



HOME & COMMUNITY
SUPPORT
United in our commitment to care

SPRING 2023

FOLLOW US ON FACEBOOK

Arnprior-Braeside-McNab Seniors At Home Program Inc.

Spring is in sight and birds have taken flight! Soon we'll be tending to our gardens and fighting off the flies.

Seniors at Home have been busy planning fun programs and events for the upcoming spring and summer season! As a reminder, we are just a phone call away and eager to chat about the services and programs that may be of assistance to you or someone important in your life. We're here to help, so give us a call, 613-623-7981.



Spring is here!

St. Patrick's Music Trivia Night



The Leprechauns were out in full force on Friday night for The St. Patrick's Music Trivia Night fundraiser for Arnprior Braeside McNab Seniors At Home Program Inc. A Heartfelt Thanks to all the teams who participated in our Fundraiser. Together we raised over \$1400 which will go a long way in helping our local seniors!

A special Thank you to our host, Rick Leben and our sponsors who generously donated the First Place Prize and door prizes for this event! Businesses include Under My Roof, Aspira Island View, Metro, Hart, Giant Tiger, The Peavey Mart, The Riverside Grill and Bar and the beautiful balloon arrangement by Claudia's Art. We would also like to congratulate the #1 Music Trivia Team, The Convergence Design & The Thirsty Philosophers- as well as the recipients of the # Team Spirit Award, Big Bad John and Topsy Chicks! Congratulations to everyone, clearly it was a win/win for All!



Top Image: Winning Team: Convergence Design & The Thirsty Philosophers

Bottom Left: Team Spirit Award: Big Bad John & The Topsy Chicks

Bottom Right: ABM Seniors At Home Program Inc. staff – The Lucky Senior Leprechauns

Valentine Angel Tree

Love was in the air on February 19th! We wish to express our sincere gratitude to St. Andrew's Presbyterian Church and members for hosting a very special **Valentine Angel Tree** and "Thank You" lunch during fellowship following their weekly Sunday service. In total, they raised \$770.05 towards local seniors in need.





It's Income Tax Time!

Our Income Tax Program has officially opened! This program is available to individuals with low to modest income with a "simple" tax situation, i.e. no self-employment or business income or expenses, no capital gains or losses, no bankruptcy files.
By Appointment Only. Call 613-623-7981 ext. 108

Our office, located at 106 McGonigal Street West, Arnprior, is open to accept your 2023 Income Tax forms starting March 2, 2023 until April 28, 2023. The service is offered on Mondays, Wednesdays, and Fridays between the hours of 10:00am and 2:00pm.

Image (left to right) – Income Tax Volunteers- Pat Weir, Elizabeth Briggs and Robert Sandles

SENIORS AT HOME TRANSPORTATION

- Monday through Friday 8:45- 4:15
- Ages 55+, or adults with disabilities
- ALL AGES for our wheelchair accessible service
- Your first trip is on us!
- \$5 each way within the Town of Arnprior
- \$6 each way from the Village of Braeside
- Ride 9 times... 10th trip is FREE
- Prepaid pass cards available for your convenience

Did you know?

Specialized Foot Care Clinics are held each Thursday within our agency.

To book an appointment, call 613-621-0012

Soft Soles 
 Advanced Diabetic Foot Care



As we head into a new fiscal year, it also marks the start of our Annual Blue Envelope of Hope Campaign. The operation of many of our programs and services, such as our Para Transit Care Coach, Meals on Wheels, Loan Cupboard, Friendly Visiting etc. rely on proceeds from this campaign. That said, your continued generosity is crucial to ensuring these important services remain active and viable in our community. This year, our goal is \$40,000.

We ask that you keep an eye out for our "Blue Envelope of Hope" in your mailbox and consider a donation by returning the supplied envelope either by mail or drop off at our office, Unit 1, 106 McGonigal St. West, Arnprior, ON K7S 1M4.

We also accept:

- Debit, Visa, or Master Card
- An e-transfer option to blueenvelope@cssagency.ca (include your contact information for a charitable tax receipt)
- The secure online portal canadahelps.org is also available from our website www.cssagency.ca



Arnprior-Braeside-McNab Seniors At Home Program Inc.
BLUE ENVELOPE OF HOPE

Please return with your donation to:
 Arnprior-Braeside-McNab
 Seniors At Home Program Inc.
 Towne Centre, Unit A1, 106 McGonigal St. West,
 Arnprior, Ontario K7S 1M4

Thank You

A special Thank You to our friends from the **Arnprior Lionette's** who graciously offered to donate proceeds from their **SHARE THE WEALTH RAFFLE** to Seniors At Home! Raffle tickets are \$1.00 per ticket and can be purchased at our office located at 106 McGonigal Street, The Arnprior Library, or from a local Lionette!

Left to right – Peggy Frechette and Joan Kelly of the Arnprior Lionette's



FUNDRAISING SUCCESS!!



The Easter Bunny came in many different forms this year for our 1st Easter Bake Fair & Cake Decorating Contest! There were plenty of smiles, as there were sweets sold by multiple vendors under one roof at the Masonic Hall in town!

Judging was quite a challenge, as every single cake was nothing short of magnificent!

Winners:

- # 1 Overall Winner - Sweet & Sassy
- Most Whimsical - Teagan Banks
- Rising Star - Tessa Moffatt (11 yr. old student)
- People's Choice - Kait Guttridge

We would like to thank the participating vendors and kind-hearted volunteers for their participation! In addition, a **HUGE SHOUT OUT OF THANKS** to Under My Roof, The Peavey Mart, Metro, Canadian Tire and Hart for donations towards the prizes for our event.

