



**ALMAGE SENIOR
COMMUNITY
CENTRE**

**8680 Hochelaga
Montreal, Quebec
H1L 2M6**

Phone: 514-355-1712

Fax: 514-355-0806

Website: www.almage.org

E-mail: info@almage.org

STAFF

Executive Director

Mirella Castrechini

Email:

mirella.castrechini@almage.org

Ext: 125

Assistant Executive Director

Gloria King

Email: gloriak@almage.org

Ext: 128

Home Support Coordinator

Rosanna Padula

Email: rosannap@almage.org

Ext: 122

Community Support Work

Lynne Tinman

Email: lynnet@almage.org

Ext: 123

Activity Coordinator

Email: info@almage.org

Ext: 121

Newsletter

JULY & AUGUST 2023

CENTRE NEWS:

Centre Hours:

The Centre hours are between 8:30 AM to 4:00 PM

Centre Closed:

Monday, July 3rd, 2023 - CANADA DAY

Monday Sept. 4th 2023 - LABOUR DAY

**Almage would like to introduce our new Board
of Directors for 2023-2024**

BOARD OF DIRECTORS:

President:	Laurie Kerr
Vice President:	Caroline Mrazik
Treasurer:	Shirley Lajeunesse
Director:	Rev. Paul Pomkoski
Director:	Maria Maiolo
Director:	Yolande Zielinski
Director:	Connie Cueto
Director:	Mynor Estrada
Director:	Kim Cannon

DIRECTORY

CLSC Hochelaga	(514-253-2181)
CLSC Mercier	(514-356-2572)
CLSC St. Leonard	(514-722-3000)
CLSC PAT	(514-642-4050)
CLSC Rosemont	(514-524-3541)

A WORD FROM OUR DIRECTOR

Mirella Castrechini

Summertime and the living is easy... , so the song goes!

Time for some gardening, strolls in the park or an escape to the cottage .

It's been a busy spring and thanks to your continued dedication, Almage has managed to hold 3 membership meetings ; one to inform , one to adopt bylaws, and an AGM which boasted an attendance of over 60 members. We elected 4 new members on the board, and designated 2 new community members that will prove to be a strong representation for all members. With Laurie Kerr at the helm , we have no doubt that the board will do all it can to keep Almage a vibrant organization in the English-speaking community in the East end of Montreal .

While some staff members will be on a well-deserved vacation, others will be here to continue with activities as usual. Our satellite centre in Montreal Nord will have their activities taken outdoors in local parks. They will be encouraged to come to the centre while their local is temporarily unavailable. Rosemont on the other hand, will continue its programs as usual .

Check out our outing in August as well as the Special Events that includes:
A Mexican Fiesta, a Hawaiian Party and a Corn Roast in September!

For those of you who like to keep informed and updated on health issues and other interesting topics, we've included a list of past webinars that are part of the CHSSN- Community Health Education Program.

Just quick note regarding scheduling as if September , the *Birthdays of the Month* will be celebrated at the beginning of the month rather than the end of it .

Finally, while you enjoy the sun, the staff will begin planning for the fall programs. We will be sending you a brief questionnaire on the activities and workshops you would like to see at the centre and at its satellites.

Wishing you all a safe and healthy summer !

Mirella

IN THE NEWS

ALMAGE would like to thank all the previous board members for their hard work and dedication throughout the years. Thank you to you all and who have finished their term and have a much-needed rest. WE WOULD LIKE TO WELCOME OUR FOUR NEW MEMBERS AND WISH THEM THE BEST FOR THE FOLLOWING TERM.

Shirley Lajeunesse
Kim Cannon
Mynor Estrada
Connie Cueto

WHEN NOT TO COME TO THE CENTRE:

In the past weeks we have noticed quite a few absences in the centre. Just a reminder if you have a fever, cough and cold, even a sniffle, please stay home, we want to keep everyone healthy. And remember to wash your hands frequently !

PREVENTION FROM DEHYDRATION

Summer heat is upon us, and the fluctuation of temperature can be extremely dangerous, especially when the thermometer is showing 28 to 35 degrees C!

