

ALMAGE NEWSLETTER



Community Centre for Adults 50+

JULY - AUGUST - SEPTEMBER 2026

ROSEMONT SATELLITE

4835 7th Ave
Montreal, QC H1Y 2M8
Mondays
10am-3:30pm

MAIN CENTRE

8680 Rue Hochelaga,
Montreal, QC H1L 2M6
Monday to Friday
8:30am-4pm

MONTREAL NORTH SATELLITE

11121 Ave. Salk
Montreal, QC H1G 4Y4
Fridays
10am-3:30pm





Phone: 514-355-1712

Fax: 514-355-0806

Website: www.almage.org

Email: info@almage.org

OUR BOARD OF DIRECTORS

President

Lynne Tinman

Vice President

Phyllis Keddy

Secretary

Lynne Tinman

Treasurer

Shirley Lajeunesse

Directors

Yolande Zielinski

Rev. Paul Pomkoski

Maria Maiolo

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 of our members for their ongoing support, and we appreciate all of their contributions.

Centre News

Centre Closed on:

- July 1st - Canada Day
- September 7th - Labour Day

STAFF

Interim Executive Director

Mirella Castrechini

sabrinadiioia@almage.org Ext #125

Assistant Executive Director

To Be Announced

Community & Social Service Coordinator

Rosanna Padula

rosannap@almage.org Ext #122

Activity Coordinator

Teleah Muisse

activity.coordinator@almage.org Ext #121

Communication & Outreach Coordinator

Nina Gentile

ninagentile@almage.org Ext 123

Chef

Andrea Daddi

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)

A Word From Our **BOARD PRESIDENT**

Dear Members,

As summer arrives, I am delighted to welcome you to another exciting season at our community centre - and to introduce myself as your newly elected Board President. I am honoured to take on this role and look forward to working alongside our newly elected Board of Directors as we continue building a vibrant and welcoming community for all.

We have a wonderful summer planned, including trips to Hudson Theatre, Sainte-Anne-de-Bellevue, and Constantin. We will also come together for special luncheons celebrating occasions such as Seniors Day and Ferragosto. These events are great opportunities to connect, have fun, and make lasting memories.

At our Annual General Meeting, our Activity Coordinator shared the happy news that she is expecting her first baby. We extend our warmest congratulations to her and her family. While we are excited for this new chapter in her life, we will certainly miss her when she leaves at the end of the year to begin her maternity leave.

We are also pleased to share that we hope to welcome a new Assistant Executive Director to our team by the end of June or early July. Members will receive an update by email and through our social media channels once the position has been filled.

Thank you for being part of our community. I wish you all a wonderful summer filled with friendship, fun, and good health, and I look forward to seeing you at our upcoming activities and events.

Warm regards,

-Lynne Tinman

Almage Board of Directors President



LATEST NEWS

AT



SUMMER DAYS AT ALMAGE

We've got lots of events and activities planned to keep you busy, including:

- Hudson Theatre Outing
- Sainte-Anne-De-Bellevue
- Constantin Méchoui Buffet & Apple Picking
- Hawaiian Luau
- Ferragosto Luncheon
- Seniors Day Luncheon

Blood Pressure & Foot Care Clinics

Almage is proud to offer these valuable health and wellness services through our Community Support Services program. Whether you're looking to stay on top of your blood pressure or take care of your feet, we're here to support your wellbeing. For more information, please see page 15.

Educational Presentations

We love to offer diverse educational presentations throughout the year at our Main Centre, Satellites, and online. For more information on when and where these locations are, please see page 25 and on our calendars at the end of the newsletter.



Této En Fête-Street Sale

We are still waiting to hear back for official dates for the Summer Street Sale that usually happens on rue Hochelaga at the end of August.

We are still collecting donations to sell, and may need volunteers to help sort the items at the beginning of August. Almage members will be notified by e-mail if the sale is happening this summer, and the virtual version of the newsletter will be updated on the Almage website.

