



Almage 50+ Center

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APRIL-MAY-JUNE 2007 ISSUE

S T A F F

Filomena Manno - Center Manager

Anna Malorni – Volunteer Coordinator

Rosanna Padula - Activity Programmer

Patricia Doyle – Bus Driver

Joanne Colasurdo – Home Support Coordinator

Mickey Bain – Replacement Driver

Lynne Tinman – Home Support Assistant

I HOPE YOU DANCE...

This was written by an 83-year-old woman to her friend.

Dear Bertha,

I'm reading more, and dusting less. I'm sitting in the yard and admiring the view without fussing about the weeds in the garden. I'm spending more time with my family and friends and less time working.

Whenever possible, life should be a pattern of experiences to savour, not to endure. I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every special event such as losing a pound, getting the sink unstopped, or the first Amaryllis blossom.

I wear my good blazer to the market. My theory is, if I look prosperous, I can shell out \$28.49 for one small bag of groceries. I'm not saving my good perfume for special parties, but wearing it for clerks in the hardware store and tellers at the bank.

"Someday" and "One of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do – now.

I'm not sure what others would've done had they known they wouldn't be here for the tomorrow that we all take for granted. I think that they would have called family members and close friends. They might of called a few former friends to apologize and mend fences for the past squabbles. I like to think they would have gone out for dinner.

I'm guessing; I'll never know.

It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write one of these days. Angry and sorry that I didn't tell my husband and parents often enough how much I truly loved them. I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives. And every morning when I open my eyes, I tell myself that it is special.

EVERY DAY, EVERY MINUTE, EVERY BREATH TRULY IS A GIFT FROM GOD.

LIFE MAY NOT BE THE PARTY WE HOPED FOR, BUT WHILE WE ARE HERE WE MIGHT AS WELL DANCE.

CENTER NEWS

CENTER HOURS/HOLIDAY CLOSING:

Please take note that the center will be closed on Good Friday, April 6, and Easter Monday, April 9. We will also be closed on the following Mondays; May 21st for Victoria Day, June 25th for St-John the Baptiste, and July 2nd, for Canada Day.

The center will also be closed on Tuesday, April 17, due to our annual volunteer celebration.

Please take note that as of June 1st, the summer hours will be from 8:30am to 4:00pm.

TIME FOR MEMBERSHIP RENEWAL:

Starting April 2nd and continuing the entire month, you can renew your 2007-2008 membership and newsletter subscription, if applicable. **A renewed membership is always required to take part in Almage activities and/or programs.** The membership for the year is \$20.00, and if you would like to receive the newsletter at home, it is an additional \$5.00 to cover the postage expense.

A center membership is valid from April 1st to March 31st of a given year!

**Anyone that became a NEW member (or was a late renewed member) before December 31st, 2006 has to renew their membership in the month of April, 2007 like everyone else. Our new fiscal year starts from April 1st every year.

SPRING CLEAN-UP:

We know many people clean up their homes now that we are entering the spring and summer season, and many of you have old items that you get rid of. **PLEASE DO NOT BRING THEM TO ALMAGE.** If you don't want them, we don't want them either. Almage has become a dumping zone, and unfortunately we need to clean up to. We are not accepting anyone's treasured items, until the Bazaar, which might be in October-November.

If you make anything brand new, or have anything that is brand new, and you would like to donate it for a certain party or raffle, we will accept it, because it will make a lovely gift for someone else.

WOMEN'S CLOTHING NEEDED:

We are in need of "large size" women's clothing. Please drop off the clothes before April 16th. If you would like us to return the clothes, please mark your name on the inside label.

FÊTE DES FAMILLES—MERCIER-EST

Saturday, May 26th 2007 from 11 :00am to 4 :00pm at Parc Thomas Chapais (Pierre Bernard & de Grosbois Streets). Party in the park for the Mercier-Est community. Representatives from different organizations community will be on hand. The Almage Center will have a table. Bring your grandchildren—there will be lots of entertainment for the kids. Event takes place rain or shine (in the event of rain, it will take place in the gymnasium of St. Justin School).

LOONIES, TWOONIES, and BILLS:

Please, try to come to the center with smaller bills (like \$5.00 bills) and coins. Unfortunately, everyone comes and buy their tickets, meals, and raffles with \$20 bills. We try to accommodate, but it is becoming really hard getting change.

