

**Almage Senior Community Centre**  
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Office Hours: Monday-Friday (8:30am- 4:30pm)  
New E-mail: [almage@ccs-montreal.org](mailto:almage@ccs-montreal.org)  
Website: [www.almage.org](http://www.almage.org) (coming soon)

*October / November / December / 2003 ISSUE.. ...*

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## **S T A F F**

**Filomena Manno** - Centre Manager  
**Rosanna Padula** - Activity Programmer  
**Joanne Colasurdo** - Home Support Coordinator  
**Antonella Ferraro** - Home Support Assistant  
**Anna Malorni** - Volunteer Coordinator  
**Patricia Doyle** - Bus Driver

*Welcome back. We hope you all had an enjoyable summer!*

### **SOMETHING NICE TO THINK ABOUT:**

#### **" EIGHTY"**

Today, my dear Lord, I am 80, and there's much I haven't done.  
I hope dear Lord, you'll let me live until I'm 81.  
But, if I haven't finished all I want to do,  
Would You please let me stay awhile, until I'm 82?  
So many places I want to go, so much I want to see.  
Do you think You could manage to make it to 83?  
Many things I may have done, but there's so much left in store.  
I'd like it very much to live to 84,  
And if by then, I'm still alive,  
Then I'd like to stay to 85.  
The world is changing very fast, so I'd really like to stick,  
And see what happens to the world when I'm 86.  
I know, dear Lord, it's a lot to ask, and it will be nice in heaven, but I'd really like to stay  
around until I'm 87.  
I know by then I won't be fast, and sometimes I'll be late,  
But it would be oh-so-pleasant to be around at 88.  
I will have seen so many things and have had a wonderful time,  
So, I'm sure that I'll be willing to leave at 89. (well, maybe).  
(Author unknown - Given to us by an Almage member)

# CENTRE NEWS

By Rosanna Padula & Filomena Manno

## **CENTRE CLOSED:**

Please take note that the centre will be closed on Thanksgiving Day, Monday, October 13<sup>th</sup>. The centre will be closed for the Christmas holidays, from Wednesday, December 24<sup>th</sup> to Friday, January 2<sup>nd</sup>. The centre will re-open on Monday, January 5<sup>th</sup>, 2004.

## **PROGRAM CANCELLATION:**

Please take note that all programs at the centre will be cancelled on Thursday, November 13<sup>th</sup> and Friday, November 14<sup>th</sup>. We will be setting up for the BAZAAR.

## **THE MONTH OF DECEMBER:**

December is a fun month, getting into the Christmas spirit and festivities, and Almage will be hosting quite a few activities. Due to the different events, the schedule may vary a little (this may mean time change, day change or cancellation). Please refer to the calendar at the back of the newsletter for complete details.

## **PARKING:**

Reminder – Watch out for the restricted parking on Tuesdays and Thursdays. In December, it all changes again. Take a look at the signs.

## **MINIBUS:**

The mini-bus is available every Tuesday for door-to-door service for \$4.00 (return trip) and \$2.00 (for a one-way trip). We also have the mini-bus every second Wednesday, which will be used for shopping trips and bingo pick-ups, upon availability.

## **MONEY JAR:**

If you've got extra change in your pockets, the money jar is always there on the reception desk. Every penny counts, in helping your centre.

## **CENTRAIDE CAMPAIGN:**

Centraide is the centre's major funder, and once again this year, the centre will try to "give back" a little and show solidarity during their campaign. A half and half raffle will be held during the month of October. Draw to take place Friday, October 31<sup>st</sup> at 2:00pm. Half the amount will go to the winner and the other half to Centraide. Tickets will be on sale as of October 1<sup>st</sup>. Three tickets for \$1. *Help us help those who help others!*

## **CHANGING THE TIME ON YOUR CLOCKS:**

Reminder - to set your clocks back one hour on the evening of October 25<sup>th</sup>.

## **MEMORIAL SERVICE:**

On Sunday, November 23<sup>rd</sup> an Ecumenical Memorial Service will be held at Almage at 2:00pm to remember the centre's deceased members and volunteers. Representatives of the local churches, Almage members, staff, and the families of the deceased are invited to attend. Light refreshments will be served. Please inform your friends and family.

**WINTER STORM ADVISORY:**

In the event of a winter storm, members and volunteers are encouraged to listen to CJAD-800AM, 940 NEWS or to tune in to Global TV's *This Morning Live Program*. Announcements about the centre's closing will be aired very early in the morning. You may also call the centre—a recorded message will indicate whether or not the centre will be closed and if programs will be cancelled for that particular day.

**REMEMBERANCE DAY:**

On Tuesday, November 11<sup>th</sup>, please take a moment to make a small prayer for all our veterans who served our country.

**"STUFFIES FOR KIDDIES":**

For the fourth consecutive year, members, volunteers and staff have the opportunity to give back to the community. We will be collecting new and nearly new stuffed animals to donate to the Montreal Children's Hospital. If you, your family or your friends would like to take part in this GIVING project, please drop off your "stuffies" before Friday, December 5<sup>h</sup> in the toy box. Your generosity has been tremendous in the past, and, we thank you for that, and we hope to count on your support once again this year.

