



HOME & COMMUNITY  
SUPPORT  
United in our commitment to care

FALL 2022

FOLLOW US ON FACEBOOK

## Arnprior-Braeside-McNab Seniors At Home Program Inc.

### Fall is in the Air!



Memories of hot summer days and nights are slowly being replaced with the cool, crisp, colourful season of Fall. As we transition, we are comforted by cozy warm blankets and looking forward to the holidays to come. We at Seniors At Home, are busy planning fun and festive activities guaranteed to warm your hearts such as our Annual Christmas Craft Sale and Christmas Party just to name a few!

### BLUE ENVELOPE OF HOPE CAMPAIGN

Thanks to our caring community, our Annual Blue Envelope Campaign has raised over \$30,000. As a reminder, it's never too late to donate as your financial support is crucial to our operations in the delivery of programs such as the Loan Cupboard, Transportation, Hot Meals on Wheels and our Social Programming. Donations can be made in-person at 106 McGonigal St. W, by phone 613-623-7981, by e-transfer to [donate@cssagency.ca](mailto:donate@cssagency.ca) or simply donating online at [www.cssagency.ca](http://www.cssagency.ca) (specify in the message section Blue Envelope donation and your contact information for charitable tax receipts).



Volunteer driver, Kevin Turcotte delivering a hot meal to local decorated war veteran, Leonard Spinks



### Angel Tree

Angels aren't only around at Christmas. In fact, thanks to our generous supporters, donations raised during our Angel Tree Campaign over the last year provided support to over 70 clients throughout the year. Donations will be collected at our office at 106 McGonigal Street or during our Christmas Craft Fair at the Nick Smith Centre on November 26th. We hope to see you there!

### A Volunteers Story... WRITTEN BY LAURA MAIR



As my mother was aging with no nearby family, she was adamant about staying in her own home. Volunteers made that possible for her. When I retired, I wanted to help make this possible for others so I began volunteering with Seniors at Home. I started several years ago delivering groceries to a few homes. When the pandemic hit and the need for services increased dramatically, I became a volunteer driver for vaccinations in addition to groceries. Now as the pandemic winds down, my roles have changed. I currently deliver meals-on-wheels and volunteer for fundraising events. Through this short time of volunteering, I have had the opportunity to meet and serve so many wonderful people in our community and at the Seniors at Home office. It only takes a few hours a week, but the joy it brings me and the people I serve is immeasurable. What a wonderful way to give back!

# Annual Memorial Butterfly Release



Our hearts were full of love during our Annual Memorial Butterfly Release which took place at Robert Simpson Park on Sunday August 21, 2022. While we endured a sprinkle or two of rain, the sun came out moments before the butterflies took flight! A huge shoutout to Lisa Smith from Boyce Funeral Home Ltd, Andre and Gina from Pilon Family Funeral Home, along with local musician Tony Boves, all of whom made our day extra special!

We look forward to the next Release planned for August 20th, 2023 and wish to remind everyone that butterflies can be purchased year-round from Seniors at Home at 106 McGonigal St. W., or contacting us at 613-623-7981 or downloading the purchase form online at [www.cssagency.ca](http://www.cssagency.ca)



A total of \$3,655 was raised towards programs and services for seniors and people with special needs.

## Cruise Night Grand Finale 2022

The Cruise Night Grand Finale had a great turn out despite the dismal forecast. A Special shout out to Brian Gunn and the Valley Cruisers for another successful year!

Both spectators and car enthusiasts had a chance to enjoy the amazing classic & sports cars and music. Special thanks to the Antrim Truck Stop for the perfect location, Carolyn Keays and fellow musicians for the lively entertainment, and of course to our volunteers who came out and made it all possible. Thanks to Valley Cruisers, over \$7000 was raised in support of Seniors At Home programs this season!



Thank You

We are truly blessed to have so many businesses and individuals that support Seniors at Home. A special THANK YOU goes to Brian & Heather Gunn of Valley Cruisers, our friends at Wes' Chips, Antiques, Treasure and Treats and Aspira Island View Retirement Living for considering Seniors at Home in their fundraising efforts!

In addition, we wish to thank our amazing volunteers for donating their time and talent. It is because of them, that we celebrate so many successes!

## WES' CHIPS ANNUAL GIVE BACK DAY



The beauty of autumn and generosity of Wes' Chips staff and clients were on full display on Sunday, October 2, 2022, during their Annual Give Back Day. Proceeds of approx. \$480.00 were raised towards Seniors At Home Programs. In addition, we were pleasantly surprised to learn that our donations were not only matched but surpassed with a \$1000.00 donation by Wes' Chips!



Lisa Hordijczuk and Dennis Harrington with cheque presentation.

**A huge THANK YOU TO Wes's Chips and their amazing clients!**

# ON TOUR WITH NANCY: ANNE STEWART (NEE SMITH)



It gives me great pleasure to share with you a few stories from this classy lady, Anne Smith. Born in Guelph, Ontario to Mina and Simon Smith on Oct 30, 1930. "We had a big family of 8 kids. 5 boys and 3 girls (I was 3rd youngest). Our lives were simple back then. Work hard, family meant everything and 'everything' revolved around the family. How simple is that!" and Anne smiled.