BOARD OF DIRECTORS

ANNUAL GENERAL MEETING (AGM):

You are invited to attend this year's Annual General Meeting on Tuesday, June 19th, 2007 at 11:15am. The meeting will take place at the center — 8680 Hochelaga. The program reports, the audited financial report and the objectives for the next fiscal year will be presented. You may pick up the reports as of 10:00am that morning. Please renew your membership before the meeting in order to be eligible to vote, should there be an election. A light lunch will be served following the meeting at 12:30pm. Regular activities (horseracing) will follow in the afternoon.

NOMINATING COMMITTEE:

There is 1 position up for re-election and 3 positions to fill. The committee will recruit potential members to present as candidates. Nominations may also be submitted by centre members prior to the meeting and/or on the day of the AGM. If you would like to run for a position on the board of directors or would like to nominate a member, nomination forms will be available as of April 23rd 2007. To learn more about the roles and responsibilities of a board member, please speak to Filomena.

WORD FROM THE PRESIDENT:

In honour of the Almage Senior Community Center's **25th Anniversary**, the board members and I look forward to seeing many of you at our center the week of June 11th/07 and at the banquet on the evening of Friday, June 15th/07. The committee members have been hard at work since January 2006 planning various fundraising events to help cover a portion of the expenses related to the festivities. It is now time to celebrate and we hope that you will be in attendance to celebrate with us.

There have been many changes in the east end community and we are happy to see that the English-speaking community continues to thrive. This will be a great opportunity for the Almage family (current members, former members, new members, past presidents, former board members, former volunteers and former staff members) to come together and reminisce about the "good ole days"! We will have a chance to catch up with some familiar and some new faces as we walk down memory lane.

Feel free to invite your friends and family as we celebrate the center's accomplishments of the last 25 years! Information pertaining to the banquet could be found in the "25th Anniversary" section of the newsletter. We would not be where we are today, if it were not for **YOU!** Come see how we have grown—25 years later!

Sincerely,

John Henry
President

PROGRAM NEWS

For regular program/activity information (times, starting dates, ending dates or time changes) please refer to the weekly schedule and calendars at the end of the newsletter.

COMMUNITY MEALS:

Please remember to give in your names if you are planning to attend. **Please do not assume that there will be a lunch for you if you do not reserve ahead of time.**

**If I do not have a cook for the meal, or if I have less than 10 people on my list, the meal will be cancelled.

COFFEE & TEA:

Coffee and tea is always available at Almage. **The cost is always 50 cents.** If the coffee collection jar is not on the counter, please come and see the office staff to pay.

MINI-BUS:

The mini-bus is always available on Tuesdays for pick-ups. The service costs \$5.00, for door-to-door service (or \$2.50 for one way).

BOWLING:

If anyone would like to join the bowling team for the summer season, please contact Rosanna. Spaces are available. They will be starting again on Thursday, April 19, 10:00am at the Domaine Shopping Center.

DARTS:

If anyone is interested in playing darts, and/or animating the group, please come and see Rosanna. Maybe we can start playing again on Tuesday afternoons at 1:00pm. We would play on the 2nd and 4th Tuesday of the month if there are a good number of people playing.

THURSDAY AFTERNOONS: Activities now on every week.

- (New) CARPET BOWLING:

Join us on Thursday afternoons at 1:00pm. A group has started playing since the end of February, and

new players are welcome to join. Come and have fun with them.

- **(New) RUMMOLI:**

Every second & fourth Thursday of the month, at 1:00pm, a new game has started. This is a fun, board and card game played anywhere between 2 to 8 players. We now have 3 new boards to play with. So, there's plenty of room for 24 people.

- **CRIBBAGE:** This game is still on, every first and third Thursday of the month.

GUEST SPEAKERS:

Gambling:

Is this the winning combination? ①②③④⑤⑥ The probability that this combination will be drawn is just as great as the other 13 983 815 possible combinations. Is this true? Are you aware of the risks involved with the different forms of gambling? If you would like more information, you will have an opportunity to learn more on this subject on Tuesday, April 10th at 10:45am. Sandra Gordon, a worker from "Maison Jean Lapointe" will present an interactive workshop on gambling. This activity will explore ways various lotteries and casino games function, and will look at how players can avoid the pitfalls of "problem gambling". Participants have found the workshop to be both very informative and entertaining. This activity is sponsored by the Quebec government's regional board of health and social services and is free. Refreshments will be served.