MARCH MEMORIES



ST. PATRICK'S DAY



CONSTANTIN SUGAR SHACK

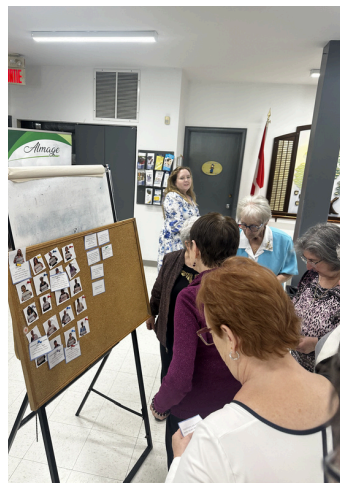
APRIL MEMORIES



EASTER LUNCHEON



PIUS CULINARY OUTING



VOLUNTEER LUNCHEON & MYSTERY

MAY MEMORIES



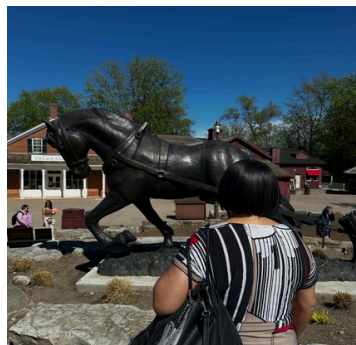
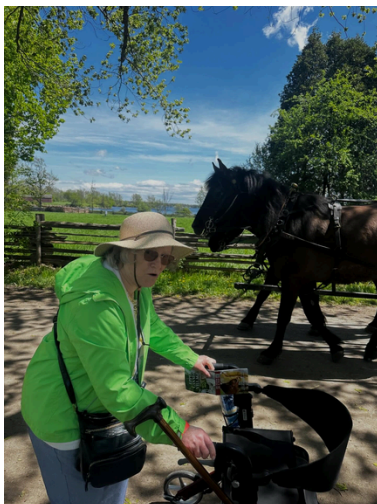
HIGH TEA WITH HAPAG-LLOYD



MOTHERS DAY



UPPER CANADA VILLAGE



Membership

AT 

New Almage Members

Mohand Amokrane
Caddie Tkenye
Mohamed Abou-Bakr
+ 2 More

Membership Drive

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

Cost of Membership

Membership costs \$30

and lasts from April 1st until March 31st
Please keep in mind if you would like the newsletter mailed, a \$10 fee applies (this covers the cost of 4 issues).

July

Arif Didar
Kim Cannon
Roy Deshane
Kathleen Lolly
Joan Hayes
Walter Kolanitch
Eva Nadanyi Jr
Annabelle Munro
+ 1 more

August

Judy Mariani
Dominica Kumps
Linda Palesch
Merien Zamkowiec
Jean Cardinal
Renate Strauss
Laura Peace
Marc Savard
+1 more

September

Susan Tannahill
Rene LaFramboise
Gorgonia Ignacio
Patrick Cassidy
Mohamed Abou-Bakr
Minh-Hûe Nguyen
Mary Zajac
Russell Lolly
Paula Wall
Lina Straccini
Thomas Edgar
Marie-Enide Jolivert
Samantha Schubert

Happy Birthday



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.

In Memory Of: Akiko Edith Sakai

Please keep our members who have passed in the last
few months in your prayers.

*In quiet hours and passing days, we feel their
love in countless ways. No longer here, yet
always near, in whispered wind and falling
tear. Their legacy, both kind and deep, is ours
to hold, and ours to keep.*



Weekly Activities

AT THE MAIN CENTRE

TABLETOP GAMES

Join us for a great way to keep your mind sharp, reduce stress, and promote social connection on **Mondays and Fridays at 11am.**

TECH CLUB

Join us every **Thursday at 10am** to have all of your technology questions answered!

Free to all Almage Members



KNIT & CROCHET CLUB

Get creative on Tuesdays and Wednesdays at 11am!

Learn a new skill or to work on your projects with friends. If you need a new project, our club is also working on squares for the Crafted for Courage Project. Yarn and other supplies are available at no cost.

Please note that there will be no Knitting & Crochet club on Tuesdays during Special Events or Presentations.

Free to all Almage Members



CHAIR YOGA

Gentle seated exercises promote flexibility and relaxation for all fitness levels. This course is taught every Thursday at 11am.

Single Session: \$6

July 2nd

2 Week Summer Break

July 9th - 16th

Summer Session (10 weeks): \$60

July 23rd - Sept 24th

First Trial Class is FREE



CHINESE MAHJONG

Want to learn how to play basic Chinese Mahjong? Join us **every Thursday at 1pm!**

Free to all Almage Members



CRIBBAGE

Join us for a classic card game that combines strategy and skill. Perfect for friendly competition and camaraderie!

Wednesdays at 1pm

July 8, 2026 - September 9, 2026

Thursdays at 1pm

September 16 - December 9

Free to all Almage Members

Optional \$3 Donation to the Centre



Please ensure to sign-up in advance by either using the sign-up sheets at the Main Centre or by contacting our Activity Coordinator.

STARTING THIS SEPTEMBER ***STAND UP! Program***

What is the STAND UP! Program?

A qualified, trained professional leads the STAND UP! Program. The movements are safe and are adapted to seniors' abilities. The exercises will improve your balance and strength.

The STAND UP! Program is:

- Group exercises conducted twice a week for 12 weeks
- Exercises that are easy to do in the home
- Information vignettes on a healthy lifestyle, safe behaviour and ways to adapt the home to prevent falls.

The STAND UP! Program Effectively Prevents Falls

The STAND UP! Program has shown that it can enhance the dynamic balance of elderly adults. It is based on the most recent knowledge in the realm of physical activity and falls prevention.

Through The Program You Can:

- Enhance your balance and leg strength
- Help maintain healthy bones and reduce the risk of fractures
- Adapt your home and adopt safe behaviour
- Bolster your self-confidence
- Be more active



Sign-Up for this FREE Program Today!

Starts September 14th, 2026

Contact our Activity Coordinator to Sign-Up

Mondays from 1pm-2:30pm

Wednesdays from 1pm-2pm

Crafted FOR COURAGE



What Is It?

Crafted for Courage, a Nota Bene Foundation initiative, weaves hope and resilience into every stitch, raising awareness about violence against women through a powerful public art installation. Through the display of handmade blankets, the project tells a collective story of support and empowerment, symbolizing the strength of survivors and the compassion of those who stand with them.

How to Participate

Knit or Crochet a 50 x 50 cm square using any colour or design.

Specifications:

- Use medium-weight yarn (worsted / #4)
- Add a border to knitted squares
- Ensure all ends are woven in



Almage Collection

Please bring any completed squares to our Activity Coordinator **BEFORE September 24, 2026**



COMMUNITY SUPPORT

TRANSPORTATION SERVICE

TRANSPORTATION TO ALMAGE AND SATELLITE CENTRES (TAXI AND ADAPTED TAXI)

The taxi services to the different centers 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:

The rates for taxis to the center are as follows:

For trips from home to center:

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

As always, if you're using the taxi for pickup to center kindly call to reserve your trip.

AFFORDABLE TRANSPORT 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.

Medical Transportation Cost:

- The cost for medical transportation for those who have been Almage members for 1 to 3 years will be subsidized 35% of the trip
- For members of three years and more, will be subsidized 50% of the trip

COMMUNITY SUPPORT SERVICES

These services are delivered through our Community Support Services, which aim to promote independence, preventative care, and overall wellness for our members. For inquiries, clarifications, or additional information, please reach out to Rosanna, Community & Social Service Coordinator.

Blood Pressure Clinic

Select Tuesday Mornings from 10:30am-11:30am

July 7th, 2026

August 4th, 2026

September 8th, 2026

Keep an eye on your health! Our dedicated volunteer Kim offers a FREE Blood Pressure Clinic to our Almage members. Drop in for a quick reading - no appointment needed.



Treatments Include:

- *Thickened/Callused skin*
- *Callouses*
- *Corns*
- *Thicken/Damaged toenails*
- *Nail clipping (toe nails and optional finger nails)*
- *Nail Mycosis (fungus) **
- *Ingrown Toe Nails**

** = if diagnosed by a medical professional*

Foot Care Clinic

By Appointment Only, Please Contact Rosanna

July 31st, 2026 - 5 Time Slots:

10am, 11:15am, 12:30pm, 1:45pm, and 3pm.

August 28th, 2026 - 4 Time Slots:

10am, 11:15am, 12:30pm, and 1:45pm.

September 25th - 5 Time Slots:

10am, 11:15am, 12:30pm, 1:45pm, and 3pm.

Cost: \$40*

Keep your feet feeling their best! Our Foot Care Clinic with Silvana is available to all Almage Members for \$40 per visit, by appointment only.

**Financial assistance is available for those who may require it.*

Please note, this service is provided by a certified Foot Care Hygienist, not an auxiliary nurse.

If you have any skin lesions or infections, Silvana will only be able to refer you to a podiatrist.

HOME SUPPORT

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, apple sauce, fruit, etc.)

