

Almage Newsletter



Holiday Edition December 2023 - January 2024

CENTRE HOURS:

Main Centre

Monday to Friday 8:30 AM to 4:00 PM

Rosemount Satellite

Monday 10 AM to 3:00 PM

Montreal North Satellite

Monday 10:30 AM to 3:30 PM

CENTRE ADDRESS:

Main Centre

8680 Hochelaga, Montreal, QC

H1L 2M6

Rosemount Satellite

4835 7th ave. Montreal, QC, H1Y 2M8

Montreal North Satellite

11112 av. Salk, Montreal QC, H1G 4Y4



**We are closed from December 25th until January 2nd inclusively
Happy Holidays!**

Almage Repertoire

BOARD OF DIRECTORS:

President: Laurie Kerr
Vice President: Caroline Mrazik
Interim Treasurer: Shirley Lajeunesse
Secretary: *Vacant*
Director: Rev. Paul Pomkoski
Director: Maria Maiolo
Director: Yolande Zielinski
Director: Mynor Estrada
Director: Connie Cueto

DONATIONS TO THE CENTRE:

Almage Senior Community Centre is a non-profit organization. Income tax receipts will be issued for any donations of 10\$ or more. We thank all our members for their ongoing support, and we appreciate all contributions.

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)
CLSC Olivier-Guimond (514-255-2365)

ALMAGE SENIOR COMMUNITY CENTRE

Phone: 514-355-1712
Fax: 514-355-0806

Website: www.almage.org
Email: info@almage.org

STAFF

Executive Director

Mirella Castrechini

Email:

mirella.castrechini@almage.org

Community Support Coordinator

Rosanna Padula

Email: rosannap@almage.org

Activity Coordinator

Joelle Virgen

Email: joellev@almage.org

Chef

Rami Al Khateeb

Email:

alkhatib_rami@yahoo.com

A word from our Executive Director

As we roll into the winter season, we have already begun our usual routine of changing tires, bringing out our coats and boots, and rushing to find our favorite gloves. Before you know it, we are humming our favorite Christmas tunes and thinking of which cookies to bake for our children, grandchildren, and friends.



So much has happened in recent months at Almage, and what a great opportunity to do it through our newsletter!

Staff changes

In the past two months, we have wished two of our staff members, Lynne and Gloria, good luck as they enter a new phase in their lives as retirees. We will miss you both!

We have also welcomed the addition of a new activity coordinator, Joelle Virgen, who will be keeping us busy with new activities as well as maintaining those that we love attending week after week.

Almage Facebook

You will have noticed a few changes regarding our Facebook account. The name is now listed as:

ALMAGE Community Centre for Seniors.

Invite your friends and family to join us and like our page, and you will automatically be added to the page's viewership. Copy and paste this address into your browser and enjoy the latest news, pictures, and upcoming events.

<https://www.facebook.com/profile.php?id=61552312763058>

Fundraising

Our fundraising efforts for the elevator repair continue to move forward, as we are at \$2250.00. Reaching our goal of \$9,000 will be a challenging climb, but with a couple of fundraising efforts, we will have our elevator up and running!



A word from our Executive Director

Volunteer Luncheon

On Friday, November 24th, we hosted a long-overdue volunteer luncheon to thank all volunteers for their continuous dedication and commitment to Almage. Thank you, volunteers...

A word from our members

In response to the changes in payment for some activities introduced last season, we received a letter from a member expressing their concern about the changes. Take a moment to read this very important message.

Programming

December and January at Almage will include a variety of activities that will highlight the season as well as introduce others to keep our members entertained and in good company. Christmas crafts, outings, and the annual Christmas luncheon, as well as the New Year's Party, are among the few scheduled for you.

In January, a new exercise and yoga session will begin, so make sure to sign up. A new arts program will include painting classes and crafts every Wednesday. We have had modest success with our breakfast club every Friday, followed by fun and games, and will continue in the next few weeks as well.