Wills, Mandates, Estate Planning...

Do you have questions about notarized wills, hand-written wills, mandates, financial planning, estate planning, the consequences and cost of not having provided for the disposition of your estate, etc...? Daniel Vincent, from the Scotia Bank (McGill College) will be on hand to answer your questions and address your concerns on Tuesday, April 24th at 11:00am. This activity is free. Refreshments will be served.

COMPUTER COURSES:

Our instructor Pierrette, will not be with us for the summer and will be back in the fall.

LINE DANCING:

Line dancing will end on Friday, May 4th for the summer. Look out for the fall session, in the next newsletter.

ARTS & CRAFT/ PLASTIC CANVAS/ WOODWORK:

These Almage craft groups work hard every week to make beautiful art items for the center. The work is then sold on special luncheons / or events that we have. All 3 groups have been very successful in their sales for Valentine's Day and St-Patrick's Day. They are getting ready for Easter, our Anniversary, and for other events. Come and support them and the center. Take a look at their lovely displays.

Right now the woodworking group is selling 3 wooden ducks to display in your lawn or in your home. Come and take a look. The cost is 3 ducks for \$16.00.

INTERGENERATIONAL EXCHANGES:

During the year we have been lucky to have students from Dalkeith Elementary, John Paul 1st High School, and St-Raphael Elementary. It is so exciting seeing these lovely young people entertain us and/or help out in the center, because they really want to be amongst us. Please welcome them and speak to them, so that they keep on coming, and so that they see Almage and all seniors in general, in a positive way.

EASTER LUNCH :

A Ham lunch will be served on Tuesday, April 3rd, to celebrate the Easter holiday. Birthday Bingo will follow in the afternoon. The cost for lunch will be \$7.00 for that day, for members (and \$10.00 non-members).

"GIRL GUIDES" TEA:

You are invited to a special tea organized by the Rivière-des-Prairies girl guides and brownies on **Saturday, April 21st, 2007** from 12:00-2:00pm at Almage. There are only 40 tickets available for this activity and the cost is \$2.00 per person. Encourage a community initiative! Tickets now on sale.

ORDERING OUT :

On Tuesday, April 10th, and Tuesday, May 22nd we will be ordering out chicken for lunch. If you are interested please give in your name. The cost ranges from \$6.50 to \$9.00 per person.

DENIM DAY :

This event is held on the Tuesday following Mother's Day. People across Canada join together in wearing denim and/or a "pink flower ribbon" for a suggested donation of \$5 to the CURE Foundation.

Here at Almage, we will be having a special day, for Breast Cancer Awareness on **Tuesday, MAY 15**. Our 2 students, MaryAnn and Tammy will be organizing the day for us. In addition to their help, we will also have the students from St-Raphael Elementary School to help and entertain us. We will have a lovely lunch, consisting, of lasagna with salad, and strawberry shortcake for dessert. The day will also be filled with games that the students will animate.

On this day, we will also be supporting our fellow board member and very active community volunteer, Mr. John Jones, with his walk on « THE WEEKEND TO END BREAST CANCER », which will take place on August 25th. A portion of the money raised, will go to the Jewish General Hospital Segal Cancer Center. It is very courageous of him to take this 3-day 60 km walk, and we at Almage want to encourage him.

On that day you will have the opportunity to buy a pink ribbon (made by our Plastic canvas group which meets every Wednesday morning) and the money will also go towards this great cause.

The cost will be \$8.00 for members (\$11.00 for non-members). Tickets will be on sale as of April 16.

Canada DAY:

Join the festivities Tuesday, June 26; we will have a hot dog luncheon. Hot Dogs, French-fries, apple pie and vanilla ice cream will be served for the day. Cost will be \$6.00. In the afternoon, we will have whist and O.K.O.. Tickets on sale as of May 22nd.

MEMBERSHIP INFORMATION

WELCOME TO OUR NEW MEMBERS:

Welcome toRita Walter, Edmund Cisowski, Gerda Hoerrmann, Philippe Viola, and Gordon Bray.

BIRTHDAY WISHES:

We would like to wish the following members a very HAPPY BIRTHDAY. ALL THE BEST TO YOU!!!