Top images – Middle top – Best Overall cake by Sweet & Sassy

Top Right – Most Whimsical by Teagan Banks

Centre Image – Rising Star winner, Tessa Moffatt with her Easter cake in background

Centre Right – People's Choice winning cake prepared by Kait Guttridge

Bottom Left (left to right) – Volunteer Heather Campbell, Suzanne Giroux of SAH, Town of Arnprior Mayor Lisa McGee, and councillors Billy Denault and Chris Couper (Oliver Jacob at back)

Bottom Right – Judges, Gracie Brox of Bee Savvy, Mike Marcil of Giant Tiger & Oliver Jacob of the Town of Arnprior



NEW HIRE AT SENIORS AT HOME - BOB CREGO

Bob grew up not far from Arnprior, in Stittsville, back when it was a village of 600 people. He worked with the public for 46 years in retail spending most of his career between K mart Canada and Giant Tiger Stores Ltd. Absolutely in love with Arnprior, Bob's worked here since 1996 and purchased a home in 2009. Since retirement, he found himself with too much time on his hands and was wanting to do something fun and meaningful. When he heard that Seniors At Home were looking for casual drivers, he jumped at the opportunity and is so thankful that he was hired! Bob loves meeting new people and happy to be working with an organization that is so helpful and important to our community. **WELCOME BOB!**

Do you need to get rid of confidential papers or old files? If so, mark your calendars for our Annual **SHRED DAY Event - May 13th!**

With the end of Tax season fast approaching, we are pleased to announce our Annual Shred Day Event! Shredding services offer a secure and environmentally shredding solution on site. The cost is \$10 per bankers' box (approx. 15x22 in size), and we can accept office paper, file folders etc. No need to remove staples, paper clips rubber bands, or small binders. For more information, contact us at 613-623-7981!



HOME & COMMUNITY SUPPORT
United in our commitment to care
Arnprior • Brantford • Cambridge
Seniors At Home Program Inc.



SECURE SHREDDING

SHRED DAY EVENT

Preserve the Earth.
Protect your Identity.

COST: \$10 per Banker Box

Date SATURDAY, MAY 13

Time 9:00 - 12:00

Location Seniors At Home
Parking lot:
106 McGonigal St W

FOR QUESTIONS, PLEASE CONTACT:
Seniors At Home: 613.623.7981



A DAY IN THE LIFE OF A VOLUNTEER

Elizabeth Briggs – Volunteering
at the St. Patrick's Music Trivia
Night



My name is Elizabeth Briggs and I have only lived in Arnprior for the last 11 years. I was born in England and came to Canada when I was five. We became Canadians in 1967, our part of celebrating Canada's 100th anniversary. I grew up in Northwestern Ontario and went to university in Waterloo. I worked in Toronto in the Information Technology field in the financial sector. When I retired, I decided to move closer to family, hence the move to the Ottawa valley. As I volunteered all of my life, I wanted to continue and being a Volunteer Driver for Seniors at Home seemed like a great fit, giving me an opportunity to meet people and to assist with a much needed service. I soon expanded my volunteer role to include Income Tax preparation (I like working with numbers) and helping at many other of the events that Seniors sponsors, eg Christmas Craft Fairs, Musical Trivia nights, Jumble Sales, & Shred it days. While driving I have met very many great people, some of whom I have driven for over 8 years including during the pandemic. It is wonderful that we are now able to have larger gatherings that provide me with the opportunity to meet more of our clients. Volunteering at Seniors at Home has made my life in Arnprior a lot more interesting and fun.



UPCOMING EVENTS

**May
13**

Shred Day Event

Cost: \$10 per box
Time: 9:00am-12:00pm
Location: 106 McGonigal St. W., Arnprior



**May
22**

Weekly Valley Cruisers Car Show

Time: 4:00pm-8:00pm (every Monday until Sept)
Location: Antrim Truck Stop



**June
17**

Father's Day Weekend Car Show & BBQ

Time: 9:00am-2:00pm
Location: Red Pine Bay, Braeside



**July
20**

Annual Seniors BBQ in the Park

Time: 12:00-2:00pm
Location: Robert Simpson Park



**August
5**

Poker Run Show & Shine + BBQ

Time: 9:00am-12:00pm
Location: 45 Herrick Drive, Arnprior



**August
20**

Memorial Butterfly Release

Pre-purchase a live butterfly in memory of a loved one!

Time: 9:00am-12:00pm
Location: Robert Simpson Park, Arnprior
For more information:

Call: 613-623-7981 or www.cssagency.ca



In Support of Arnprior-Braeside-McNab Seniors at Home Program Inc.



**How will you be
REMEMBERED?**

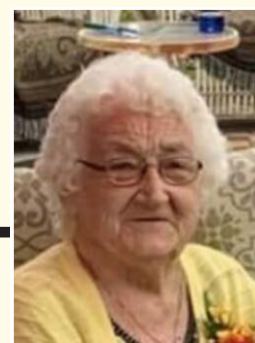
Leave a Lasting Legacy

More Information Suzanne Giroux
Development Coordinator
613.623.7981 suzannegiroux@cssagency.ca

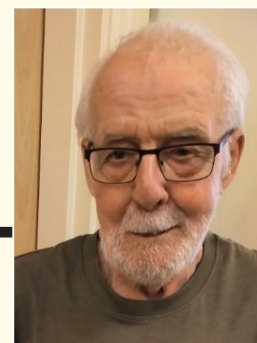
We at Seniors At Home gratefully thank those who have donated in memory of their loved ones.



COLETTE BELLEVILLE
(1932-2023)



EDNA MCMILLAN
(1933-2023)



ALLAN JOHN FERGUSON
(1933-2022)

**The office will be closed on
Friday, April 7, 2023 – Good Friday
Monday, April 10, 2023 – Easter Monday
Monday, May 22, 2023
Victoria Day**

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior