



HOME & COMMUNITY
SUPPORT
United in our commitment to care

WINTER 2019

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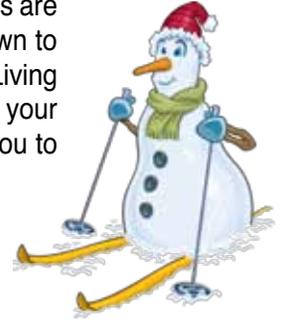
Arnprior-Braeside-McNab Seniors At Home Program Inc.

Winter is Coming!

It is time to start pulling out the winter gear in preparation for the chilly days ahead. The winter months can seem long, but they also bring a unique beauty and peacefulness that only those who live in the northern climates get to experience.

Make sure to be proactive in getting out of the house to enjoy what this season has to offer! Winter activities are plentiful, here in Arnprior, both indoor and outdoor, so be sure to check in at various locations around town to see what is offered for Seniors in our community – the Nick Smith Centre (77 James St.), Seniors Active Living Centre (77B Madawaska Blvd.), and the Arnprior Public Library (21 Madawaska St.), have plenty to keep your mind and body active! If you do not already join Seniors at Home for our social dining events, we invite you to start – details can be found under “Upcoming Events” and “Social Programs” in this newsletter.

As always, we are here to get you where you need to be, with our transportation services – call our office to book your ride 613-623-7981. The first ride is FREE for new clients, before December 31st, 2019.



Seniors Christmas Party

You're invited to the Annual Seniors Christmas Party on Friday, December 13, 2019, at St. John Chrysostom Parish Hall, 295 Albert St., Arnprior. The event is from 12:00pm to 3:00pm (doors open at 11:00am).

Tickets are \$25.00 and must be purchased in advance, tickets on sale beginning Monday, November 4, 2019, limited tickets available so we encourage you to purchase your tickets early to avoid disappointment. Our office is open Monday to Friday, 8:30am to 4:30pm, at 106 McGonigal Street West, Arnprior. Ticket deadline is closing on December 9, 2019.

You can look forward to a full roast turkey dinner catered by Jim's Restaurant and served by the Arnprior Fire Department. This year's entertainment is the Ottawa Valley's own Inimitable Rick Leben who will be playing a variety of music and some Christmas classics. Santa and his elves will pay us a visit and be available for photos (please bring your own camera). Table favours created by Kathleen's Creations and L'Arche Arnprior. There will be many door prizes, an in-house 50/50 draw, as well as our ever popular Mega 50/50 on sale (draw to take place at the end of the party).

As we do each year, we will once again be accepting donations for the Arnprior Food Bank. For every donation, you will receive a ticket for a chance to win a prize generously donated by Island View Retirement Suites.

We are pleased to partner with Boyce Funeral Home and Pilon Family Funeral Home to provide free transportation to our clients to and from the party. Please let us know, at the time of purchasing your ticket if you would require a drive.

We would like to thank our generous community partners who have financially sponsored this year's Christmas Party – Knights Inn, RONA, Carp Commons Retirement Village, Arnprior Villa.



Each year, Seniors at Home raises funds through our Angel Tree Campaign to assist Seniors living in our community. This campaign runs year-round, but during the holiday season, we reach out to various community partners to help us collect funds for this worthy cause. Money raised through the Angel Tree allows us to assist local Seniors who may require assistance or services, but do not have the financial resources to do so on their own.

We invite you to support the Angel Tree, by purchasing a service displayed on one our Angel Tree decorations, or making a general monetary donation. Any online donations received during the month of December will go towards our Angel Tree Fund - <https://cssagency.ca/support-us/donate-today/> For more information about our Angel Tree Campaign and locations where you can purchase an angel, please contact Becky Ranger, 613-623-7981 or beckyranger@cssagency.ca.