April

Robert Beaudoin, Dolores Bychok, Bernadette Cambria, Yvan DeMontigny, Mary Doran, Germain Forget, Joan Gauthier, Yvonne Gravel, Germaine Guimont, Alexander Hall, Hilde Janssen, Margaret Jurychuk, Mary Kolanitch, Solange Lavoie, Denise Menard, Thanh-Phong Nguyen, Frances Plonski, Jacques Poliquin, Jean Louis Ranger, Felicia Manganillo, Mary Roselle, Micheline Scott, Lorne Simeon, James Whitehall

May

Emma Chaput, Eva Cleveland, Celestina D'Aguiar, Annette Di Lauro, Hugette Forget, Reina Goodrow, George Groleau, Ilse Hahndorff, Phyllis Hamilton, Helen Heffernan, Dorothy Letang, Patrick Letang, Tina Mann, Margaret Martell, Jeanette Moncada, Muriel McGirr, Roseanne Paquette, Mary Santini, Shirley Singer, Emily Stopkevich, Rona Stott, Claire Testart, Justine Tomiuk, May Wilson, May Yasunaka.

June

Jean Aird, Jean Assels, Jenny Berardinucci, Dorothy Brisebois, Dorothy Brown, Jeanette Cambria, Irene Chadwick, Louise Gratton, Rose Guerriero, Jean-Pierre Guimond, Gerda Hoerrmann, Frances Iwanowski, Lucie Jurevicz, Claire Kelly, Stanley Lemieux, Doris Lolly, Joyce Montanaro,

Shirley McArdle, Alice McKinnon, Lillian Peppy, Betty Peto, Katarina Piatkowski, Salvatore Pizzardi, Hilda Richards, Betty Sides, Matthew Sutton, Rodney Themens, Florence Touchette, Doris Trute, Suzanne Valente, Margaret Young

If there is an oversight on our part, and we have omitted your name, we apologize. Please let us know so that we may verify and update our list.

FUNDRAISING/SPECIAL EVENTS

25th ANNIVERSARY EVENTS:

25th ANNIVERSARY:

We are fast approaching the 25th Anniversary festivities and to date, YOU the members have helped us raise over \$4,000. This money and any additional money raised between now and June will help cover some of the anniversary expenses.

Humbugs:

Back by popular demand! Get your bag of humbugs for \$5.00.

“Fun Fashion Show”:

Date: Tuesday, May 8th 2007

Lunch: 11:30am (Sandwiches, pâté, cheese & vegetable platter, wine, dessert, coffee/tea)

Show: 1:00pm

Cost: \$10.00 (you must have a ticket to attend!) Only **80** tickets available!

Wondering what's in and what's not? Not sure as to what to wear for that big event. Find out what the latest fashion trends are at our first ever “**Fun Fashion Show**” featuring “models” from Paris, Milan, New York and east end Montreal. Door prizes, ½ & ½ draw, and lots of fun!

Tickets go on sale Tuesday, April 3rd.

Anniversary Week—June 11th-15th 2007:

Drop by the center during this week---there will be lots of different surprises leading up to the Friday, June 15th banquet. Baby picture guessing contest (bring in your baby pictures); walk down memory lane (photo and video display); door prizes; raffles; games; music; and more...

QUARTER DRIVE:

We invite you to drop off your spare “quarters” in the donation jar. Since we are celebrating our 25th Anniversary soon, we are still collecting “quarters” to defray some of the expenses for the celebrations. Any other spare change will also be accepted.

HALF & HALF:

The monthly ½ & ½ raffles have been a great success! Every month until June 2007, Jean Rose and other members from the committee, will be selling pink raffle tickets (1 for \$1). The monthly draw—one prize—takes place on the first Tuesday of the month at 1:00pm. The January, February and March winners were Shirley McArdle, Shirley Kenny and Alba Whitehall.

The next monthly draws will take place Tuesday, April 3rd, Tuesday, May 1st, and Tuesday, June 5th at 1:00pm before the birthday bingo.