To prevent dehydration, it is recommended to drink plenty of water. If you don't like plain water, try adding a slice of lemon, lime or even cucumber for taste to your water.

Secondly, wear loose clothing and a hat to protect you from the sun. Wear sunscreen PF 30 to 50, walk in shaded areas, if possible, not in direct sunlight. Keep your house cool with fans and turn off any light to make the room cooler. Well, if all that fails you can come to Almage in a nice air condition centre to cool off.

Have a safe and cool summer !



LET IT RISE



FUNDRAISER

Have you noticed a huge thermometer in our centre?

We are trying to raise money for our elevator to help alleviate the cost of a new one. This is of great importance, its an essential to our seniors.

We need your help with your generosity!! Please donate today.

CURE FOUNDATION

THIS YEAR WE RAISED \$100.00 FOR THE CURE FOUNDATION BREAST CANCER AWARENESS.
THANK YOU ALL FOR YOUR DONATIONS

AROUND THE CENTRE.

ICE CREAM TUESDAYS

On sale every Tuesday afternoon during the break time at BINGO

Cost \$2.00



GARAGE SALE

This year we are having our annual garage sale which will take place in the month of August.

So, if you're looking for something in particular, come on down and take a look. You never know what treasure you may find!



DONATIONS TO THE CENTRE:

Almage Senior Community Centre is a non-profit organization, we can therefore issue a receipt for your income tax for donations of 10\$. Thank you for your ongoing support !!

We hope you enjoy your time at the Centre with us.

Gerald Gariepy, Laura XuanThan Ho, Ruth Pelletier, Jane Skodinsky, Johanne Dery, Roland Hajnier, Ann Stremski, Harold Ryan, Marie Laplante.

Membership Drive

Help us recruit new members! Tell your friends and family about Almage and all the wonderful programs that we offer for seniors.

Volunteer Corner

We would like to thank all our volunteers for their hard work and their dedication
YOU make all the difference!!!

We are looking for volunteers to help us with the following tasks:

MEDICAL ACCOMPANIMENT

Looking for a way to volunteer to help a senior? Most seniors cannot go alone to their appointments and find comfort when someone is with them. It takes a special person with a lot of empathy and patience. If this is you, please contact the Community Support Team.

**Rosanna Padula & Lynne Tinman
514-355-1712 ext. # 122 or #123**

Happy



Birthday

To our wonderful members

Health and happiness to you all



July

Don Brunet, Peggy Brunet, Roy Deshane, Kathleen Lolly, Arif Didar, Lucy Macias, Annabelle Munro, Minh-Hue Nguyen, Joanne Trudel, Walter Kolanitch, Eva Nadanyi

August

Anwar Al Khatib, Antonio Bonome, Simonne Desbois, Jean Cardinal ,
Meriem Zamkowiec
Wendy Pinger,
Lise Rivest, Renate Strauss, Dominica Kumps, Judy Mariani, Francis Mascarenhas, Carol McRandall, Linda Palesch

In Memoriam

We are always sad to hear when a member passes away. Our sincere sympathies to the families and friends; peace and courage through these difficult times.



Do not stand
by my grave, and weep.
I am not there. I do not sleep.
I am a thousand winds that blow.
I am the diamonds glints on snow.
I am the sunlight on ripened grain.
I am the gentle, autumn rain.
When you awaken in the Morning's hush
I am the swift, uplifting rush.
Of quiet birds in circled flight
Don't stand at my grave and cry .
I am not there.
I did not die

COMMUNITY SUPPORT TRANSPORTATION SERVICES

(Taxi and Adapted Taxi)

TRANSPORTATION TO ALMAGE AND SATELLITE CENTRES

The taxi services to the different Centres are restricted for members who do not have a car or use Adapted Transport, and/or have difficulty getting on and off the city bus.

The taxi service is restricted for programs (including meal programs) and not for trips and meetings (except for our Annual General Meeting and/or special assemblies) .We want to continue servicing all our members as much as we can while respecting the transportation services program criteria.

Cost of Transportation: The price will depend on the distance from your house to the Centre.

NOTE: If you're using the taxi for pickup to centre kindly call to reserve your trip.