In the spirit of keeping you informed and updated, we will be holding a couple of educational workshops, such as Fraud and Senior Mistreatment , Revenue Canada: Tax Programs and Exemptions for Seniors, and more. These will be held in person at the centre and at our two satellite centres. We welcome all ideas on future workshops you would like to see hosted at the centre.

As we begin to sing along to our favorite Christmas jingles while we shop for family and friends, let's take a pause and reflect on what this season is all about. Peace, love, and goodwill to all men. Merry Christmas and a Very Prosperous New Year to all !

"I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me. I will not shut out the lessons that they teach." Charles Dickens, *A Christmas Carol*



Lastest News

Activity Payment Structure

As many members are now aware our activity payment structure has changed.

Our President of the Almage Board of Directors explained in the following letter

how this restructuring may help Almage adapt and operate moving forward keeping our members and the centre's best interest in mind.

To read our president's letter please go to the following page.

ALERTNESS

We always want out members to be secure and protected. In the next couple of pages we have included an alert by the SPVM about fraud prevention and how we can protect each other. We

kindly ask you to take a look and keep those around you informed. Sharing this information may help protect others.

Join us : January 30th for a presentation by an SPVM officer.

To read the SPVM alert go to page 9.



LETTER OF RESPONSE FROM THE PRESIDENT OF ALMAGE BOARD OF DIRECTORS TO A CONCERNED ALMAGE MEMBER SENT OCTOBER 16TH , 2023.

October 17, 2023,

Dear Almage members ,

We recently received a letter from an Almage member regarding our new payment structure for activities. In her letter she expressed both surprise and disappointment that we are now charging for activities that were once free such as Darts, Carpet Bowling, and Cribbage but are now set at a \$30 for a 10-week period. Other activities such as Yoga and Exercise, which require an instructor, are now set at \$60.00 for a 10-week session instead of a \$5.00 charge whenever a member participates in the activity. The letter was addressed to the president of the board, and this is a copy of the response to the individual.

I feel it is fitting that we share the response letter to all our members as it may answer some of your concerns regarding this change as well as keeping you all informed and updated on the current situation at Almage.

Mirella Castrechini
Executive Director

LETTER OF RESPONSE FROM THE PRESIDENT OF ALMAGE BOARD OF DIRECTORS TO A CONCERNED ALMAGE MEMBER SENT OCTOBER 16TH , 2023.

Dear member

Thank you for your letter of concern regarding the new activity fees for some of the activities. I appreciate your opinion and will do my best to address this.

The new fee structure was not a spur of the moment decision for the Board. It is something that we have been thinking of for quite some time. Compared to the other senior centres who offer more or less the same services as Almage, we are behind the times when it comes to charging fees by a 10–12-week session. After almost a year, we felt that this was the time to start.

Although the centre is a place to come for meals, to socialize and have fun, one must remember that bottom line, Almage is also a business. We have salaries to pay, food to buy, and many other expenditures.

*In the past, sponsors were much more generous with donations, and we were able to subsidize activities, buses for outings and some meals. Since COVID, those same donors are being stricter and/or donating less. **One of our big sponsors, Centraide, reduced our allocation in March 2023 from \$100,900 to \$75,000. Come April 1, 2024, they will not be giving us any funds at all.** That is a huge chunk of change to make up for. Of course, we are always sending out requests to other organizations for funds, however with many other centres and non-profits doing the same, there is less to go around.*

In order to help us budget more effectively, we felt that it was easier to go with a fee per session structure. With this change, also came the offer of paying for the activity in 2 or perhaps 3 installments. We understand that not all members may be able to pay the full amount all and once and do not want you to miss out on an activity because of that. Members just have to speak to a staff member to arrange it. As for paying \$3.00 every time that one comes to play cribbage or carpet bowling etc., instead of a flat rate for the session, it really boils down to same thing. From a budgeting aspect, we know that x number of people have signed up at \$30 each vs. 3 people one week, 5 people the next or 0 people paying that \$2.00 week. With the flat rate, you have paid whether you attend or not. The bowling league that I belonged to over 40 years ago had a policy that if one missed a week, the following week we had to pay for that missed week. We are trying to have the same thinking.

Looking at centres like Le Chez Nous de Mercier Est, Contactivity, Cummings and St-Antoine, they also have a fee to play cards, Scrabble and Dominoes, all of which do not require a professional to lead the group. The fee is less and that is what we have also done.

In respect to some of your suggestions:

Knitting: these members are not charged a fee because they actually donate and sell their handmade items. The money raised comes back to Almage. Many members have bought their own yarn for projects out of their pocket.

Bingo: I think that charging \$2.00/card with \$1.00/card going to Almage is expensive considering that many members take 10 cards each. Your idea of a cover charge per person is excellent and we will definitely look into this.

Lunch: the meals were increased about a year ago and for the time being, we feel that \$8.00 is reasonable for Tuesday lunch. The price for a special lunch i.e., Easter, Thanksgiving, Christmas is already higher priced at \$12 - \$15.

As you mentioned, everything is not written in stone. This is new to us also and the structure is in place until December. We can re-evaluate how this session goes and use that knowledge going forward. In the meantime, I hope that yourself and any members that you share this letter with will have a better understanding of the why behind the changes. I also hope that you do not stay away from the activities that you enjoy in protest.

Thank you for being candid and coming forward. We want the members to feel comfortable coming to the Board with questions and concerns and in return we intend to be as honest and transparent with you as possible.

Regards,

Laurie Kerr
President, Board of Directors

ALERT

False representative fraud: suspects arrested and potential victims sought

MONTREAL, 26 October 2023 – The SPVM wants to inform the population, particularly seniors, of a new way in which fraudsters operate to extract money from victims. Fraudsters offer to call seniors to pick them up in order to transport them to a banking institution to withdraw money.

How do they do it? They manipulate you and take away your options to act

Usually, fraudsters contact their victims by telephone and the name of a known banking institution will appear on the display. They pose as security personnel from the institution. They will solicit victims so that they can help them resolve a fraud problem by an employee of the institution. Thus, they **create a situation of false urgency** which will stress and worry the victim. The fraudsters, courteous and helpful, will convince the victims that the only solution to quickly resolve the problem is through a solution that will be offered to them, that being: **to pick them up by vehicle and then travel to a banking institution to carry out transactions**. The fraudsters will take them to a banking institution and say that they must withdraw a substantial sum of money in order to help them resolve the situation. Once back in the vehicle, the fraudsters steal the money, disembark the victim and flee in the vehicle.

Advice to the population, remember that:

- ☐ A banking institution, a security service, or a police service will never ask you for money, your banking card, or your PIN to resolve a situation;
- ☐ Never trust what is written on your phone's display, because fraudsters use applications that allow them to write the names of financial institutions;
- ☐ The more you talk with the fraudsters, the more you will be convinced to do what they ask you, they are polite, helpful and courteous in their approaches;

For relatives or friends of an elderly person

- ☐ If you know relatives or friends who are seniors, give them an additional option if they ever find themselves in such an emergency situation; **develop a simple strategy; reach an understanding with them and ask them to contact you to discuss this situation**, to help them make a calm and informed decision;

For people who are contacted in such an emergency

- ☐ Before continuing any discussion with your interlocutor, tell the person soliciting you that you will call them back. In 99% of cases, fraudsters will hang up because they do not want to give a number to reach them;
- ☐ **Hang up to verify, by contacting the person you trust, that you have already reached an agreement with, to discuss the situation, to help you regain your composure and make an informed decision;**

NEVER ACCEPT AN OFFER OF TRANSPORTATION FROM THE CALLER

How do you ask for help if you get into the vehicle and feel trapped?

- ☐ **As soon as possible, discreetly dial 911** and leave the line open. The 911 operator will be able to hear what you say, you don't need to speak, and the police will be able to trace you;
- ☐ When you arrive at a bank to make a withdrawal, do not make the withdrawal and go directly to a bank employee to explain the situation; they will help you safely.