25th Anniversary Banquet

Friday, June 15th 2007

Cocktails: 5:00pm

Supper: 6:00pm

Centre Antique

6086 Sherbrooke East

close to Cadillac Metro (parking available behind the building)

★ Punch (before the meal)

★ Hot & Cold Canapés

★ Potato and Leek Soup

★ Mixed Baby Leaf Salad

★ Roast Beef with Potatoes and Vegetables

★ Ice Cream Crepe with Coffee or Tea

★ Red or White Wine (served during the meal)

★ Cash Bar (available before and after the meal)

★ Entertainment provided by Greg Innis

★ Dancing, Lots of Fun, Party Favours

★ Minibus Transportation Available (to and from the banquet hall)

Cost: Tickets available as of Tuesday, April 10th, 2007

\$15.00 (for current members with a 2006-2007 membership as of March 31/07)

\$25.00 (for former members)

\$40.00 (for new members as of April 1/07 & guests--invite your friends & family)

Deadline to purchase tickets: June 11th 2007

TRIPS

NOTE: Trips are subject to change. Please check the center bulletin board for any changes.
If a change is made, the ticket holders will be called and informed before the trip takes place.

Special Note: Please be aware that some of our trips require more walking, and we do not have the volunteers or members to assist everyone. Please make sure that if you do plan on going on a trip, that you feel well enough to go **independently**.

TRIPS PROGRAMMING MEETING:

On Tuesday, February 27, we held a trips meeting, to discuss:

- a) What trips we would like to see and/or go on for the next 6 months
- b) How we can use our mini-bus more effectively, so that we do not lose it for good.

Unfortunately, we were only 10 people, and the suggestions made, focused on eating in restaurants, shopping and going to places where there was not a lot of walking. This is what we have been doing for the past few years. Therefore, if people did not show up at the meeting, to give suggestions, it meant that they were happy with what we had been offering, and there is no need for any change **or complaints**.
The trips coming up are great trips, so I hope you take advantage of them.

AU VIEUX DULUTH AND WALMART:

Date: Wednesday, April 4, 2007

Time: Pick-up will be available (Call to verify if eligible)

Cost: \$7.00 members / \$10.00 non-members (mini-bus only)

Have lunch at the Vieux Duluth in Montreal North, and then go shopping at the Walmart, Winners, Dollarama, IGA, in the area. Tickets still available.

RESTAURANT PETE'S CAPE COD:

Date: Wednesday, May 2, 2007

Time: Departure from center at 10:00am

Cost: \$7.00 members / \$10.00 non-members

Shop and have lunch at Ste-Anne de Bellevue. Tickets are already on sale.

ST-SAUVEUR:

Date: Wednesday, May 16, 2007

Time: Departure from Almage at 9:00am

Cost: \$10.00 members / \$13.00 non-members (mini-bus only)

Lunch at Mikes and then shopping at the outlets, as well as Tan-Jay's store.
Tickets on sale as of April 10.

TOUR OF CITY OF MONTREAL:

Date: Wednesday, May 30, 2007

Time: Departure from Almage at 9:30am

Cost: \$24.00 members / \$27.00 non-members (includes a personal- professional tour guide on our mini-bus, and lunch)

Come and experience the many flavours of this multicultural city. Get to know the many waves of immigration that have shaped this city so prominently. Starting with Chinatown followed by the Greek, Portuguese, and Italian neighbourhoods with a stop at the Jean-Talon Market. We will sample the incredible bagels at St-Viateur Bagel, in the heart of the Jewish Hasidic Community. Then we will have a French baguette lunch on Mount-Royal, and a stop at the Atwater market with its many beautiful flowers. A personal tour guide will be on with us to show us, and teach us about all these great cultures in Montreal. WHAT A WAY TO SEE THE CITY. Tickets on sale as of April 23, 2007.

KELLY'S PUB & VISIT TO "CALICO" & BRAMBLE HOUSE":

Date: Wednesday, June 13, 2007

Time: Departure from Almage at 10:00am

Cost: \$7.00 members / \$10.00 non-members

Tickets on sale as of May 7, 2007

VISIT TO OKA & LUNCH AT CASA GREQUE:

Date: Wednesday, June 27, 2007

Time: Departure from Almage at 10:00am

Cost: \$10.00 members / \$13.00 non-members (mini-bus only)

Tickets on sale as of May 22, 2007

WILLOWS INN AND HUDSON:

Date: Wednesday, July 11, 2007

Time: Departure from Almage at 10:00am

Cost: \$10.00 members / \$13.00 non-members (mini-bus only)

Tickets on sale as of June 4, 2007

RESTO SHAKESPEAR (OTHER END OF STE-ANNE DE BELLEVUE):

Date: Wednesday, July 25, 2007

Time: Departure from Almage at 10:00am

Cost: \$7.00 members / \$10.00 non-members (mini-bus only)

Tickets on sale as of June 18, 2007

HOME SUPPORT PROGRAM

For specific questions or information pertaining to Home Support Services, please see Joanne or Lynne.