AFFORDABLE TRANSPORTATION FOR MEDICAL APPOINTMENTS

If you are a member and require assistance with transportation to a medical appointment, you are eligible to request for a taxi voucher.

Approximate Cost: Almage will subsidize 50% of the cost of your trip .

For destinations : Local between \$20.00-30.00 return

Downtown: between \$50.00-60.00 return



Upcoming Special Events

Luncheons

Please call the centre to reserve a place for any of the following lunch events.

Mexican Fiesta

Fun filled day of delicious Mexican food

Date: Tuesday, July 18th, 2023

It's FIESTA time! Let's celebrate with delicious Mexican food and a glass of Sangria

Time: 11:45 am – 3:00 pm

Cost: \$12 (members) \$15 (non-members)



Hawaiian Party :

Date: Tuesday August 8th, 2023

Come join in and wear your best beach attire and have a fun filled day of activities:

Time: 11:45 am to 3:00 pm

Cost: \$12.00 (members) \$15.00 (non-members)



Corn Roast

Date: September 12, 2023

Let's end off the summer with our annual Corn Roast, with delicious Quebec Corn, hotdogs and salads. Wear your cowboy hat for entertainment with a live country western Singer...

Time: 11:45 am – 3:00 pm

Cost: \$12.00 (members) , \$15 (non-members)



TRIPS

Wednesday August 23rd, 2023

PETE'S CAPE COD

Stroll along the boardwalk with an ice cream in hand and watch the boats sail by. Enjoy a fabulous seafood luncheon on the terrace of Pete's Cape Cod Restaurant.

Departure from the centre is at 10:30 am.

**Please note that the cost of the meal is not covered.*

The cost for the bus is to be determined.



Meals on Wheels

The take-out Meal program is offered to all Almage members. Below you will find important information that you need to know about our meals on wheels program.

What is offered:

- 3 Fresh meals in 7" aluminum containers (Suitable for the oven and/or to freeze)
- Each meal is served with an assortment of snacks (Pudding, Jell-O, Fruit, Etc.)
- Please note: A minimum purchase of 3 meals is required when ordering for the week.

How to place an order:

- All orders will be taken on Monday afternoon of each week.
- Call the centre at 514-355-1712 , or Email Lynne or Rosanna:
Rosannap@almage.org,
lynnet@almage.org

The cost of the meals:

- Each meal is \$8 (Minimum purchase of 3 meals required)
- Pick-up meals: \$24 / Delivered meals: 27\$ (24\$ meals + 3\$ delivery fee)

FRESH MEALS ARE MADE EVERY THURSDAY MORNING

(DELIVERY ON THURSDAYS) (PICK-UPS ON THURSDAY OR FRIDAY)

Frozen Meals

Frozen meals are available to purchase! A convenient meal for everyone to always have in their freezer. A minimum purchase of 3 frozen meals is required for delivery.

Menu for Meals on Wheels for July 2023

DATES	MEALS
JULY 6th	Beef liver with mashed potatoes Pasta with Peas Sausage Stir Fry
JULY 13th	Tuna Casserole Stuffed Peppers Pork tenderloin with roasted potatoes
JULY 20th	Beef Brochettes with mashed potatoes Chili Con Carne Vegetable Casserole with tomato Sauce
JULY 27th	Pork Stir fry Chicken legs with thighs, potatoes and vegetables Hamburger Steak with coleslaw and potato wedges



*****Frozen Meals for individual purchase are also available***

Menu for Meals on Wheels

AUGUST 2023

AUGUST 3rd	Salmon on Rice and veggies BBQ Pork Chops with mashed potatoes Baked Pasta au four
AUGUST 10th	Breaded fish with roasted potatoes Cabbage Rolls Meatloaf
AUGUST 17th	Tortellini with Rosé Sauce Ham Casserole Hot chicken Sandwich
AUGUST 24th	Chinese noodles with pork and egg rolls Crab cakes with rice salad Hamburger Steak with potato wedges
AUGUST 31st	Spaghetti and Meatballs Pineapple chicken with veggies Western omelette