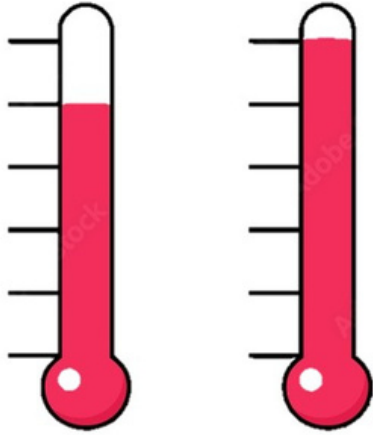
Getting help or reporting fraud

Do not be ashamed or feel guilty if you've been made to fall for a scam. These people are excellent actors and will try to manipulate you out of your senses.

In the event of fraud, report it to your local police. To contact your neighbourhood police station (PDQ), dial 514 280-01XX (XX corresponds to the number of your PDQ). **For emergencies, call 911**



Lastest News



LET IT RISE FUNDRAISER

Our thermometer is rising!

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.

Update: 7 months in and

The Centre has raised \$2250 to date!

Our objective is \$9000.00.

FOOD DRIVE

It's the season to give back! We are collecting un-perishables for St. Brendan's Parish to be distributed to families and help replenish their food bank.

Donate by December 12th.



COAT DRIVE

This season we are helping any way we can! Donate coats for the homeless to help keep them warm this winter season. Please ensure the coats are in relatively good shape and bring them by the centre by December 20th.

SNOW SEASON

Please remember to bring your own shoes when coming to the centre as to prevent any accidents due to wet boots. If you must keep your boots on please use our blue shoe liners.



See what we've been up to

October



Senior's Day!



Lynne's Retirement!



See what we've been up to



October

Halloween!



November

Memorial Day



See what we've been up to



November

Casino Trip!



**Volunteer
Day!**



Join & Participate!



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:

**Volunteer as a Medical
Accompaniment at
Almage**

**Contact:
Rosanna Padula:
514-355-1712
ext. # 122**

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.

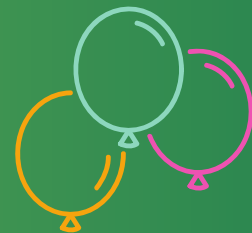
Blood Pressure Clinic: with Nurse Kim Cannon

- December 12th
- January 23rd





Birthday Corner



**Happy Birthday to our wonderful members
Health & Happiness to you all!**

December



**Patricia Leroux, George Young, Dolores McAuley,
Pauline Plasse, Louise Valletta, Michael Salonin,
Concepcion Cueto, Dominic Valletta, Mary Wiltshire,
Barbara Fournier, Denise Jacob, Yvon Plasse,
Helen Vogonis, Eileen Butcher, Helena Khan,
Patricia Chancey, Tom Ornawka, Aldina Bonome**



January

**Maria Plante, Therese D'amboise, Yves Choquette,
Nancy Castleman, Irene Bonkowsky, Cecile Dubois,
John J. Henry, Wanda Manchel, Patricia McGuigan,
James Kavanagh, Gordon Snell, Cleveland Robinson**



In Memoriam

We are always sad to hear when a member passes away. We keep you in our prayers and remind you that you are not alone in your grieving. Sincere sympathies to the families and friends; peace and courage through this difficult time.

May our cherished members rest in eternal peace.

Ken Henderson

Audrey Saunders

Peggy Brunet

Douglas Mitchell

Terry Meehan

Julie Leslie

Loving memories never die, as years
roll on and days pass by.

In our hearts a memory is kept,
of ones we loved and will never forget.

A garden of memories is created for us to
reminisce, an absence that
will forever leave a loving kiss.

Community Support Transportation Service

(Taxi & 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 who are not eligible for 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:

As noted in our previous Newsletter the rates for taxis to the centre have increased as follows:

EFFECTIVE NOVEMBER 1ST

For trips from home to centre:

- 0 - 6 km = 10\$ return per person
- 6 - 20 km = 20\$ return per person
- Keep in mind that regardless of the changes, the centre will continue to subsidize a portion of the cost for its members traveling to the centre.