STAGE STUDENTS – “SAYING GOOD-BYE”:

Unfortunately all good things must come to end. Both Tammy and Mary Ann 1st year students from Dawson College – Social Services Program have been with us since January 2007 every Thursday. Their stage placement will be coming to an end May 12th, 2007; they were wonderful students and will be greatly missed. We wish them both the very best in their students and in all that life brings them. Good luck Tammy and Mary Ann.

FOOT CLINIC:

The next foot clinic dates are Friday, April 13th, 2007 and Friday, June 1st, 2007. Please note that the foot clinic fees have increased, the new cost is \$26.00. Foot care at home is still available please contact the office for more information.

BLOOD PRESSURE CLINIC:

We have a new nurse who will be coming to the centre on a monthly basis to take your blood pressure. Please help me welcome Lesley Aiton Spevack, welcome aboard Lesley!. The next blood pressure clinics will be; Tuesday, April 10th, May 1st, and June 5th, 2007.

GROCERY SHOPPING:

Now that spring is in the air, why not jump on board the mini-bus and do your grocery shopping! The mini-bus will leave the centre at 1:00pm and back for 2:45pm. Please note members must already be at the centre for this service. There is a minimal cost of \$2.00 for this service. The dates for the grocery shopping trips are:

Tuesday, May 29th, 2007 – Maxi

Tuesday, June 12th, 2007 – Loblaws

Tuesday, June 26th, 2007 – Maxi

TAKE-OUT MEALS - \$12.00 for 3 meals + \$3.00 for delivery:

Please remember that you must phone in your order for the meals no later than Wednesday, grocery shopping is done on Thursday morning. Please take note that the centre will be closed on the following dates; Monday, April 9th, May 21st, June 25th and July 2nd, 2007. Due to the holidays, you may double up

your meals. However for this one time only on June 18th, you may triple your meals if you wish, please notify the office.

April 2 nd	Pineapple Ham, Chicken Pot Pie, Beef Stew
April 9 th	Centre Closed
April 16 th	Breaded Filet of Sole, Sweet & Sour Meatballs, Pork Chops
April 23 rd	Italian Hamburgers, Macaroni & Cheese, Sausages
April 30 th	Salmon Filets, Chicken Stir Fry, Spaghetti
May 7 th	Meatloaf, Chicken Fillets, Ravioli
May 14 th	Haddock Fillets, Roast Beef, Pork Sausages
May 21 st	Centre Closed
May 28 th	Pork Stir Fry, Ham, Pasta
June 4 th	Lemon Dill Fish, Quiche, Roasted Chicken
June 11 th	Sweet & Sour Pork Chops, Cabbage Rolls, Veal
June 18 th	Pasta, Chicken, Salmon Pie
June 25 th	Centre Closed
July 2 nd	Centre Closed

VOLUNTEER COORDINATOR'S CORNER

All aboard! Let's go sugar shacking

On April 17th, we will hop on a bus with our volunteers to go celebrate our achievements together. Volunteer Week April 15-21st is a nationally recognized tribute to volunteers in Canada. Across our provinces and territories, Canadians are celebrating their successes and achievements through the contributions of our most valuable natural resource: VOLUNTEERS. This year, we decided to go sugar shacking together to celebrate and thank our volunteers. Look for your invitation in the mail.



Volunteer Training and Drama?

How do these two fit together? Have you ever told a story about an event that already passed to someone else? You probably answered yes. What you may not realize is that you were using your ability in storytelling to capture someone's attention and teach them something you learned or experienced, and you may have made someone laugh or think about an important issue in the process. Training comes in different formats. Traditionally, we have someone stand before us and lecture us about a topic. We want to try something new with our volunteers of Almage. We want to gather our volunteers together as a group and experiment with different techniques that are typically used in drama like role playing, storytelling, and improvisation to learn from one another. As the volunteer coordinator, I am working with Jamie, a student from Concordia University who studied Drama and Education and we will be developing a training program for this upcoming spring and summer. For the adventurers and lovers of learning, we hope to see you there

KITCHEN TRAINING HELPFUL TO VOLUNTEERS

18 volunteers and 2 staff involved in the lunch programs, special event meals, and home support take out meal program attended a two hour training workshop provided by the City of Montreal food inspection department. Volunteers were taught about food handling and preparation techniques, heating and cooling techniques, how to avoid contamination of food and bacteria and the importance of public health safety. Prevention is the key in serving the public and volunteers were able to share their knowledge as well as learning about the guidelines and standards set by the City of Montreal. Anna Malorni, the coordinator of volunteer services presented some additional exercise that included role-playing and discussing difficult scenarios that volunteers encounter in their work and how to address them. Volunteers reported in their evaluation forms how important and beneficial this information and workshop was to them and to their volunteer work

MEAL PROGRAM

The cost for the Tuesday meal is **\$5.00** (unless specified differently) and it includes dessert with coffee/tea

April 3 Easter Lunch (ticket required - \$7.00)
April 10 Ordering Out Chicken (You have to give in your name – no extras)
April 17 Center Closed (Volunteer Party)
April 24 Hamburger Steak

May 1 Sweet & Sour Meatballs on rice
May 8 Fundraising Event – Fun Fashion Show (ticket required - \$10.00)
May 15 Denim Day (ticket required - \$8.00)
May 22 Ordering Out Chicken (You have to give in your name – no extras)
May 29 Fish

June 5 Spaghetti with meatsauce
June 12 Chicken brochettes
June 19 A.G.M.
June 26 Hot Dog Lunch (Ticket required - \$6.00)

July 3 Italian Pizza Lunch

(The cost for the Wednesday/Thursday meal is **\$4.00** and it includes dessert with coffee/tea)

April 4 Egg Salad sandwich & cream of carrot
April 11 Ham & Cheese & cream of vegetable
April 18 Pastrami sandwich & chicken noodle soup
April 25 Turkey wrap & minestrone soup

May 2 Roast beef sandwich & Caesar salad
May 9 Salmon sandwich & Tomato and Cucumber salad
May 16 Egg salad sandwich & Carrot salad
May 23 Ham sandwich & Macaroni salad
May 30 Pastrami sandwich & Potato salad

June 6 Italian tomato pizza & Green salad
June 13 Chicken sandwich & Tomato & cucumber salad
June 20 Chicken burger & Potato salad
June 27 Salmon sandwich & Macaroni salad

Thursday

April 5 Roast beef sandwich & pea soup
April 19 Egg salad sandwich & cream of mushroom

May 3 Ham & Cheese sandwich & Macaroni salad
May 17 Salmon sandwich & Green salad
May 31 Italian tomato pizza & Tomato & cucumber salad

June 7 Turkey wrap & Carrot salad
June 21 Pastrami sandwich & Potato salad

REGULAR PROGRAM WEEKLY SCHEDULE

Monday

10:00am Exercise
1:00pm Bridge

Tuesday (Mini-bus Day)

9:30am Knitting Group
10:30am Discussion Group
12:00pm Tuesday Lunch
1:00pm Afternoon Activities
1:00pm Birthday Bingo (April 3, May 1, June 5)
1:00pm Whist & OKO (April 10 & 24; May 22 & 29; June 26)
1:00pm Horse-racing (April 24)

Wednesday (Mini-Bus Day –refer to calendar)

9:00am Plastic Canvas
10:00am Exercise
11:45am Wednesday Lunch
1:00pm Bingo

Thursday

10:00am Bowling (Domaine Shopping Centre)
12:30pm Soup & Sandwich Kitchen (1st and 3rd Thursday of the month, unless specified otherwise)
1:00pm Cribbage (1st and 3rd Thursday of the month, unless specified otherwise)
1:00pm Rummoli (2nd & 4th Thursday of the month, unless specified otherwise)
1:00pm Carpet Bowling

Friday

9:30am Line Dancing (Last class for the summer – May 4)

White & Sons—Funeral Home

Main Office

3555 Metcalfe
Rawdon, Quebec J0K 1S0
Tel: (450) 834-4222

Locations

• Maple Street (Chateauguay) • Hochelaga St. (Montreal)
• Pierrefonds Blvd. (Pierrefonds) • Manning (Verdun)
Tel : (514) 524-3432

SERVING YOUR NEEDS

Pre-arrangements done at our locations or in the comfort of your home
Direct burial, cremation, or traditional funerals. We can guarantee no high-pressure sales

WE PRIDE OURSELVES ON SERVICE