We are currently offering a **FREE RIDE** to anyone who uses our transportation service for the first time, before December 31, 2019! To be eligible you just need to be age 55 or older, and travelling within Arnprior or McNab-Braeside. **Call us today to book your ride, 613-623-7981.**

Fall Harvest Social and Book Sale



Raffle baskets filled with donated items from the WLWI

We are so pleased to have had the opportunity to work with the White Lake Women's Institute for a Fall Harvest Social and Book Sale on Saturday, October 19th, 2019. The event was held at the Women's Institute at 7 John Box, White Lake. Those who attended enjoyed a delicious array of home baked goodies, coffee & tea, and the abundant book selection and treasures in the bargain basement (second hand shop). The event was organized to bring awareness to the White Lake area of the services for seniors, provided by Seniors at Home. We were so impressed by the warm welcome, involvement, and effort of the women involved at the institute, and we look forward to continuing this partnership and working together in the future. Thank you to the volunteers who contributed baked goods and came out to lend a hand at the event. We encourage you to make a trip out to White Lake to visit the Women's Institute and shop in the bargain basement – open Saturday's 9:00am-2:00pm.



Books galore!



The perfect spot for a coffee & dessert with friends.

Client Appreciation BBQ

Seniors at Home hosted a Client Appreciation BBQ on Wednesday, October 23, 2019. We had a great turn out of close to 70 clients come out to join us. The weather cooperated, although a bit chilly, but the lively music, provided by Rick Leben, and the friendly conversation made it hard to notice! We were so happy to see many of our clients join us and look forward to hosting this event again in the years to come. Thank you to Northern Credit Union for lending a hand and supplying some delicious cakes to help us celebrate.



What a great turn-out for the Client Appreciation BBQ!

OFFICE CLOSED

Tuesday, December 24, 2019

Office closing at 12pm for Christmas Eve

Wednesday, December 25, 2019

Office closed for Christmas Day

Thursday, December 26, 2019

Office closed for Boxing Day

Monday, December 31, 2019

Office closed at 12pm for New Years Eve

Tuesday, January 1, 2019

Office closed for New Years Day



UPCOMING EVENTS

ARNPRIOR'S CHRISTMAS CRAFT FAIR

Date: Saturday, November 23, 2019, 10am-4pm **Location:** Nick Smith Centre, 77 James St, Arnprior AND Masonic Lodge, 31 James St, Arnprior

Presented by Seniors at Home, Arnprior's Christmas Craft Fair is one of the biggest craft fairs in the Ottawa Valley. With over 50 vendors showcasing a variety of crafts, food, and goods, there is something for everyone! FREE admission PLUS everyone who attends gets a free entry to win a variety of door prizes donated by our vendors. Our MEGA 50/50 (draw on Dec 13, 2019) will be on sale as well as our ANGEL TREE campaign on site to receive donations. Don't forget to visit even MORE amazing vendors at the Masonic Hall, where Santa will be available to hear wish lists and pose for a photo! Sandee's Country Kitchen will be running the canteen again this year, so grab breakfast or lunch while you shop! Thank you to our sponsors, Ontario Power Generation and Island View Retirement Residence.

ANNUAL SENIORS CHRISTMAS PARTY

Date: Friday, December 13, 2019, 12-3pm (doors open at 11am)

Location: St. John Chrysostom Parish Hall, 295 Albert St., Arnprior

Join us for a delicious turkey dinner and musical entertainment as we celebrate the Christmas season. Tickets are \$25 per person, and can be purchased through the Seniors at Home office from November 4th to December 9th. There is limited seating, so we encourage you to purchase your ticket early. For more details on this event, please see the cover story or contact Nikki Rumbelow, 613-623-7981, nikkirumbelow@cssagency.ca.



Thank You

Thank you to Island View Retirement Suites for hosting their annual CHILI FEST, on September 26, 2019. Keep an eye out for this event, next year, as we plan to make it bigger and better than ever!

Thank you to Julie Brown and Jennifer Muldoon at Norther Credit Union – Arnprior Branch for your support of our agency during the month of October. Seniors at Home was able to showcase our services at Northern Credit Union, as well as receive fundraising and event support throughout the month. We truly value your community partnership.