**LAURA DISCOUNT CARDS:**

Calling all women: Do you shop at *Laura, Laura Petite, or Laura II (sizes 14-24)*? If so, we have 75 Corporate Cards available for distribution. With this card, you will be entitled to a 10% discount (including items on sale) for a six-month period at anyone of the Laura stores. Please take note, that this card cannot be used in conjunction with the Laura Privilege Card. Pick up your card as soon as possible—first come first served basis. Happy shopping!

## **B O A R D   O F   D I R E C T O R S   N E W S**

**OBJECTIVES FOR 2003-2004:**

The board of directors had their first meeting recently and the following objectives for the coming year were outlined: reviewing and revising centre policies (fire and evacuation procedures, beautifying the centre, recruiting new members, exploring new fundraising ideas, and recruiting new board members for next year's annual meeting). Ideas and suggestions are always welcomed. Your input is very important to us.

## **P R O G R A M   N E W S**

*By Rosanna Padula*

**EXERCISE:**

Exercise with Richard will be back to its regular time, on Mondays at 11:15am, and Wednesdays at 10:00am, as of the week of October 20<sup>th</sup>.

**WESTERN LINE DANCING:**

Look out for Norman's fun and energetic line dancing class right after Thanksgiving—Monday, October 20<sup>th</sup> at 10:00am.

**BRIDGE:**

Monday afternoons at 1:00pm. Tables of 4 players are needed, and we are always trying to recruit additional players to join the group. Just give us your name if you would like to play and do not have a table.

**BRIDGE CLASSES:**

Norman will also resume his bridge courses in October. Please give your name to Rosanna if you would like to learn to play bridge.

**COMPUTER CLASSES & SERVICES:**

Computers are always available for our members to work on, or to go on the internet, for the cost of \$2.00 / hour. In addition, beginner and intermediate computer classes will be offered Monday and Friday afternoons at 1:00pm beginning October 6<sup>th</sup>. Sign up with Rosanna.

**DISCUSSION GROUP:**

Fun and interesting topics are discussed with Pat and Jennifer on Tuesday mornings at 10:30am.

**ARTS & CRAFTS: (HAPPY GANG)**

An arts & craft class is on every Tuesday morning at 10:30am. The group has been working on a quilt and Christmas items for our Bazaar. If you have any ideas for new projects to work on, please see Rosanna, Alice Beaudoin, or the Happy Gang on Tuesdays. We will be glad to hear your suggestions.

**TUESDAY AFTERNOON ACTIVITIES:**

Interested in darts? Carpet bowling? Cards? Watching a movie? Penny ante? Beanbag toss? Join us on Tuesdays at 1:00pm for a fun-filled afternoon.

**WHIST:**

Whist is on every second and fourth Tuesday of the month at 1:00pm. Whist will be cancelled in December, due to the Christmas events.

**BIRTHDAY BINGO:**

The first Tuesday of every month, come celebrate your birthday and enjoy an afternoon of bingo. Birthday bingo will be held October 7<sup>th</sup>, November 4<sup>th</sup>, & December 2<sup>nd</sup>.

**PLASTIC CANVAS:**

This group is a great group to be with in making plastic crafts. If anyone would like to learn embroidery, etc.. please join the group on Wednesdays. As of October, the group will meet every Wednesday morning at 9:00am.

**BINGO:**

Don't miss your bingo games on Wednesdays at 1:00pm. Please bring change.

**BOWLING:**

Bowling is on every Thursday at 10:00am at the Domaine Shopping Centre (Sherbrooke and Langelier). The fall/winter season has begun, but if you are interested in playing, please GIVE YOUR NAME TO ROSANNA, and we will try to accommodate you.

**CRIBBAGE:**

Cribbage is on every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. October 2<sup>nd</sup>, 16<sup>th</sup>, and 30<sup>th</sup>; November 6<sup>th</sup> and 20<sup>th</sup>; and December 11<sup>th</sup> - (2<sup>nd</sup> week of the month for **this one time**). The game starts at 1:00pm. Everyone is welcome to come and play.

**POPCORN AFTERNOON:**

Catch Me If You Can - with Leonardo Di Caprio and Tom Hanks is a great movie, and so is Bringing Down the House - with Steve Martin and Queen Latifah. If you would like to see these movies, join us on Thursday, October 30<sup>th</sup> and Thursday, November 27<sup>th</sup> at 1:30pm. We'll provide the popcorn and soft drinks, all for \$2.00. (No movie in December).

**LINE DANCING:**

Don & Peggy are here every Friday morning at 9:30am. This is a great class to have fun and a good workout at the same time.

**QI-GONG:**

Qi-gong is a great hour of energy building exercise, which helps your breathing and posture. Dr. An Rong Su is with us every Friday morning at 11:00am. The cost is \$36.00 for the fall session (10 classes) or \$5.00 per class.

**ENGLISH CONVERSATION:**

Voulez-vous apprendre l'anglais? If English is not your first language and you would like to learn, sign-up for an English class on Monday afternoons at 1:30pm.