As always, 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 \$30.00-\$40.00 return
- Downtown: between \$60.00-70.00 return

Home Support Meals



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 Rosanna: Rosannap@almage.org,

The cost of the meals:

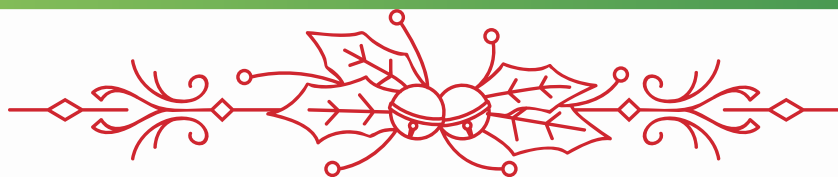
- Each meal is \$8 (Minimum purchase of 3 meals required)
- Pick-up meals: \$24 / Delivered meals: 27\$ (24\$ meals + 3\$ delivery fee)

**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 Tuesday Meals December & January



DECEMBER 5TH

Chicken a la King on a puff pastry
with mashed potatoes and
vegetables

DECEMBER 12TH

Christmas Turkey
Dinner
with all the trimmings

HO
HO
HO
HO

DECEMBER 19TH

New Year's Buffet

JANUARY 9TH

Chicken Parmesan
with vegetables

JANUARY 16TH

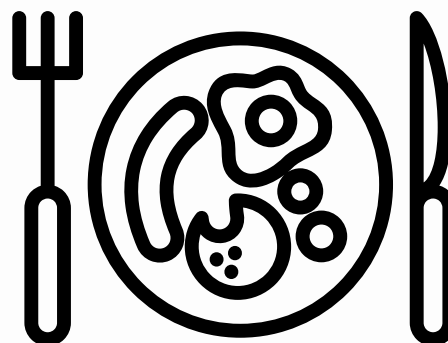
Beef stir-fry

JANUARY 23RD

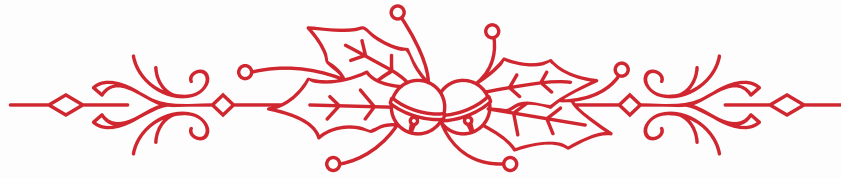
Chicken Legs with
mashed potatoes

JANUARY 30TH

Pork Chops with mashed
potatoes and vegetables



Menu for Wednesday Meals December & January



DECEMBER 6TH

**Beef Barley Soup
Avacado Sandwich**

DECEMBER 13TH

**Cream of Mushroom
soup
Egg salad Sandwich**

DECEMBER 20TH

**Chicken Noodle Soup
Grilled Vegetable
Sandwich**

JANUARY 3RD

**Shrimp Soup
Cream Cheese bagel**

JANUARY 10TH

**Cream of Mushroom
soup
Grilled Chicken
Sandwich**

JANUARY 17TH

**Burger with potato
wedges**

JANUARY 24TH

**Veggie Soup
Smoked meat sandwich**

JANUARY 31ST

**Lentil Soup
Philly steak sub**



Menu for Meals on Wheels December & January

DECEMBER 7TH

1. Chicken a la King with
mashed potatoes
2. Baked Pork Tenderloin
3. Salmon on rice

JANUARY 4TH

1. Stuffed Peppers
2. Chicken Alfredo
Fettuccini
3. Shepherd Pie

DECEMBER 14TH

1. Hamburger steak with mashed
potatoes
2. Chicken Stew
3. Baked Pork Chops

JANUARY 11TH

1. Chicken Parmesan
2. Salmon on rice
3. Tortiere

DECEMBER 21ST

1. Chicken Turkey Dinner
2. Baked Ham
3. Breaded fish on rice
4. Meat Tourtiere
5. Pasta

JANUARY 18TH

1. Beef Stir-Fry
2. Pork Chop with mashed
potatoes
3. Baked Pasta with meat sauce

SPECIAL NOTE

For december 21st you can
order more meals since we will
be closed December 28th

JANUARY 25TH

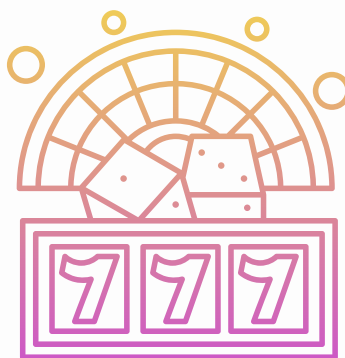
1. Chicken Legs with roasted
potatoes
2. Breaded Fish on rice
3. Pork Tenderloin with mashed
potatoes

Upcoming events



CHRISTMAS & NEW YEAR'S PARTY

