegetables Cherry cake</p>	<p>21 Vegetable and noodle soup Meatloaf rice, vegetables Muffins</p>	<p>22 Pumpkin soup Vegetables quiche potatoes, browned carrots vanilla pudding</p>
<p>25 Vegetable soup Beef patty, rice, sautéed vegetables banana bread</p>	<p>26 Broccoli velvety Chicken pot pie, Couscous, vegetables Fruit crisp</p>	<p>27 Minestrone soup Stewed pork, noodles, vegetables Raspberry muffins</p>	<p>28 Onion soup Porcupine meatball, vegetables, ragout of potatoes, fruit pudding</p>	<p>29 Chinese soup Filet of fish with lemon sauce Rice, vegetables Raisin Bread Pudding</p>