In-House Tuesday Meals

<p>JULY 4th</p> <p>CANADA DAY</p> <p>Hamburgers, coleslaw, Homemade potato wedges and Maple syrup Beans</p>	<p>AUGUST 1st</p> <p>Pork Chops with Potatoes & vegetables</p>
<p>JULY 11th</p> <p>Beef Liver with onions, bacon & mashed potatoes.</p>	<p>AUGUST 8th</p> <p>HAWAIIAN LUAU</p> <p>Pineapple Chicken Stir Fry on Rice</p>
<p>JULY 18th</p> <p>MEXICAN FIESTA</p> <p>Mexican tortillas with tomatoes, beef, peppers, onions, sour cream, lettuce & Salsa</p>	<p>AUGUST 15th</p> <p>Ham Casserole with potatoes & vegetables</p>
<p>July 25th</p> <p>Stuffed Peppers</p> <p>Birthday Bingo</p>	<p>AUGUST 22nd</p> <p>Crab cakes with rice salad</p>
	<p>AUGUST 29th</p> <p>Mac&Chees & Meatballs</p>



In-House Wednesday Meals

**ALL MEALS COST \$6.00 WITH COFFEE
AND TEA INCLUDED**

July 5th

BLT Sandwich & Mixed bean
Salad

July 12th

Turkey sandwich with Garden
Salad

July 19th

Ham and Cheese Croissant
Rice Salad

July 26th

Pizza and Salad

August 2nd

Smoked meat sandwich with
coleslaw

August 9th

Salami Sandwich & Greek Salad

August 16th

Philly Steak submarine &
Chef Salad

August 23rd

Grilled Vegetables
Sandwiches & Tuna Salad

August 30th

Club Sandwich & Bean Salad

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Centre Closed 	4 Canada Day Lunch 	5 10:30 am Rummy 11:45 Lunch 1:00 pm Cribbage	6 11:00 am Chair Yoga 1:00 pm Carpet Bowling	7 10:00 am BOOK CLUB
10 Darts 1:00 pm	11 10:00 am 11:00 pm Paint Day with Lynne 11:45 Lunch 1pm BINGO	12 10:00- 11:00 Coffee & Chat Lunch 11:45 1:00 pm Paint Day with Lynne	13 11:00 am Chair Yoga 1:00 pm Carpet Bowling	14 10:00 am BOOK CLUB
17 11:00 am Exercise 1:00 pm Darts	18 Mexican Fiesta Day!! 	19 11:00 Coffee & Chat 11:45 Lunch 1:00 pm Cribbage	20 11:00 am Chair Yoga 1:00 pm Carpet Bowling	21 10:00 am BOOK CLUB
24 & 31 11:00 Exercise 1:00pm Darts	25 11:45 Lunch 1:00 pm BINGO	26 11:00 Coffee & Chat 11:45 Lunch 1:00 pm Cribbage	27 11:00 am Chair Yoga 1:00 pm Carpet Bowling	28 

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 July Exercise 11:00 Darts 1:00pm	1	2	3	4
	10:00 am KNITTING 11:00 Paint Day with Lynne 11:45 Lunch 1:00 BINGO	11:00 am Coffee & chat 11:45am Lunch 1:00pm Cribbage	11:00am Chair Yoga 1:00pm Carpet Bowling	BINGO & FRIDAY PIZZA(\$6.00) (RSVP)
7	8	9	10	11
11:00am Exercise 1:00 pm Darts	11:45 am Hawaiian Party	11:00 Coffee & chat 11:45am Lunch 1:00pm Arts & Crafts	11:00am Chair Yoga 1:00pm Carpet Bowling	10:00am BOOK CLUB
15	16	17	18	18
11:00am Exercise 1:00 pm Darts	11:00 am Rummy 11:45am LUNCH 1:00pm BINGO	11:00 Coffee & chat 11:45am Lunch 1:00pm Cribbage	11:00 am Chair yoga 1:00pm Carpet Bowling	10:00am Book CLUB ***Last day to sign up for trip
21	22	23	24	25
11:00am Exercise 1:00 pm Darts	10:00 am KNITTING GROUP 11:00 Rummy 11:45 LUNCH 1:00 pm BINGO	TRIP: St. Anne de Bellevue 10:30 leave Price \$\$ TBD	11:00AM Chair yoga 1:00 PM Carpet Bowling	10:00 BOOK CLUB



Satellite Centre July & August 2023

All activities are open in the **Rosemount Centre** every Monday from 10:00 am to 3:00 pm. Held at the Rosemount legion.