We are excited to invite you to both our Christmas and New Year's party this month. December 12th will be our Christmas Party with entertainment by J. Gamache. December 19th will be our New Year's Party. We will have a finger food buffet We hope to see you all! For more information see the next page.



JANUARY CASINO TRIP

It's the New Year!

Let's test our luck with a visit to the casino!

**JOIN US: January 24th at 10 am for an
outing to the Playground Casino!**

Price: 30\$

Special Events to Come

December

Christmas Party

Let's celebrate Christmas!
JOIN US: December 12th at 12 pm
for our Christmas Party!
We will enjoy wonderful food, fun
holiday activities & entertainment
by J. Gamache!
Dress to impress!
RSVP by December 5th
Price: 15\$

December

Hair Day

Treat yourself to a
hair-do refresh!
JOIN US: December 15th
Time: TBD
We will have two wonderful
hairdressers ready for cut & blowout.
RSVP by December 8th
Price: Cut - 15\$
Cut & Blowout - 25\$

December

New Years Lunch

We want to celebrate the upcoming
year first and foremost
with our members!
JOIN US: December 19th at 12 pm!
Our Starry Night theme to light our
way for the new year
with a buffet lunch
RSVP by December 12th
Price: 10\$

January

Photo Gala

Take a look at what our
Photography Club has done!
JOIN US: January 26th at 12pm!
Let us showcase our talented
photographers!

Tis the Season

December Activities

SATELLITES

Rosemount Monday					Montreal North Friday					
Monday	Tuesday	Wednesday	Thursday	Friday						
4 11 am: Excercise club 1 pm: Game day	5 12 pm: Community lunch 1 pm: Birthday bingo	6 11 am: Arts program 1 pm: Cribbage	7 10 am: Photography Club 11 am: Yoga	8 11 am: Breakfast Club 1 pm: Bingo	4 Not Meeting	8  10:30 am: Christmas Party & Games	11 10:30 am: Excercise club 1 pm: Game day	15 10:30 am: Jeopardy 1 pm: Bingo	22 10:30 am: Holiday craft 1 pm: Rummi	
11 11 am: Excercise club 1 pm: Game day	12  EVENT: Christmas Party	13 11 am: Arts program 1 pm: Cribbage	14 10 am: Photography Club 11 am: Yoga	15 EVENT: Hair Day 11 am: Breakfast Club 1 pm: Bingo	11  10:30 am: Christmas Party & Birthday Bingo		18 11 am: Excercise club 1 pm: Game day	18 11 am: Holiday Craft 1 pm: Bingo	25 	
18 11 am: Excercise club 1 pm: Game day	19  EVENT: New Years Lunch & Special Bingo	20 11 am: Arts program 1 pm: Cribbage	21 10 am: Photography Club 11 am: Yoga	22 11 am: Breakfast Club 1 pm: Bingo					29 	
25 	26 Happy holidays	27 	28 	29 	CENTRE CLOSED					