**FRENCH CONVERSATION:**

Our instructor Pierrette is back for the fall, and is available to have classes on Thursday afternoons at 1:00pm. She will be teaching beginner French and Intermediate French. The cost will be \$20.00 for the fall/winter session. Please see Rosanna.

**SCRAP BOOKING:**

Hi everyone, my name is Jennifer, and I am an intern from Dawson College. Thank-you for welcoming me to Almage. I would like to invite you to a wonderful scrap-booking group. If you are interested in learning how to scrapbook, it will be my pleasure to show you how to decorate your favorite pictures. The first meeting will be held on Tuesday, October 14<sup>th</sup>, at 1:00pm. The actual scrap booking class will begin on Tuesday, October 21<sup>st</sup> at 1:00pm. The theme will be Fall/Halloween. The cost is \$5.00 to cover the cost of color photocopying.

Please join me. A sign up sheet will be set up in the centre.

\*\* On October 14<sup>th</sup>, please bring in your pictures, since I will be photocopying them, so that you will be able to keep your original pictures in good condition.

(The next Scrap Booking meeting will be for Christmas and New Year's Pictures - the date is to be determined.)

**PAINTING AND DRAWING CLASSES:**

Look out for more information on this program, because we might have a volunteer for the fall. If you are interested, please call Rosanna for all the details.

**PERMAGANO (CARD MAKING ART):**

If anyone is interested in learning this new art work—making special, individualized cards, invitations, bookmarkers, etc. on parchment paper—our animator, Denise Rousseau, will teach you. The course will cost \$40.00 for 10 sessions. Materials and tools will be extra.

She will now be holding her classes on Mondays, at 1:00pm (instead of Tuesday mornings, as we had previously advertised). If interested please see Rosanna.

**TUESDAY COMMUNITY MEALS:**

Every Tuesday have a complete hot meal for \$4.00. Please remember to give in your names for the lunch.

**WEDNESDAY COMMUNITY MEALS:**

The last 3 months, we have been serving sandwiches and salad for the Wednesday meal, and the number of people attending the meals has increased by 50%. This is a clear indication to us that the Wednesday meal takers enjoy a sandwich and salad/soup more than the hot meals.

Therefore, we will continue serving sandwiches and soup for the fall. The cost is \$3.00 for a soup, sandwich and a light dessert with coffee or tea.

REMEMBER TO GIVE IN YOUR NAMES BY THE FRIDAY BEFORE. DO NOT ASSUME, THAT THERE IS A LUNCH FOR ANYONE THAT JUST DROPS IN.

**THURSDAY SOUP and SANDWICH LUNCHES:**

Thursday soup and sandwiches are back for the fall and winter season. This healthy meal will be served every first and third Thursday of the month. (In December, it will be on the 2<sup>d</sup> week of the month for this one time). Same as the other community meals, please give in your names.

### **BAKERS NEEDED:**

Do you like to bake? Are you available to bake for the meal program once a month? If so, we need you. We would like to begin offering homemade desserts with our community meals on a regular basis. It may be possible for you to bake at home, if necessary. We will supply the ingredients and we will leave the rest to you. Please speak to Rosanna, if interested.

### **COFFEE/ TEA DRIVE:**

*Thank-you, thank-you, thank-you* to everyone who participated in our coffee and tea drive. During the summer, we asked all our members to donate coffee and tea for the winter months ahead, and together we collected 28 cans of percolator coffee, 7 jars of instant coffee, and 21 different sized -boxes of tea. A special thank-you goes out to the members who do not regularly participate in centre activities who took the time to drop off a donation of coffee or tea. Your generosity is very much appreciated!!!!

### **FREE COFFEE AND TEA AT ALMAGE:**

Due to the great response from the drive, coffee and tea will be **free** for our members and visitors, for the months of October, November and December— or until we run out. If anyone would still like to donate coffee, tea or cookies, we will gladly accept the donations.

### **CHRISTMAS BREAKFAST at CAFÉ BOCCACINO:**

Join us for our annual Christmas breakfast at Café Boccacino (6850 Jean Talon East) on Tuesday, December 23<sup>rd</sup>, at 10:30am. Please sign up at the centre or call Rosanna to give in your name. Do not miss it—this will be our last day of 2003 that we will be together.

### **GUEST SPEAKER:**

On Tuesday, November 25<sup>th</sup>, at 11:00am, come meet **Dr. Joe Schwarcz—Chemistry Professor at McGill University, CJAD Host of “The Right Chemistry” and Columnist at The Gazette.** If you've heard him on CJAD or if you read his column on Sundays, you are aware that Dr. Joe has the answers to all (well almost all) of your questions about the chemistry of everyday life. I encourage you all to come. Get your ticket for \$2.00 as soon as possible, as space is limited.

### **HOLIDAY CONCERT:**

Join us on Tuesday, December 16<sup>th</sup> at 1:30pm for a holiday concert performed by the pre-kindergarten class from Dalkeith Elementary School. Refreshments will be served.

### **FLU SHOT:**

Once again this year, we will be offering the FLU VACCINATION to our members. The nurses from the CLSC will be here on **TUESDAY, NOVEMBER 11<sup>th</sup>**, from 10:00am to 1:30pm. Please come to the office to sign up, or you may call in before NOVEMBER 1<sup>st</sup>. The CLSC requests that I get everyone's full name, ladies' maiden names, date of birth and your medical card number and give them all the information by November 1<sup>st</sup>.

We will proceed as we have done in the past—once you come in, please go downstairs, take a number and wait to be called. There are no set appointments.

**\*\* What is the flu? \*\*** The flu is a viral infection, which may cause significant epidemics especially in the period from December to April. It presents itself with an acute onset of fever, sore throat, non-productive cough and severe weakness lasting several days. The infection can last 2 to 7 days; it can be complicated by pneumonia and may have more serious consequences for people with chronic illnesses and/or people over 65 years of age. THE VACCINATION, is the most effective way of preventing the flu or of reducing the severity of the illness and its complications, and is therefore recommended every year.

#### **OPERATION CHRISTMAS CHILD SHOEBOX :**

The purpose of the Operation Christmas Child Shoebox, is to share the joy of Christmas and the love of Jesus Christ with suffering children around the world. We have started to collect items for the shoeboxes, and we will continue to collect them until October 3<sup>rd</sup>. This will be our 3<sup>rd</sup> year involved with this project, and I am counting on our members' generosity, to help make it a successful event once again. Items that the shoeboxes will be filled with are, toys, candy, school supplies, clothes, personal hygiene products, and any money donation will be used for buying missing items and for the shipping of the boxes. All items given must be **NEW** and not used. These shoeboxes will surely bring a smile to a child's face, and everyone deserves a little happiness in their lives – especially during the holiday season. Thank-you again for all your help.

## **M E M B E R S H I P I N F O R M A T I O N**

*By Rosanna Padula & Filomena Manno*

#### **BIRTHDAY WISHES:**

We would like to wish the following members a very HAPPY BIRTHDAY. Please note, that due to human error, two of our members who had renewed their membership, and celebrated their birthday in September were forgotten in the last newsletter. We want to wish a belated Happy Birthday to Pat Michaliszyn and to Maurice Camacho. Our apologies for receiving these belated wishes, but as they say, better late than never.

#### **ALL THE BEST TO YOU!! OCTOBER**

Mary Bardo  
Chuck Dozois  
Gladys Hawley  
John Jones

Rollande Bouchard  
Donald Gilbert  
Helen Hetu  
Rosemary Kelahear

Rita De Gruchy  
Alice Guignon  
Marcel Huot  
Indira Mala Lalbiharie

Margaret Langelier  
Genny Nowacki  
Gwenda Salo  
Genevieve Trzasko

Helen Langlois  
Molly Paquette  
Barton Searles  
Francis Young

Nan McLeod  
Muriel Phinney  
Jenny Shewshuk

## **NOVEMBER**

Margaret Aucoin  
Gloria Bodnarok  
Denise Chretien  
Lorna Fitzgerald  
Agatha Huot  
Betty Kubow  
George Mann  
Marion Quinn  
Antoinette Skrupkis  
Marion Stiebel  
Alba Whitehall

Kitty Belisle  
Gwendolyn Carruthers  
Rita DaSilva  
Anne Guimond  
Sue Johnson  
Hedy Kulba  
Isabelle McCarthy  
Margaret Serendynsky  
Dorothy Stephen  
Claire Tanguay  
Sophie Zamojaski

Albert Bizarro  
Michael Chiplick  
Albert De Carlo  
Robert Guignon  
Frank Kramer  
Bob Leduc  
Mai Loan Nguyen  
Roman Serenddynsky  
Robert Stephen  
Violet Tarry

## **DECEMBER**

Roger Allard  
Josephine Broad  
Mildred Foster  
Nicolas Iwanowski  
Charles Leigh  
Gwendolyn Meloche  
Tom Ornawka  
Neva Roberts  
Freda Towarnicki  
Gerrie Waldorf  
Jim Wilson

Corry Beaudin  
Elizabeth Ellwood  
Jean Gagne  
Helen Keeney  
Winnie Little  
Thanh Ngoc Nguyen  
Lucille Pilat  
Richard Skelton  
Benny Valente  
Kathleen Whelan  
Mary Wiltshire

Audrey Bray  
Gloria Fitzpatrick  
Marjorie Henderson  
Annie Kersulis  
Tilly Lorentowich  
Sen Nguyen  
Carolyn Rioux  
Adella Simeon  
Helena Vagonis  
Thelma Whitehead  
George Young

### **WELCOME TO OUR NEW MEMBERS:**

#### **Welcome aboard to the following members:**

Muriel Phinney, Pascal Gagne, Madeleine Maelloux, James Bussey, Agatha Huot, Marcel Huot, Lily Gelston, Noreen Cossey, Josephine Storch, Dorothy Rehel Bond, Caterina Piatkowski, Duong Nga, Sen Nguyen, Suzanne Chastel, Richard Skelton, Teresa Mignacca, Mai Loan Nguyen, Teresa Del Vecchio, and Aline Babin. **WELCOME!!!**

### **MEMBERSHIP RENEWAL:**

If you have not renewed your membership yet, please come to the office and we will help you. Remember a renewed membership is required to take part in any activity, event or trip.