ROSEMOUNT CENTRE SCHEDULE

JULY	AUGUST	
JULY 3RD CENTRE CLOSED	AUGUST 7TH YOGA /CURRENT EVENTS	
JULY 10TH YOGA 10:30AM LUNCH 12:00 CURRENT EVENTS	AUGUST 14TH YOGA 10:30 LUNCH BINGO	
JULY 17TH YOGA 10:30AM LUNCH 12:00 BINGO/BOARD GAMES 1:00	AUGUST 21ST YOGA 10:30 AM LUNCH HORSE RACING 1:00-3:00PM	
JULY 24TH YOGA 10:39AM LUNCH 12:00 HORSE-RACING 1:00-3:00PM	AUGUST 28TH YOGA 10:30AM LUNCH BINGO	
JULY 31ST BINGO		

Montreal North Activity Calendar

JULY

JULY 7TH

NO ACTIVITIES

JULY 14th

12:00PM LUNCH: At BOB' s DELI

1:00 SHOPPING AT LA FOREST MALL

JULY 21st

OTTAWA PARK

11:00AM STRETCHING

12:00 PICNIC IN THE PARK (bring your lunch)

RUMMY/CRIBBAGE: 1:00-3:00

JULY 28th

10:30AM

ST. GERTRUDE WALKING TRAIL

PICNIC IN THE PARK (bring your lunch)

DESSERT WILL BE PROVIDED

1:00-3:00PM GAMES

AUGUST



AUGUST 4TH

DAY AT ALMAGE (HOCHELAGA)-
BINGO & PIZZA LUNCH

AUGUST 11th

11:00AM ST.GERTRUDE PARK

WALKING TRAIL

12:00 HOT DOG Lunch

1:00-3:00 SUMMER GAMES

AUGUST 18th

OTTAWA PARK

11:00AM : STRETCHING

12:00 PICNIC IN THE PARK (bring your lunch)

1:00-3:00 RUMMY OR /CRIBBAGE

AUGUST 28th

12:00PM

LUNCH AT BUONA SERA RESTURANT

AFTERNOON AT ST.LAURENT PARK



Schedule is subject to change, depending on the weather conditions .



CHSSN- Community Health Education Program

What you may enjoy on rainy days!

Here are a few webinars that you may have missed this past year .

Simply copy the link to your browser and enjoy ! (Highlight the address and copy , then open a new tab, and copy the address to the address bar and click)

1) Eating well for preventing and living with diabetes Elena Zhao, RD/Dt.P, MScA Mar-23

https://youtu.be/r_HrzmePrcE

2) Financial Health and Stigma The Hidden Cost of Debt Yves Patrice Beaudin, CIRP, LIT Jan-23

<https://youtu.be/wXFiol7GQ1M>

3) Power over Pain Portal: Coping with Chronic Pain Dr. Natalie Zur Nedden and Dr.

Etienne Bisson

Nov-22 <https://youtu.be/OcwE0OxxAac>

4) Incontinence and other pelvic floor disorders: is it inevitable for us ladies?

Chantal Dumoulin, pht, Ph. D. Oct-22 <https://youtu.be/OC-lfGYsj68>

5) It's Okay to ForgetL An Update on the Fascinating Subject

of Memory Samantha Maltezos, Ph.D. and Soraya Zio

Sep-22 <https://youtu.be/5-vVsYrE7cl>

6) An Update on Stroke Prevention, Management and Care José A. Morais, M.D. Jun-22

<https://youtu.be/ump37FW3Qc0>

7) Hearing Issues in Seniors Sylvie Auger, Audiologist May-22 https://youtu.be/_Q5SDLqX0No

8) Music Therapy Victoria McNeill, Music Therapist Apr-22 <https://youtu.be/Yny2RttYjE>