Thank you to Karen Deluca, Chief Librarian at the Arnprior Public Library for inviting Seniors at Home to co-host "Christmas Portraits for Seniors", as part of Ontario Public Library Week. Seniors were invited to come to the library on November 24th to have their photo taken in front of a green screen. Karen then used her talents to insert beautiful winter and holiday themed backgrounds into the images. This was a free event, and we were pleased with the turn out and results from the day!



**Meaningful ways of
Leaving Your Legacy
while supporting
Arnprior-Braeside-McNab
Seniors at Home
Program Inc.**

Leave a Lasting Legacy
More information Dennis Harrington
Executive Director, ABMSH
613-623-7981 dennis.harrington@cssagency.ca

Notes



Friendship Days

Date: Third Thursday of each month, 12:00-2:00pm
Location: Glad Tidings Pentecostal Church, 116 Baskin Drive West, Arnprior
Enjoy lunch with Friends, catered by Antrim Truck Stop and the Arnprior Villa. Cost is \$10/person, for Seniors, 50 and older, and individuals with disabilities and special needs (all ages). Price includes soup, sandwich, dessert, coffee and tea. Tickets must be purchased by NOON the Tuesday before the event. Two sandwich options available for each event – selection made at time of ticket purchase. Payment can be made at our office or by phone (Visa and Mastercard accepted). Space is limited. Please note that this event does not take place in the month of December.

- Thursday, November 21, 2019 – Entertainment by Karl and Linda Dreigishan
- Thursday, January 16, 2019 – Entertainment by Gaston Moreau

Breakfast N' Learn

Date: Fourth Wednesday of each month, 8:30am
Location: Riverside Grill and Bar (formerly East Side Marios), 70 Madawaska Blvd, Arnprior
Sponsored by Tierney Stauffer LLP., registration begins at 8:30am, followed by breakfast at 9:00am, and special guest speaker at 9:30am. Cost is \$6 for seniors, age 55 and older. Tickets must be purchased by 4:30pm the Monday before the event. Payment can be made at our office or by phone (Visa and Mastercard accepted). Please note that this event does not take place in the month of December.



- Wednesday, Nov 27, 2019 – Fung Loy Kok Taoist Tai Chi@ Institute on the benefits of Tai Chi
- Wednesday, January 22, 2019 – Dennis Harrington, Seniors at Home Program

Dining With Friends

Date: First Wednesday of each month, 5:00-7:00pm
Location: Jim's Restaurant, 45 Elgin Street West, Arnprior
Join us for dinner and live entertainment at Jim's restaurant! Cost is \$14/person, for Seniors 60 and over and individuals with disabilities or special needs (any age). Price includes soup or juice, entrée, dessert, tea or coffee. Tickets must be purchased by NOON on the Tuesday before the event. Meal to be selected at time of payment. Payment can be made at our office or by phone (Visa and Mastercard accepted).



- Wednesday, November 6, 2019 – Entertainment by Magical Illusions with Brian-Magician and Mentalist
- Wednesday, December 4, 2019 – Entertainment by Canadian Troubadour Doug Smith
- Wednesday, January 8, 2019 – Entertainment by Dan Nicholas

PARKINSON SUPPORT GROUP

Join us for our support group, the second Wednesday of each month, 1:30-3:30pm, at the Arnprior Public Library

FREE ADMISSION

Arnprior's

CHRISTMAS CRAFT FAIR

OVER 50
Vendors!

FREE
RAFFLES!

Saturday, November 23, 2019

10:00am-4:00pm

Nick Smith Centre AND Masonic Hall

77 James St. AND 31 James St.

RAFFLE PRIZES DONATED BY EVENT VENDORS!

CANTEEN OPEN AT NICK SMITH CENTRE,
By Sandee's Country Kitchen

SANTA PHOTOS!

Masonic Hall
10:30am-12:30pm

ANGEL TREE
DONATIONS
ACCEPTED



Presented By: **SENIORS AT HOME**

Thank You to Our Sponsors:

Island View
Retirement Residence

ONTARIO **POWER**
GENERATION

613-623-7981

www.cssagency.ca

106 McGonigal St. W., Arnprior