**NEWSLETTER SUBSCRIPTION:**

Receive your newsletter at home for \$5.00 a year. See the office staff if you would like it.

**MEMBER'S DONATIONS:**

Thank-you to everyone who has made donations to the centre. As you are aware, the centre is a non-profit organization & can therefore issue official income tax receipts for donations of \$10.00 or more.

**FUNDRAISING / SPECIAL EVENTS  
COMMITTEE**

*(Chairperson: Susan Barr)*

**THANKSGIVING HARVEST LUNCH:**

Date: Tuesday, October 7<sup>th</sup> 2003

Time: 11:30am

Cost: \$8.00 members / \$11.00 non-members

Tickets went on sale Tuesday, September 2<sup>nd</sup>

Enjoy Fall with its beautiful colours and a great hearty meals on October 7<sup>th</sup>. We will serve a tasty Harvest Stew, with crusty bread, cheese, and rice pudding for dessert. Birthday Bingo will follow in the afternoon.

**HALLOWEEN PARTY:**

Date: Friday, October 31<sup>st</sup> 2003

Time: 12:00

Cost: \$8.00 members / \$11.00 non-members

Tickets on sale as of October 1<sup>st</sup>

Wear your best and scary costumes to our Halloween Party. There will be prizes for the best dressed. We will have a scary meatloaf meal, with many other frightful foods and drinks, and fun games in the afternoon for our entertainment.

**ALMAGE ANNUAL BAZAAR:**

Date: Saturday, November 15<sup>th</sup> 2003

Time: 9:30am – 2:00pm

We are getting ready for our Annual Bazaar. We will have like usual, the selling of many types of used items, some new items, arts & craft items, baked goods, and many, many raffles. A lunch will be available for an affordable price. If you would like to bring in items for the Bazaar we will gladly accept them, but please hold them off, until November 1<sup>st</sup> if possible.

If anyone would like to donate new items, baked goods and bottles of liquor, for the penny fair table, silent auction table, bake table and for raffle prizes, we would really appreciate it. If anyone has too many Mason Jars and would like to donate them to us, we'd really need them for our homemade goodies.

**Raffle tickets** are currently on sale, and you will be seeing the fundraising committee selling them during the week and at events. The tickets cost \$1.00 each, or a booklet of 11 tickets for \$10.00. The prizes for the big raffle are:

1 - Scenic Painting (16 x 20)      2 - \$50.00 cash      3 - Hand-made Baby Quilt  
and many others prizes

**We truly thank-you for all your help in advance, and remember, in supporting Almage, you are supporting your centre.**

**FRUITCAKES:**

Once again, fruitcakes will be sold at the centre in time for the Christmas holidays. The POM pre-sliced 900 gram loaves freeze well and make great last minute desserts for unexpected guests. Cost per cake is \$13.00 and a portion of the proceeds will go to Almage.

**DECK THE HALL:**

*'Tis the season to be jolly* -Come and decorate the centre and the Christmas tree on THURSDAY, DECEMBER 4<sup>th</sup> at 12:00pm. It will be a potluck event where everyone can bring finger foods, refreshments, or dessert. We will supply the EGG-NOG. This will be a fun way to start the Holiday Season. (No soup and sandwich, nor cribbage, on this day)

**CHRISTMAS PARTY:**

Date: Tuesday, December 9<sup>th</sup> 2003  
Time: 11:30am  
Place: Auberge Universel (corner of Sherbrooke East and Viau)  
Price: \$25.00 members / \$26.00 non-members  
Tickets on sale as of November 3<sup>rd</sup>

This is your chance to take part in our great Christmas party at the Auberge Universel. Dress up, be with your family and friends, and dance your heart away to great entertainment.

**T R I P S   C O M M I T T E E**

On behalf of the staff, and the trips committee, I would like to thank Lucille Pilat for doing a wonderful job as chairperson of trips. Lucille decided to take a break as chairperson, but will be with us at the centre for many other things. Thank-you again, Lucille.

The trips committee is always looking for new people to join our group and to have new and fresh ideas for the centre. Come and join us, we have lots of fun planning the various trips.

**THANKSGIVING SHOPPING DAY:**

Date: Wednesday, October 8<sup>th</sup> 2003  
Time: Departure 10:00am  
Place: Fairview Shopping Centre  
Cost: \$6.00 (mini-bus only)  
Tickets went on sale September 3<sup>rd</sup>.

Do you need to finish your shopping for Thanksgiving Day? Or would you like to see what is happening in the West Island? Join us for a shop-till-you drop day and have lunch together.

**TRIP TO THE NEW SHOPPING CENTRE IN STE-DOROTHY/ROSEMERE:**

Date: Wednesday, October 22<sup>nd</sup> 2003  
Time: 10:30am from our centre. Pick-up is available if you live within the bus territory.  
Cost: \$8.00 members / \$11.00 non-members  
Tickets on sale as of October 1<sup>st</sup>.

