

WALK-IN TAX CLINICS

Wednesdays, February 26 to April 23, 1 to 4 p.m.
Wednesday evenings, March 19 and April 9,
from 5 p.m. to 7 p.m.

FREE!



MRC Coaticook Only for residents of the Coaticook MRC

SERVICE D'AIDE EN IMPÔT
PROGRAMME DES BÉNÉVOLES DEPUIS 1988

WHERE: Action Hall, 87 Main Street West, Coaticook
Parking across the street

WALK-IN TAX CLINICS

Municipalité de Martinville

MARCH 4 FROM 1 TO 4 P.M.
Municipal Office, 233 Principale Street East
Martinville, QC JOB 0B1

Waterville **MARCH 5, 3 TO 6 P.M.**
Salle SQ, Town Hall, 170 Principale Street
South, Waterville, JOB 3H0

Municipalité de Barnston-Ouest **MARCH 11, 2 TO 5 P.M.**
Way's Mills Municipal Office
2080 Way's Mills Road
Ayer's Cliff, JOB 1C0

Dixville **MARCH 18 FROM 1 TO 4 P.M.**
Town Hall, 251 chemin Parker
Dixville JOB 1P0

East Hereford **MARCH 25 FROM 1 TO 3 P.M.**
Town Hall, 15 rue de l'Église
East Hereford, JOB 1S0

MARCH 25, 3:30 TO 5 P.M.
Local de L'Âge d'or
459, route 243
Saint-Malo JOB 2Y0

Compton **APRIL 1st FROM 3 TO 6 PM**
Church basement, room 4
6747 Rte Louis-S.-Saint-Laurent
Compton, JOB 1L0

Saint-Herménégilde **APRIL 8 FROM 1 TO 4 P.M.**
Community Centre
776 Principale Street
Saint-Herménégilde, JOB 2W0

To qualify

- Single person : Annual income of \$35,000 or less
- Couple: Annual income 45,000 or less
- 1 adult with 1 child : Annual income of \$45,000 or less
- Add \$2,500 of income for each additional dependant
- Interest and dividend income : Less than \$1,000 per year
- Self-employed: Income of \$1,000 or less and no employment expenses.

What to bring

- Tax slips 2024
- Notice of assessment 2023 (federal and provincial)
- Relevé 31 (tenants)
- Municipal tax statement (owners)
- Medical receipts

For appointments or information :
819-849-7011 #224

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 2025

The CAB is proud to use Moisson Estrie meat to reduce food waste and keep Meals-on-Wheels the affordability of meals-on-wheels.



MEALS ON WHEELS APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Crecy soup Chicken with mashed potato sauce, vegetables Apple compote and cookie	1 Legume soup Pulled pork burger, hash browns, vegetables Coconut square	2 Cream of spinach soup Spaghetti with meat sauce, cheese, Bread roll. Pudding "chomeur"	3 Barley and tomato soup Pesto ravioli with vegetables Fruit muffin	4 Beef noodle soup Fish fillets with mushroom sauce, rice and vegetables Apple cake
7 Cream of leek soup Creole sausage, rice and vegetables Tapioca and cookie	8 Vegetable soup Beef stroganoff, noodles, vegetables Douglas galette	9 St-Germain soup Chicken salsa, Vegetables, potatoes Fruit coulis cake	10 Minestrone soup Shepherd's pie with vegetables Pineapple coconut cookie	11 Beef and cabbage soup Salmon pâté with egg sauce Cabbage salad Apple crisp
14 Beet and pear soup Teriyaki chicken, egg noodle and vegetables Yogurt, fruit salad and cookie	15 Tomato noodle soup Meatball stew Mashed potatoes, vegetables Rack of zucchini	16 Country-style soup Crispy chicken, ancient grains, turnip and carrot purée, Chocolate-banana cookie	17 <h2 style="text-align: center;">Easter Special Sugar Shack Meal</h2>	18  <h2 style="text-align: center;">Holiday Good Friday</h2>
21  <h2 style="text-align: center;">Holiday Easter Monday</h2>	22 Roasted bell pepper soup Chicken with King sauce, potatoes, vegetables Healthy cookie	23 Pea soup Ham with pineapple Carrot and rice purée Fruit tartlet	24 Cream of asparagus soup Beef bourguignon, mashed potatoes, vegetables, Banana muffin	25 Squash soup Mini BBQ chicken pizzas with vegetables Vanilla cookie pudding
28 Corn chowder Chicken jardinière, fettuccini, vegetables Oatmeal galette	29 Rice and beef soup Macaroni and vegetables au gratin Blueberry square	30 Chicken noodle soup Maple beef, potatoes, vegetables Cherry cake	1 Cream of vegetable soup, Meatloaf, rice, vegetables Muffin	2 Turnip and gourmet soup Seafood gratin, Vegetables Chocolate zucchini cake



menu

Discover the
2nd choice of the month:
Creole sausages!
 Available at all times, this delicious option is available to you all month long.