How to Place an Order

- All orders will be taken on Monday afternoon of each week.
- Call the centre at 514-355-1712 ext. 122, or email Rosanna: Rosannap@almage.org

Cost of the Meals

- Each meal is \$10 (Minimum purchase of 3 meals required)
- Pick-up meals: \$30 / Delivered meals: \$33 (\$30 meals + \$3 delivery fee)

Delivery

- Fresh meals are made every Thursday morning.
- Delivery is on Thursdays.
- Pick-Ups are on Thursday or Friday



For more information on the Meals on Wheels Program, please contact Rosanna. (514-355-1712 ext 122 or rosannap@almage.org)

HOME SUPPORT

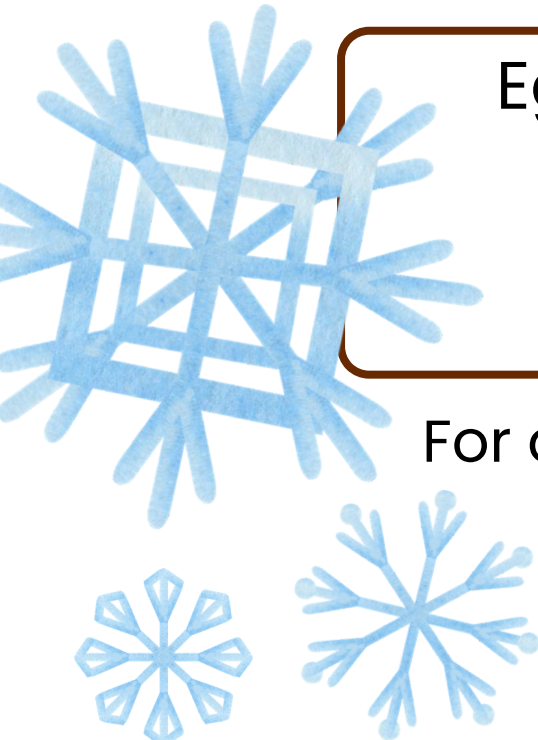
MEALS ON WHEELS

FROZEN MEALS

Did you know that we offer Frozen meals?

You can pick them up anytime you are at the centre for \$8, or add them onto your Meals on Wheels order and have it for pick-up or delivery on Thursdays.

The variety of meals can change from week to week, but we will always have these meals available for purchase:



Eggplant Parmesan
Lasagna
Shepherd's Pie
Meatloaf

For any questions or to order, please
contact Rosanna at
rosannap@almage.org or call
(514) 355-1712 ext. 122

HOME SUPPORT MEALS ON WHEELS JULY MENU

July 2

1. Baked Chicken Alfredo Pasta with Veggies
2. Meatloaf, Mashed Potatoes and Veggies
3. Pork Tenderloin, Rice and Roasted Broccoli

July 23

Frozen Meal Week

1. Eggplant Parmesan
2. Sheperd's Pie
3. Lasagna

July 9

1. Fried Chicken, with Rice and Roasted Broccoli
2. Hamburger Steaks with Mashed Potatoes and Veggies
3. Stuffed Zucchini with Roasted Potatoes and Veggies

July 30

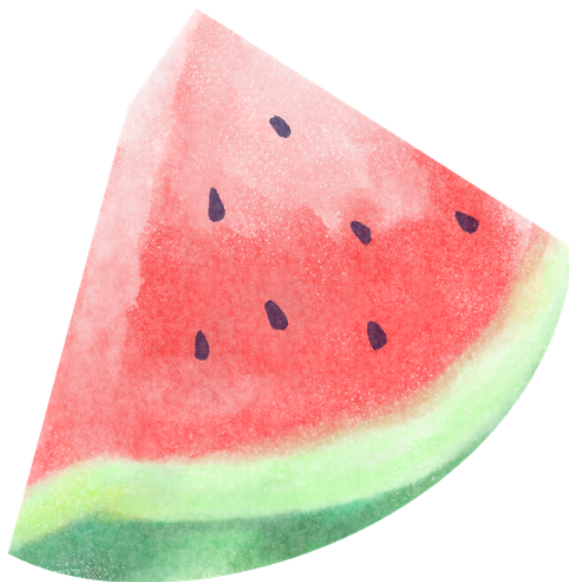
1. Macaroni and Cheese with Bacon
2. Breaded Cod, with Fries and Coleslaw
3. Chicken Pot Pie with a Side Salad

July 16

Frozen Meal Week

1. Baked Pasta Casserole
2. Chicken Chilli
3. Sausage Stew

**MINIMUM PURCHASE OF 3
MEALS IS REQUIRED TO ORDER**



HOME SUPPORT MEALS ON WHEELS MENU AUGUST

August 6

1. Sweet and Sour Meatballs over Rice with Veggies
2. Mushroom Pork Chops with Mashed Potatoes and Veggies
3. Creamy Tuscan Chicken with Roasted Potatoes and Veggies

August 20

1. Pork Tenderloin with Sweet Peach Sauce, with Potatoes and Veggies
2. Steak Skewers and Roasted Vegetables with Coleslaw
3. Cauliflower Tacos with Rice and Vegetables.