**HALLOWEEN MYSTERY TOUR:**

Date: Tuesday, October 28<sup>th</sup> 2003  
Place: Pincourt  
Time: 5:00pm - light supper at Almage, and then depart for tour  
Cost: \$10.00 members / \$13.00 non-members  
Tickets on sale as of October 1<sup>st</sup>.

Fun and spooky trip to a Halloween site in Pincourt. Enjoy a light supper and then leave for an exciting trip with our driver Patty. Surely to be a blast. We will drive you home at the end of the night.

**SHOPPING TRIP TO CARREFOUR LAVAL:**

Date: Wednesday, November 5<sup>th</sup> 2003  
Time: 10:30am from our centre. Pick-up is available if you are in the bus territory.  
Cost: \$8.00 members / \$11.00 non-members  
Tickets available as of October 1<sup>st</sup>.

**SHOPPING TRIP TO ST-BRUNO SHOPPING CENTRE:**

Date: Wednesday, November 19<sup>th</sup> 2003  
Time: 10:30am from centre. Pick-up is available if you are in the bus territory.  
Cost: \$8.00 members / \$11.00 non-members  
Tickets are available as of October 13<sup>th</sup>.

**SHOPPING TRIP TO ROCKLAND SHOPPING CENTRE:**

Date: Wednesday, December 3<sup>rd</sup> 2003  
Time: 10:30am departure from Almage  
Cost: \$6.00 members / \$9.00 non-members

Tickets are available as of October 27<sup>th</sup>.

**LIGHT SHOW TOUR:**

Date: Tuesday, December 16<sup>th</sup> 2003

Time: 5:00pm light supper and the tour follows.

Cost: \$10.00 for the trip (Plus a \$5.00 gift for a gift exchange).

Tickets on sale November 10<sup>th</sup>. A light supper will be served, the gift exchange will follow, and then you will go on a fantastic tour to see the beautiful Christmas lights with Patty.

**H O M E   S U P P O R T   P R O G R A M**

*By: Joanne Colasurdo*

**STAGE STUDENTS:**

I'm pleased to say that you will be seeing a new face at the centre. Jennifer Hertle, a 2<sup>d</sup> year student from Dawson College, will be with us every Tuesday until May 2004. Please help me in welcoming Jennifer. I hope that you will enjoy working with us, Jennifer.

**SERVICE FOR THE MONTH - TRANSPORTATION PILOT PROJECT:**

Did you know that we offer taxi coupons for medical appointments, centre programs, grocery shopping and/or banking errand? The goal of this transportation service is to help provide reliable and affordable transportation to seniors within our territory. To ensure that seniors aged 65 and over with some loss of autonomy and/or needing assistance have access to a reliable transportation service, this taxi coupon program is open to registered members living in one of the following CLSC territories; Mercier-East/Anjou, Mercier-West, Rosemount, Pointe-aux-Trembles, Hochelaga/Maisonneuve, and, St. Leonard. **Members are required to give a minimum 72 hours notice when requesting this service.** Cost includes return trip: \$5.00 for local trips and \$10.00 for downtown trips. **Please note that the taxi coupons may be used to attend centre programs on days that we do not have the mini-bus.** The service is there for you to use—please take advantage of this reliable and affordable service.

**ALZHEIMER'S AWARENESS WEEK:**

Thank you to all who donated towards the Alzheimer Coffee Break. Your contribution was very much appreciated. Thanks to you, we raised \$105.00. Thank you!

**FOOT CLINIC:**

The next foot clinic date is; November 6<sup>th</sup>. Fee is \$21.00 and appointment is needed. Anyone interested in having foot care at home, please contact Joanne at the centre, cost \$25.00.

**EYE VISION CLINIC:**

The next eye vision clinic with Dr. Annie Camerlain, optometrist will take place on Tuesday, October 21<sup>st</sup>. Appointments are necessary, please see or contact Joanne.

### **REGAL FUNDRAISER:**

Catalogs are always available in the office for distribution if anyone is interested. Please keep in mind that some items get sold out very quickly. The fall 2003 catalog is in effect until November 14<sup>th</sup>. Place your orders before October 30<sup>th</sup>. Thank you for your support!

### **CHRISTMAS TREATS:**

Beginning Thursday, December 11<sup>th</sup>, volunteers and staff will be hard at work preparing the Christmas treats that will be delivered the week of December 15<sup>th</sup>. If you or someone you know will be alone at Christmas time or will be in the hospital, please let me know. I will try to brighten someone's DAY! If on the other hand, you would like to make a donation, you are more than welcomed to do so. Deadline to submit your donation is Wednesday, December 10<sup>th</sup>. I would like to take this opportunity to thank you in advance for your generosity.

### **SENIOR TIPS - WE can prevent falls: By improving your health! - Fact Sheet No. 1:**

Your health is just as important as a safe environment in preventing falls and reducing the risk of injury. By improving your diet, increasing your strength and monitoring your balance, hearing, eyesight and medication, you can considerably increase your chances of avoiding falls.

#### **Eat well**

Missing meals can cause weakness and dizziness. Eating regular, balanced, healthy meals will help you keep up your strength.