24 January Activities 2024

SATELLITES

Rosemount
Monday
North Friday

Monday	Tuesday	Wednesday	Thursday	Friday	
<div>1</div> <div>CLOSED</div> <div>Happy New Year</div>	<div>2</div> <div>CLOSED</div> <div></div>	<div>3</div> <div>11 am: Arts program</div> <div>1 pm: Cribbage</div>	<div>4</div> <div>10 am: Photography Club</div> <div>1 pm: Ballon Games</div>	<div>5</div> <div>11 am: Breakfast Club</div> <div>1 pm: Bingo</div>	<div>5</div> <div>110:30 am: Jeopardy</div> <div>1 pm: Rummi</div>
<div>8</div> <div>11 am: Excercise club</div> <div>1 pm: Game day</div>	<div>9</div> <div>10 am: Pet Therapy</div> <div>12 pm: Community lunch</div> <div>1 pm: Birthday bingo</div>	<div>10</div> <div>11 am: Arts program</div> <div>1 pm: Cribbage</div>	<div>11</div> <div>10 am: Photography Club</div> <div>11 am: Yoga</div>	<div>12</div> <div>11 am: Breakfast Club</div> <div>1 pm: Bingo</div>	<div>12</div> <div>110:30 am: Creative Crafting</div> <div>1 pm: Bingo</div>
<div>15</div> <div>11 am: Excercise club</div> <div>1 pm: Game day</div>	<div>16</div> <div>12 pm: Community lunch</div> <div>1 pm: Bingo</div>	<div>17</div> <div>11 am: Arts program</div> <div>1 pm: Cribbage</div>	<div>18</div> <div>10 am: Photography Club</div> <div>11 am: Yoga</div>	<div>19</div> <div>11 am: Breakfast Club</div> <div>1 pm: Bingo</div>	<div>19</div> <div>110:30 am: Jeopardy</div> <div>1 pm: Rummi</div>
<div>22</div> <div>11 am: Excercise club</div> <div>1 pm: Game day</div>	<div>23</div> <div>12 pm: Community lunch</div> <div>1 pm: Bingo</div>	<div>24</div> <div>OUTING: Casino</div> <div>1 pm: Cribbage</div>	<div>25</div> <div>10 am: Photography Club</div> <div>11 am: Yoga</div>	<div>26</div> <div>11 am: Breakfast Club</div> <div>EVENT: Photo Gala</div> <div>1 pm: Bingo</div>	<div>26</div> <div>110:30 am: Indoor Sports</div> <div>1 pm: Bingo</div>
<div>29</div> <div>11 am: Excercise club</div> <div>1 pm: Game day</div>	<div>30</div> <div>12 pm: Community lunch</div> <div>1 pm: Bingo</div>	<div>31</div> <div>11 am: Arts program</div> <div>1 pm: Cribbage</div>			<div>29</div> <div>10:30 am: Exercise Club</div> <div>12 pm: Creative Crafting</div>



Students Corner

Our wonderful stage students are coming to the end of their stage here what they had to say about their time at Almage!

Stephanie:

Completing my stage at Almage Senior Centre was a delightful experience. The warmth and dedication of the staff made every day enjoyable. The hands-on involvement with the members allowed me to apply my skills in a meaningful way, and the supportive atmosphere fostered both personal and professional growth. I am grateful for the enriching experience at Almage, and I highly recommend it for anyone seeking a rewarding experience with a wonderful group of people!



Jennifer:

As my time at Almage comes to an end and I prepare to embark on the next chapter of my academic adventure, I want to express my heartfelt gratitude for the unfailing support and advice you have graciously provided throughout my time here. These past four months have been a remarkable period of growth and learning for me. The wealth of experiences and companionship we shared has created memories that I will carry with me into my future. Your collective encouragement and guidance have shaped my understanding and provided me with valuable lessons that I am excited to implement in my future job.

Thank you for being such an important part of my Almage experience. I look forward to staying connected and carrying the spirit of collaboration and excellence into the next phase of my academic and professional endeavors.