August 13

1. Chicken Fajitas with Spanish Rice and Veggies
2. Bacon Wrapped Asparagus with Sausages and Garlic and Butter Pasta
3. Gazpacho, served with Tortillas and Grilled Shrimp
(Cold Vegetable Soup, Similar to Salsa)

August 27

1. Beer Battered Fish with Fries and Salad.
2. Corn and Chicken Skillet with Rice and Veggies.
3. Hamburger Slider with a Chickpea Salad

**MINIMUM PURCHASE OF 3 MEALS IS
REQUIRED TO ORDER**



HOME SUPPORT MEALS ON WHEELS MENU SEPTEMBER

September 3

1. Lasagna with Meat Sauce
2. Sausage and Broccoli on Rice
3. Caprese Chicken with Roast Potatoes and Veggies

September 17

1. Beef Chili with Tortillas on the Side
2. Honey-Dijon Salmon with Quinoa and Roasted Peppers
3. Quiche Florentine

September 10

1. Peach Balsamic Chicken with Potatoes and Veggies
2. BBQ Ribs with Roast Sweet Potatoes and Side Salad
3. Corn Chowder with Biscuits on the Side

September 24

1. Cacio E Pepe with Meat Ravioli and Mushrooms
2. Sausage Stir-Fry with Rice and Veggies
3. Pesto Chicken with Roast Potatoes and Veggies

**MINIMUM PURCHASE OF 3 MEALS IS
REQUIRED TO ORDER**



TUESDAY COMMUNITY MEALS

July 7

Hawaiian Luau \$10 and Birthday Celebration

Chicken Teriyaki with Pineapple Glaze, with Rice and Mango Salad. Served with Birthday Cake.

July 14

Pizza Delivery with Fries, and Dessert.

July 21

Au Coq Boxed Meal with Chicken, Fries, Gravy, and Bun. Served with Dessert.

July 28

Pancakes, Fruit, Hashbrowns, and Bacon, with Dessert.

August 4

Birthday Bingo

Sausages, with Peppers and Roasted Potatoes, with Birthday Cake

August 11

Ferragosto Luncheon

Fettucine with Meat Bolognese Sauce with Italian Dessert

August 18

Chicken Wrap, French Fries and Coleslaw, with Dessert

August 25

Hamburger Steak, Mashed Potatoes and a Side Salad with Dessert

Sept 1

Birthday Bingo

Butter Chicken, Basmati Rice and Veggies, with Birthday Cake

Sept 8

Omelette, Hashbrowns and Sausages with Dessert

Sept 15

Salmon with Dill and Lemon Served with Rice and Veggies, and Dessert.

Sept 22

Build Your Own Beef Tacos with Rice on the Side, with Dessert

Sept 29

Seniors Day Lunch FREE

Meatloaf with Mashed Potato and Roasted Veggies, with Dessert

**\$10 PER MEAL
EXCEPT FOR SELECT SPECIAL EVENTS
SERVED AT ALMAGE MAIN CENTRE EVERY WEEK
*PLEASE SIGN-UP IN ADVANCE TO ENSURE YOUR SPOT**



**SPECIAL LUNCHEONS
ARE PARTIALLY
FUNDED BY GRACE
DART FOUNDATION**

WEDNESDAY LUNCH CLUB

\$8 for Light Lunch

Menu Announced on Tuesdays

Please sign-up by the Tuesday prior

THURSDAY LUNCH CLUB

\$10 for Lunch

Please sign-up by the Tuesday prior

EVENT & TRIP

TICKET SALES, CANCELLATION, REFUND POLICIES

We strive to provide enjoyable and well-organized events and trips for all participants. Please review our ticket sale, cancellation and refund policy:

Trip Registration:

- **To register for a trip, you must purchase your ticket at the Main Centre** through the Activity Coordinator. There will be **no holds on tickets that are not paid for**.
- To help keep everyone safe and comfortable, we ask that members register only for trips suited to their level of mobility and fitness. **Staff may guide members toward more suitable activities if a trip may be too demanding.**

Waitlist:

- If you are interested in a trip/event that has been sold-out, you can still **purchase a ticket and have your name registered on the waiting list** in case someone cancels. If you do not get to go on the trip, you will receive a full refund after the trip/event.