#### **Keep fit**

To prevent a decline in your mobility, strength, balance and flexibility, keep your muscles toned by accumulating at least 30 minutes of moderate physical activity most days. If possible, walk every day, even if it's only around the house and engage in activities or an exercise class that will improve your strength and balance.

#### **Monitor your sight and hearing**

People who cannot see or hear properly are at greater risk of falling. Be sure you wear appropriate glasses (wearing reading glasses while walking is dangerous!). Impaired hearing also puts you at risk of falling (if you don't hear traffic or children playing around you). Have your eyesight and hearing tested regularly. If you need glasses or a hearing aid, wear them!

#### **Know your medications**

Medications can cause dizziness and weakness, affecting your perception and balance, especially if not taken as prescribed or if not suitable for you. Be aware of the potential hazards and interactions of the medications you use. Ask your doctor for information on the possible side effects of all your medications and feel free to raise any questions you may have about their benefits or undesirable effects.

### **Practice moderation**

The negative effects of too much alcohol on our sight, hearing, balance and judgment about personal safety are very clear. Whether used alone or combined with medication, alcohol use can result in dangerous falls, especially for older people. Keep to wise and moderate consumption.

For a complete copy of these articles, see Joanne.

### **TAKE OUT MEALS: (3 meals for \$9.00 + \$2.00 for delivery)**

**Please place your order no later than Thursday; our volunteer shops on Friday. Please take note that the centre will be closed on Oct. 13<sup>th</sup>, Dec. 29<sup>th</sup> and Jan. 5<sup>th</sup>. The meals will resume again January 12<sup>th</sup>, 2004. Extra meals may be ordered in advance.**

Oct. 6 <sup>th</sup>	Turkey Cutlets, Tuna Casserole, Sausage & Potatoes
Oct. 13 <sup>th</sup>	NO MEALS - CENTRE CLOSED
Oct. 20 <sup>th</sup>	Beef Stir-Fry, Filet of Sole, Lasagna
Oct. 27 <sup>th</sup>	Hawaiian Chicken, Salmon, Macaroni & Cheese
Nov. 3 <sup>rd</sup>	Sweet & Sour Meatballs, Fettuccine with Ham, Chicken Broccoli
Nov. 10 <sup>th</sup>	Beef Stroganoff, Fish, Rigatoni au Gratin
Nov. 17 <sup>th</sup>	Chicken Casserole, Meatloaf, Quiche
Nov. 24 <sup>th</sup>	Italian Sausage, Salmon Patties, Swiss Steak
Dec. 1 <sup>st</sup>	Ham, Penne Primavera, Chicken à la King
Dec. 8 <sup>th</sup>	Spaghetti with Meatballs, Filet of Sole, Shepherd's Pie
Dec. 15 <sup>th</sup>	Chicken Pot Pie, Hamburger Steak, Pasta
Dec. 22 <sup>nd</sup>	Turkey with all the trimmings, Tourtiere, Pasta
Dec. 29 <sup>th</sup>	NO MEALS - CENTRE CLOSED

## ***V O L U N T E E R   C O O R D I N A T O R ' S   C O R N E R***

By: Anna Malorni

### **THE VOLUNTEER SOCIAL EXCHANGE A SUCCESS!**

Thank you for participating in our annual event-the volunteers from all CCS centres and programs had a great welcome from Almage and enjoyed their time with us. Close to 70 volunteers attended and enjoyed a fun filled day with our guest speaker Marjorie Northrup of the Montreal Volunteer Bureau, activities prepared by our activity programmers Rosanna (Almage) and Tamara (of Teapot) and Anna (volunteer coordinator of CCS). We would also like to thank Pius X cooking students for help with preparing our buffet lunch. This year we were able to provide transportation from the Teapot and Good Shepherd Centres thanks to a special

fund provided by Bell Canada. I would like to thank the Almage and Teapot staff for continuing to work together with me to provide a special recognition event for our valuable volunteers.

### **VOLUNTEER REGISTRATION CARD**

54 volunteers registered for their cards, which will now enable them to be invited to the volunteer recognition party at the end of the year. We also took this opportunity to invite volunteers to fill in a survey. Results of the survey will follow. Thank you to the following volunteers for assisting me with the week-long registration: Shirley Kenny, Doris Lolly, Jean Aird and Audrey Hurwood.

**Next Volunteer Registration period is January 2004-don't forget to register.**

### **RESULTS OF VOLUNTEER FALL SURVEY**

Great news!!! Our volunteers at Almage are highly motivated to volunteer and find satisfaction in their work. It is a pleasure to hear from the volunteers about how they enjoy volunteering and the fulfillment of contributing to our community. The results of the survey were fascinating and showed the following:

- Higher percentage of volunteers are female.
- The average age of volunteers are: 60-69 years old.
- Volunteers tend to volunteer more in centre and less in home support.
- Centre programs and activities are the most popular area of volunteer work.
- In the home support program, the take out meal program has the most volunteers.
- Volunteers rated highest in contributing a minimum of 25 hours and more per month.
- Volunteers are satisfied in both the number of hours volunteered and the type of work they do.