CHSSN- Community Health Education Program

**SERVICES FOR HEALTHY AGING IN THE
RIGHT PLACE (SHARP) INFORMATION
SESSIONS 2023-2024**

December 13th, 2023 at 2 PM

TOPIC: *Benefits and Credits for Persons with Disabilities*

PRESENTER: Canada Revenue Agency

<https://collaboratevideo.net/cra-arc/cra-55V/en/register.php>

January 17, 2024, at 10 AM

TOPIC: *Bridging the loneliness gap for seniors*

PRESENTER: Bette Watson-Borg, Project Manager, Social Isolation and Loneliness Project CCSMH

<https://chss-norg.zoom.us/joining/register/tZMsfyprD0jH9KEYdUsaTNzeebxrv7t8jY9#/registration>

February 21, 2024, at 10 AM

TOPIC: *What can the CLSC offer to help me maintain my independence as I age?*

PRESENTER: Magdalena Blaise, Gestionnaire, CIUSSS ODIM

<https://chssn-org.zoom.us/joining/register/tZcvcu2ppzsvGtfy24LDNkslh3r5Nr9ZTnxo#/registration>

Seniors Guide

https://cdn-contenu.quebec.ca/cdn-contenu/services_quebec/Guide_Seniors_EN_2023.pdf

CHSSN- Community Health Education Program

Seniors Action Quebec Webinars

Watch the past webinars here in case you missed it!

September 2023

- *Covid and its Impact on Health and the Healthcare System*

https://www.youtube.com/watch?v=RL7zWy3seQY&ab_channel=SeniorsActionQuebec

[v=RL7zWy3seQY&ab_channel=SeniorsActionQuebec](https://www.youtube.com/watch?v=RL7zWy3seQY&ab_channel=SeniorsActionQuebec)

- *What Were the Impacts on Community Organizations that Were Identified Immediately?*

https://www.youtube.com/watch?v=hMERpWUHvIA&list=PLi3czTLriDSgNa2LscRYAAI5WiMbJwJol&index=2&ab_channel=SeniorsActionQuebec

[v=hMERpWUHvIA&list=PLi3czTLriDSgNa2LscRYAAI5WiMbJwJol&index=2&ab_channel=SeniorsActionQuebec](https://www.youtube.com/watch?v=hMERpWUHvIA&list=PLi3czTLriDSgNa2LscRYAAI5WiMbJwJol&index=2&ab_channel=SeniorsActionQuebec)

- *Current Needs and Being Prepared.*

https://www.youtube.com/watch?v=SLEAzrAeDqw&t=3s&ab_channel=SeniorsActionQuebec

[v=SLEAzrAeDqw&t=3s&ab_channel=SeniorsActionQuebec](https://www.youtube.com/watch?v=SLEAzrAeDqw&t=3s&ab_channel=SeniorsActionQuebec)

- *What has worked well and what still needs to be addressed?*

https://www.youtube.com/watch?v=vPzEp7HWPkA&ab_channel=SeniorsActionQuebec

[v=vPzEp7HWPkA&ab_channel=SeniorsActionQuebec](https://www.youtube.com/watch?v=vPzEp7HWPkA&ab_channel=SeniorsActionQuebec)

October 2023

- *Rent Increases, Reno-Evictions and Lease Transfers. Your Options. Considering a Move: What to Consider in Advance.*

https://www.youtube.com/watch?v=ODmHI8Ou1Wk&ab_channel=SeniorsActionQuebec

[v=ODmHI8Ou1Wk&ab_channel=SeniorsActionQuebec](https://www.youtube.com/watch?v=ODmHI8Ou1Wk&ab_channel=SeniorsActionQuebec)

- *Current Housing Status, The Need, and Where Are We At*

https://www.youtube.com/watch?v=5NLYbWEhdBE&ab_channel=SeniorsActionQuebec

[v=5NLYbWEhdBE&ab_channel=SeniorsActionQuebec](https://www.youtube.com/watch?v=5NLYbWEhdBE&ab_channel=SeniorsActionQuebec)

- *Different Types of Housing for Seniors*

https://www.youtube.com/watch?v=ODmHI8Ou1Wk&ab_channel=SeniorsActionQuebec

[v=ODmHI8Ou1Wk&ab_channel=SeniorsActionQuebec](https://www.youtube.com/watch?v=ODmHI8Ou1Wk&ab_channel=SeniorsActionQuebec)