Ticket Sales:

- **Tickets for Special Events and Trips will go on sale at least 1 month prior** to the event. The **cut-off date is 7 days before the event**, unless otherwise noted.
- **Non-Member Ticket Sales:** If an event has a limited number of tickets, **membership has priority for the first 3 weeks of ticket sales**. After this period, non-members are welcome to purchase tickets.

Cancellations and Refunds:

- **Full refunds** are available only if a member contacts the Activity Coordinator **at least 7 days prior** to the event or trip **AND the ticket is resold to someone on the waiting list**.
 - **Cancellations less than 7 days before the event or trip are non-refundable**, except in cases of medical emergencies.
 - There is to be no transferring of tickets between members or friends. All tickets must be returned to the office for redistribution.
- If you sign up for an event but **have not purchased a ticket** and then cancel at the last minute or do not show up, **you are responsible for paying the cost of the ticket**.
- In the event of **cancellation or rescheduling** by the organizers due to weather or insufficient participation, attendees will be offered either:
 - A full refund, or
 - A credit toward a future event or trip.
- Refunds will generally be processed within 5–10 business days to the original payment method.

Thank you for your understanding and cooperation.



Upcoming Special Events

 Hawaiian Luau	Tuesday, July 7th 2026 11am-3pm Cost: \$10 Tickets on Sale: June 2026 Deadline: July 2nd, 2026	Join us for a fun-filled tropical afternoon featuring a Hawaiian-inspired lunch, tropical photo booth, and “Message in a Bottle” memory station. Then cheer on your team as you compete for the Luau Cup in exciting games like Coconut Bowling, Flip-Flop Toss, Hot Pineapple, and the Island Pipeline Challenge! Wear your favorite Hawaiian attire and get ready for an afternoon of island fun, laughter, and friendly competition!
 FERRA GOSTO	Tuesday, August 11th 2026 11am-3pm Cost: \$10 Tickets on Sale: July 14th, 2026 Deadline: Aug 4th, 2026	Join us for a festive afternoon of Italian food, music, and fun as we celebrate Ferragosto! Enjoy live accordion entertainment by Giovanni Natale along with themed activities, laughter, and great company in true Italian summer tradition.
 SENIORS DAY <i>Luncheon</i>	Tuesday, September 29th 2026 Time: 11am-3pm Cost: FREE Tickets on Sale: Aug 25th, 2026 RVSP Deadline: Sept 22nd, 2026	Join us as we celebrate Seniors Day with an afternoon of music, fun, and community! Start the festivities with a lively game of Human Bingo before enjoying live music entertainment, great company, and a wonderful celebration dedicated to our seniors.

Please contact our Activity Coordinator to Purchase Your Ticket and Reserve Your Spot!

Upcoming Outings

 	Wednesday, July 15th 2026 10am-6pm Cost: \$25 Members \$30 Non-Members Tickets on Sale: June 17th Non-Member Tickets: June 30th Deadline: July 8th Lunch at Mon Village Restaurant (Not Included)	Join us for a special outing to see <i>The Rules of Playing Risk</i>, an engaging production at Hudson Theatre! Enjoy a wonderful afternoon of live theatre, compelling storytelling, and great company. Transportation From Main Centre Included
 	Wednesday, Aug 19th 2026 10am-3pm Cost: \$5 Members \$15 Non-Members Member Tickets on Sale: July 22nd Non-Member Tickets: Aug 5th Deadline: Aug 12th	Join us for a relaxing day trip to the charming village of Sainte-Anne-de-Bellevue featuring lunch at the famous Pete's Cape Cod. Enjoy delicious food, beautiful waterfront scenery, and a wonderful day out with friends! Transportation From Main Centre Included. Meal not included.
 	Wednesday, Sept 23rd 2026 10am-3:30pm Cost: \$20 Members \$40 Non-Members Member Tickets on Sale: Aug 26th Non-Member Tickets: Sept 9th Deadline: Sept 16th	Spend a festive autumn day at Constantin enjoying their famous méchoui buffet followed by apple picking and seasonal fun. A perfect fall outing filled with great food, fresh air, and wonderful company! Transportation From Main Centre Included

Please contact our Activity Coordinator to purchase your tickets!

UPCOMING *Presentations*

Thanks to the support of our partners, we will be offering presentations and workshops on the following topics.

Your Life, Your Legacy Presentation

Join our discussion about how to leave your loved one protected when the time comes, and how to make sure your wishes are understood and followed.

Time: 11am-12pm

Location: Almage Main Centre

Dates:

Part 1: Tuesday, July 21st 2026

Part 2: Tuesday, September 1st 2026

Presenter: Rachel Rainville,
Collins Clarke Funeral Home



iGEM Student Presentation

Join McGill iGEM students for an engaging presentation on how to do microbial painting using engineered bacteria. This bacteria is a level 1 pathogen and is very commonly used in teaching and is non-pathogenic to humans (very, very safe).