"Our home was on the Guelph University grounds. I guess you could say that Guelph University played a big part in our lives all the way through. My Dad was an Employee of Guelph University, as the Green House Attendant. He looked after all the gardens, as my Mother spent all her energy and passion raising 8 kids."

Anyone who knows Anne, can see a strong but slight build with big brown eyes, that hold behind them a world of intrigue, mystic and fun. Her laughter and smile draws you in, as she tells her stories.

Singing was her passion. She studied 'The Toronto Conservatory Program', and her singing voice could be heard, on the Guelph Radio Station airwaves. She also sang in Church Choirs and for the Windsor Light Opera, doing Theatrical Musicals. She was a long-time member of The Ladies Barber Shop in Ottawa – Competing and 'Winning' as they travelled across the country. Life doesn't get better than this, or does it?

Her brother, Ken, played hockey for the University of Guelph. Needless to say, with 5 boys in the family, many friends were brought home and tried for the hand of Anne. But it was the handsome, Corb Stewart who also played hockey for the University of Guelph, who won her heart. Anne had seen Corb on the bus going to and from work sometimes. They had caught each other's eye all right! Everyone thought he was too old for her by 9 years. Anne laughs and said "Mom always said that Corb saw me at the tender age of 14 and waited!"

Just where did this handsome, strapping young man come from? Port Dover, Ontario of course! Born Sept 12, 1921 to Sarah and Cecil Stewart. He served in the Royal Canadian Airforce in WWII and flew more than 30 ops with 514 Squadron RAF. He was a 'Bomb Aimer' in the 'Lancaster Lass Plane'. He was the only Canadian in his crew and the others were British boys and Irish. After the war, Corb did 7 years at university to be a veterinarian. After he graduated in 1949, Anne and Corb were finally married on April 14th, 1951 at the ages of 21 and 30. Anne says "We were married in Guelph on a snowy day in April, when I said "I do" and then Mary was born 9 months to the day" and she laughed. Life got real interesting and loads of stories and dreams were fulfilled. First, they had Mary, then David, Rob and Patti.

Anne became the 'Professional Packer and Organizer' as they loved to travel and move to new places. After they got married, they moved to Brockville, Bracebridge, Indiana, Windsor, Oregon, Ottawa and then stayed in Ottawa for 30 years. Moved to Ottawa Valley (White Lake and Arnprior) for 34 years. The last few years we have spent at Island View and really enjoy it.

Both Anne and Corb were involved in the Communities they lived in. Their family always came first though, and their hobbies second. Anne of course, always sang, but took up painting at the tender age of 62. She'd say "If you set your mind to something, you can do it"! Corb played hockey until the age of 70, and he also was an artist and did landscape paintings and bird carvings right to the end. Sadly, Corb passed on May 28, 2020 in his 99th year.

Anne laughed and clasped her hands, as she told me the funniest stories yesterday about her growing up. She is not only beautiful and compassionate, but her joy for life and adventure at all ages came shining through. Her words of wisdom these days to her daughter Patti is "Live it up, Live it up, Live it up!" But her pride and joy will always be her Corb, her 4 children, 5 grandchildren and 4 great grandchildren thus far (wink).

Anne noted "One memorable journey we took, was to England where we met with Corb's Crew that he flew with, back in WWII." Now that's something! She looked and smiled at me and said "I'm most grateful for my loving family. They've been with me through whatever comes in my life and have been my stepping stone to life still!" Somehow, I know that Anne's just getting back .... What she gave out "Love and kindness, always!".

Anne, "Keep on having that 'Spitfire-Joy for Life' it's so inspiring to all of us!" **Until our next Tour, keep on smiling! Nancy**

Enjoy more community.  
With a lot less shoveling.

This winter, shake off  
the snow and come try  
Retirement Living at Revera.

Ask about our  
Winter Stay Offer  
**1 Month  
FREE\***



Revera Winter Stays let you enjoy winter in style including spacious suites, chef inspired meals, activities and the warmth of good company!

Call 613-623-0414 today to learn more.

revera  
Retirement Living  
Your kind of place

Arnprior Villa Retirement Home  
15 Arthur Street, Arnprior, ON 613-623-0414  
reveraliving.com

\*Terms & Conditions Apply



CHECK US  
OUT  
ONLINE!

  
**FRAUD ALERT**

**FRAUD! FAKE! IMPOSTER! HOAK! SCAM!**

DO YOU KNOW HOW TO PROTECT YOURSELF?

RBC, SENIORS AT HOME AND THE OPP  
WOULD LIKE TO INVITE INTERESTED PERSONS TO AN  
INFORMATION SESSION ON

"HOW TO SAFE GUARD YOURSELF FROM FRAUD"

**TO BE HELD AT**

**ST ANDREW'S PRESBYTERIAN CHURCH**  
80 Daniel St., Arnprior  
Saturday, November 12 at 1 p.m.

Arnprior-Braeside-McNab Seniors At Home Program

# PRICE DROP!

In-town Seniors Transportation NOW

\$5

each way

(\$6.00 from the Village of Braeside)

**NEW:** Ride with us to be entered into our monthly draws for \$50, \$30, and \$20 gift cards to our local grocery stores

Ride with us 9 times and your 10th trip is FREE  
Pass cards are available for purchase



Call 613-623-7981 to book now!

# The Lunch Bunch

(with musical entertainment)



Every 1st Wednesday of the month

Where: Jim's Restaurant  
in Arnprior

Time: 1:00pm - 3:00pm



Tickets \$11.00 - advanced purchase required from Seniors at Home office



HOME & COMMUNITY SUPPORT  
United in our commitment to care  
Arnprior-Braeside-McNab  
Seniors At Home Program Inc.

[www.cssagency.ca](http://www.cssagency.ca)  
613-623-7981

**Dates**

Nov. 2

Dec. 7

Jan. 4

**Entertainment**

Carolyn Keays & Chuck Chapman

Rick Leben

Steve Williams

*For all seniors 55+, disabled, and individuals with special needs*



SAVE THE DATE

## ANNUAL SENIORS CHRISTMAS PARTY

FRIDAY DECEMBER 16TH 12:00PM

Tickets go on Sale November 1st

Friday, November 11th, 2022  
(Remembrance Day - Closed until 1)

**Holiday Hours:**

Closed Dec 23rd at noon  
Closed the 26th and 27th  
Open the 28th and 29th  
Closed at noon on Dec 30th to Jan 2nd  
Open - Tues Jan 3rd (regular hours)

We at Seniors At Home gratefully thank those who have donated in memory of their loved ones.



THOMAS GORDON  
MCNULTY  
(1929-2022)



DIANE BESCO  
(1928-2022)



Emmett Ryan  
(1937-2022)



Mary Bullard  
(1920-2022)

*Leave a Lasting Legacy*

More Information Suzanne Giroux  
Development Coordinator  
613.623.7981 [suzannegiroux@cssagency.ca](mailto:suzannegiroux@cssagency.ca)

**How will you be REMEMBERED?**

613-623-7981  
[www.cssagency.ca](http://www.cssagency.ca)

106 McGonigal St. W., Arnprior



HOME & COMMUNITY  
SUPPORT

United in our commitment to care  
Arnprior-Braeside-McNab  
Seniors At Home Program Inc.

# Arnprior's Annual Christmas Craft Fair

26 NOVEMBER 2022

10 AM - 4 PM

@THE NICK SMITH  
CENTRE

Featuring

Over 50 Tables  
Bake Table  
Local Artists  
Raffle/Door Prizes  
Lunch Counter

Sponsored by



Presented by

the Arnprior-Braeside-McNab Seniors At Home Program

IN SUPPORT OF



HOME & COMMUNITY  
SUPPORT  
United in our commitment to care



\$10

Chili and  
Bun on the  
Run

EAT IN OR  
TAKE OUT

AN  
APPETIZING  
WAY TO  
SUPPORT A  
GREAT LOCAL  
PROGRAM

## It's Chili-Fest time!

Thursday, November 3<sup>rd</sup> | 11am - Close

Join our annual Chili-Fest and help us raise funds for Arnprior-Braeside-McNab Seniors At Home Program. Try one, try them all, and see whose chili you prefer. Hold your very own taste-testing with your colleagues at work, all for a good cause!

Hosted at:  
Participating Restaurants

- Antrim Truck Stop
- Island View
- Krave Bistro
- Riverside Grill and Bar
- Sweet and Sassy
- Negi's Family Bistro and Pub
- Bee Savvy
- King of Munchies TexMex
- Smash House
- Uptown Resto Bar
- PJ's Restaurant
- MJ Butchers
- The Prior Sports Bar



30 Jack Crescent, Arnprior, ON, K7S 3Y7

Please call **Lynn Russett** at 613-622-0002 x221 to participate, or learn more.

aspiralife.ca

# ARNPRIOR BOWLING

## ● STORY TELLING ●

We want to tell a story and we need our community's help to do so. Was your grandfather, father or another close family member a pinsetter in the 30s, 40s or 60s?

Did you participate in a league here in the 70s, 80s or 90s? Or perhaps your parents did and you & your siblings were dragged along to those league bowling nights?

Hopefully you enjoyed a memorable date at this historic bowling centre? Or maybe it was a place your friends liked to gather at regularly.

All these, and many more, could be great stories that we'd love to use to help us connect our community with this historic bowling centre.

We know that the bowling alley has been here since the 1930s and we're looking to bring the storytellers in to interview them and capture their memories through video and photographs.

If you have a story to share, or know someone who does, please contact us!

## SPECIAL SENIORS' LEAGUE RATE \$13/WEEK



Join a league bowling league for only \$13/week. It's the perfect opportunity to meet a great many people with similar interests and experiences and a great way to keep active and fit...

Tuesday 9am Community Bowl  
Tuesday 10:30 Ladies League  
Thursday 9am Ladies League  
Thursday 1pm Mixed League



## STEELHEADS & STRIKES

Call - 613-316-6383

Email: [steelheadsandstrikes@gmail.com](mailto:steelheadsandstrikes@gmail.com)

Visit: 120 John Street North, Arnprior