The top 3 reasons that volunteers enjoy their work:

- 1) Contact with people
- 2) Fulfilling work and accomplishments
- 3) Feel good about self

### **VOLUNTEER SIGN IN BOOK**

Most of the volunteers who registered for their cards have recorded their hours in the white binder titled: volunteer sign in book. Some of you are still not recording your hours. Please ask for assistance if you are unsure of how to go about it. It's simple, an example is:

**"Name, date, cooking, 3 hours"**. This should be done for all volunteer work that is asked of you by the staff at Almage. The staff should be notified if you decide to work from home. Not only are the hours recorded for statistical purposes reported annually to Centraide but also as an important recognition of all the work done by the many volunteers at Almage.

### **CHRISTMAS-A TIME FOR GIVING**

Some of you may not have the opportunity to volunteer during the year, but you may have some time or your family members (children and grandchildren) may be interested in helping us to provide Christmas offerings to our home support members at Christmas time. A great way to

teach others about the value of volunteer work and the importance of giving is to ask for help. Please let your family and friends know that we can use drivers, packers, deliverers and donations for our Christmas treats. As they say, "Ask and you shall receive"

**NUTRITION BULLETIN-A NEW TREND IN VOLUNTEERING**

Have you read our first edition nutrition bulletin? Our new volunteer Zoe is a graduate of the University of Alberta in Nutrition. She moved to Montreal this summer and wanted to learn more about the nutritional needs of seniors. Not all volunteers are available during our hours of operation and trends in volunteering are showing that organizations must be proactive to recruit new volunteers. Zoe was a great resource for us and thanks to creative thinking is now able to volunteer her time by being a virtual volunteer (volunteering from home) by producing our newsletter on a monthly basis and providing her email address so Almage members and any interested member of CCS can ask Zoe questions regarding nutrition and their health. Thank you to Zoe for developing an excellent and informative bulletin. Look for the October issue coming soon.

**OH COME ALL YE FAITHFUL!**

We would like to invite all volunteers in the centre and home support program for a Christmas gathering on Thursday, December 11<sup>th</sup> from 5-6pm. The event is free and we will provide coffee and cake. Please sign up in the office.

**CALLING ALL "MEN":**

There has been a shift in the demographics--many more male members have taken up a membership in recent months. In an effort to serve this "new" group of members, we would like to hear from YOU! Let us know what your interests are and what programs/activities you would like to take part in. Together we will make it happen. This may include a centre activity and /or a volunteer project.

**M E A L P R O G R A M**

Please note that for the centre meal programs you must phone-in NO LATER than Friday.

**TUESDAY LUNCHEON:**

October 7	Fundraiser lunch - Harvest Lunch
October 14	Filet of Sole
October 21	Ham and Pineapple
October 28	Shepard's Pie
November 4	Chicken Pot Pie
November 11	Baked Pasta
November 18	Beef Stew
November 25	Meatloaf

December 2	Hot Chicken Sandwiches
December 9	Christmas Party at Auberge Universal
December 16	Spaghetti with Meatballs
December 23	Breakfast Outing
December 30	Centre closed

**WEDNESDAY LUNCHEON:**

October 8	Vegetable soup with ham & cheese sandwich
October 15	Cream of broccoli soup with egg salad sandwich
October 22	Minestrone soup with chicken sandwich
October 29	Cream of carrot soup with salmon sandwich
November 5	Chicken and rice soup with ham sandwich
November 12	Split-pea soup with roast beef sandwich
November 19	Beef and barley soup with cheese sandwich
November 26	Cream of vegetable soup with egg salad sandwich
December 3	Chicken Noodle soup with smoked meat sandwich
December 10	Beef and vegetable with BLT sandwich
December 17	Tomato soup with cold meat turkey sandwich
December 24	no meal - centre closed
December 31	no meal - centre closed

***REGULAR PROGRAM  
WEEKLY SCHEDULE***

**Monday**

9:00am	Take-Out Meals (order needed)
10:00am:	Western Line Dancing
11:15am:	Exercise (as of October 20 <sup>th</sup> 2003)
1:00pm:	Bridge
1:00pm	Computer
1:00pm	Permagano
1:30pm	English Conversation

**Tuesday (Mini-bus Day)**

10:30am: Discussion Group  
10:30am: Crocheting/ Knitting/ Arts & Craft/ Quilting  
12:00pm: Tuesday Lunch  
1:00pm: Afternoon Activities (Birthday Bingo and Whist refer to calendar)  
1:00pm: Scrapbooking

**Wednesday (Mini-Bus Day -refer to calendar)**

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

**Thursday**

9:00am: Foot Clinic (refer to calendar)  
10:00am: Bowling (Domaine Shopping Centre)  
12:30pm: Salad and Sandwich Kitchen (1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, unless specified otherwise)  
1:30pm: Cribbage (1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, unless specified otherwise)  
1:30pm: Popcorn Afternoon (last Thursday of the month)  
1:30pm French Language Course

**Friday**

9:30am: Line Dancing  
11:00am: Qi-Gong  
1:00pm: Computer