Time: 11am-12pm

Location: Almage Main Centre

Date: Tuesday, July 14th 2026

Presenter: McGill iGEM Students



Taking Medications Safely: What You Need to Know

Time: 10am-12pm

Location: Online, via Zoom

Register: [https://chssn-](https://chssn-org.zoom.us/meeting/register/SpE8zTxiQ4mCQfrCAo0o7w#/registration)

[org.zoom.us/meeting/register/SpE8zTxiQ4mCQfrCAo0o7w#/registration](https://chssn-org.zoom.us/meeting/register/SpE8zTxiQ4mCQfrCAo0o7w#/registration)

Date: Wednesday, Sept 16th 2026

Presenter: Louise Papillon Ferland, Deprescribing Network

Secrétariat aux relations
avec les Québécois
d'expression anglaise

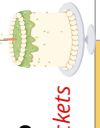
Québec 



July Activities

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				Centre Closed		1		3	
6		7		8		9		10	
11am: Tabletop Games		10am: Blood Pressure Clinic Hawaiian Luau Luncheon & Birthday Celebration 11am-3pm \$10  		11am: Knit/Crochet Club 12pm: Lunch Club 1pm: Cribbage <i>Deadline for Hudson Tickets</i>		10am: Tech Club 11am: Chair Yoga \$6 12pm: Lunch Club 1pm: Chinese Mahjong <i>Deadline for Luau Tickets</i>		11am: Tabletop Games	
13		14		15		16		17	
11am: Tabletop Games		11am: McGill iGEM Student Presentation 12pm: Community Lunch 1pm: Bingo <i>Tickets for Ferragosto on Sale</i>		Hudson Theatre <i>The Rules of Playing Risk</i> 10am-6pm \$25 Members \$30 Non-Members		10am: Tech Club No Lunch Club 1pm: Chinese Mahjong		11am: Tabletop Games	
20		21		22		23		24	
11am: Tabletop Games		11am: Your Life, Your Legacy Presentation 12pm: Community Lunch 1pm: Bingo		11am: Knit/Crochet Club No Lunch Club 1pm: Cribbage <i>Tickets for Sainte-Anne On Sale</i>		10am: Tech Club 11am: Chair Yoga (Summer Session) No Lunch Club 1pm: Chinese Mahjong		11am: Tabletop Games	
27		28		29		30		31	
11am: Tabletop Games		11am: Knit/Crochet Club 12pm: Community Lunch 1pm: Bingo		11am: Knit/Crochet Club 12pm: Lunch Club 1pm: Cribbage		10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Chinese Mahjong		Foot Care Clinic Call Rosanna (ext 122) for Appointment (\$40)	

August Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11am: Tabletop Games	10am: Blood Pressure Clinic⁴ 11am: Knit/Crochet Club 12pm: Community Lunch (\$10) 1pm: Birthday Bingo <i>Deadline for Ferragosto Tickets</i> 	5 11am: Knit/Crochet Club 12pm: Lunch Club 1pm: Cribbage	6 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Chinese Mahjong	7 Volunteers Needed 1pm-3pm <i>Help Sort Donations for Street Sale Sign-Up in Advance</i>
10 11am: Tabletop Games	11 Ferragosto Luncheon 11am-3pm \$10 	12 11am: Knit/Crochet Club 12pm: Lunch Club 1pm: Cribbage <i>Deadline for Sainte-Anne Tickets</i>	13 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Chinese Mahjong	14 Volunteers Needed 1pm-3pm <i>Help Sort Donations for Street Sale Sign-Up in Advance</i>
17 11am: Tabletop Games	18 11am: Knit/Crochet Club 12pm: Community Lunch 1pm: Bingo	19 Trip to Sainte-Anne-de-Bellevue 10am-3pm \$5 Members \$15 Non-Members <i>*Meal Not Included*</i>	20 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Chinese Mahjong	21 11am: Tabletop Games
24 11am: Tabletop Games	25 11am: Knit/Crochet Club 12pm: Community Lunch 1pm: Bingo <i>Tickets for Seniors Day On Sale</i>	26 11am: Knit/Crochet Club 12pm: Lunch Club 1pm: Cribbage <i>Tickets for Constantine On Sale</i>	27 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Chinese Mahjong	28 Foot Care Clinic Call Rosanna (ext 122) for Appointment (\$40)
31 11am: Tabletop Games				

September Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11am: Your Life, Your Legacy Presentation Part 2 12pm: Community Lunch 1pm: Birthday Bingo 	2 11am: Knit/Crochet Club 12pm: Lunch Club 1pm: Cribbage	3 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Chinese Mahjong	4 11am: Tabletop Games
7 Centre Closed	8 10am: Blood Pressure Clinic 11am: Knit/Crochet Club 12pm: Community Lunch 1pm: Bingo	9 11am: Knit/Crochet Club 12pm: Lunch Club 1pm: Cribbage	10 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Chinese Mahjong	11 11am: Tabletop Games
14 11: Tabletop Games 1pm-2:30pm: STAND UP! Program	15 11am: Knit/Crochet Club 12pm: Community Lunch 1pm: Bingo	16 11am: Knit/Crochet Club 12pm: Lunch Club 1pm-2pm: STAND UP! Program <i>Deadline for Constantin Tickets</i>	17 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Cribbage & Chinese Mahjong	18 11am: Tabletop Games
21 11am: Tabletop Games 1pm-2:30pm: STAND UP! Program	22 11am: Knit/Crochet Club 12pm: Community Lunch 1pm: Bingo <i>Deadline for Seniors Day</i>	23 Trip to Constantin Méchoi Buffet & Apple Picking 10am-3:30pm \$20 Members \$40 Non-Members 	24 10am: Tech Club 11am: Chair Yoga (Summer Session) 12pm: Lunch Club 1pm: Cribbage & Chinese Mahjong	25 Foot Care Clinic Call Rosanna (ext 122) for Appointment (\$40)
28 11am: Tabletop Games 1pm-2:30pm: STAND UP! Program	29 Seniors Day Luncheon 11am-3pm \$10 	30 11am: Knit/Crochet Club 12pm: Lunch Club 1pm-2pm: STAND UP! Program		

Satellites

July		Montreal North	
Rosemont	MONDAY	FRIDAY	
			
	6 10:30am: Knit/Crochet 11am: Tote Bag Craft 12pm: Lunch \$10 1pm: Tabletop Games	10 Main Centre Day	3 No Activities
	13 10:30am: Knit/Crochet 11am: Tote Bag Craft 12pm: Lunch from Home 1pm: Tabletop Games	17 Restaurant Outing 12pm-2pm Contact for more Details	
	20 10:30am: Knit/Crochet 11am: Tote Bag Craft 12pm: Lunch from Home 1pm: Tabletop Games	24 No Activities	
	27 10:30am: Knit/Crochet 11am: Tote Bag Craft 12pm: Birthday Lunch \$10 1pm: Tabletop Games	31 No Activities	

August		Montreal North	
Rosemont	MONDAY	FRIDAY	
	3 10:30am: Knit/Crochet 11am: DIY Suncatchers 12pm: Lunch \$10 1pm: Tabletop Games	7 Main Centre Day	
	10 10:30am: Knit/Crochet 11am: DIY Suncatchers 12pm: Lunch \$10 1pm: Tabletop Games	14 Main Centre Day	
	17 10:30am: Knit/Crochet 11am: DIY Suncatchers 12pm: Birthday Lunch \$10 1pm: Tabletop Games	21 No Activities	
	24 10:30am: Knit/Crochet 11am: DIY Suncatchers 12pm: Lunch \$10 1pm: Tabletop Games	28 No Activities	
	31 10:30am: Knit/Crochet 11am: DIY Suncatchers 12pm: Lunch \$10 1pm: Tabletop Games		

September		Montreal North	
Rosemont	MONDAY	FRIDAY	
			4 No Activities
	7 Centre Closed		11 10:30am: Knit/Crochet 11am: Welcome Door Mat Craft 12pm: Birthday Lunch 1pm: Tabletop Games 
	14 10:30am: Knit/Crochet 11am: Painting Planters 12pm: Birthday Lunch (\$10) 1pm: Tabletop Games		18 10:30am: Knit/Crochet 11am: Welcome Door Mat Craft 1pm: Tabletop Games
	21 10:30am: Knit/Crochet 11am: Final Touches 12pm: Lunch (\$10) 1pm: Tabletop Games		25 10:30am: Knit/Crochet 11am: Welcome Door Mat Craft 1pm: Tabletop Games
	28 10:30am: Knit/Crochet 11am: Planting Seeds 12pm: Lunch (\$10) 1pm: Tabletop Games		

SATELLITES ARE FUNDED BY

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**PROGRAMME
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