



HOME & COMMUNITY  
SUPPORT  
United in our commitment to care

SPRING 2025

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

# Hello Spring

As the unpredictable winter weather diminishes and the days become warmer, we have been hard at work planning fresh and engaging social events designed to encourage our seniors to get out, connect and stay active! This year is extra special as we proudly celebrate 45 years of service to our community – a milestone made possible thanks to our clients, donors and volunteers support and involvement. Like always, we're just a phone call away should you have questions about our programs and services available to you or maybe someone you care about. Reach out anytime at 613-623-7981 – we'd love to hear from you!

## Music Trivia by CIBC Arnprior . . . . .

Thanks to the team at CIBC Arnprior, this year's Movie & Music Trivia was nothing short of EPIC! Shannon Dupuis and the incredible team at CIBC orchestrated an unforgettable event in support of local seniors and individuals with disabilities. Plus, it was also a win-win for the Arnprior Food bank as we collected quite the haul!

Special thanks to our Master Host Aerik Watson and his partner EC for keeping the energy high all night long! Also, big congratulations to the #1 team - The Tragically Hip Replacements!

Images from top to bottom from left to right:

Top left - Happy Trivia team

Top right – (right to left): Event organizers, Shannon Dupuis of the CIBC, Aerik Watson – Trivia Host, EC – Trivia Assistant

Bottom left - The Winning Team "The Tragically Hip Replacements"

Bottom right – (left to right): Cheque presentation with CIBC Lacey Remus, Shannon Dupuis of CIBC, Dennis Harrington of SAH and Rhonda Sawyer



## Income Tax Clinic Update . . . . .

As the season winds down, we're thrilled to share that as of April 23rd, we proudly served over 380 clients, marking yet another outstanding year. We wish to thank all 14 volunteers whose dedication to our community made this possible. Their time, effort and commitment helped deliver an essential service to our community once again.

Image (left to right) – Volunteers, Terri-Lynn Veale, Carolyn Marlin and Marie-Josée Ton

# Thank You

### Heartfelt Thanks to Reverend Paul & St. Andrew's Presbyterian Church Parishioners!

We want to give a huge shout-out to Reverend Paul of St. Andrew's Presbyterian Church and his generous parishioners for their incredible donation to support our Valentine Angel Tree! Their kindness and community spirit make a real difference, and we're so grateful for their support.

As we celebrate our 45th Anniversary, we extend our deepest thanks to all our incredible volunteers. Their unwavering dedication and compassion have made a profound difference in the lives of our most vulnerable community members. We are truly grateful for their continued support and generosity—they are the heart of our mission!

# UPCOMING EVENTS!



## Arnprior Cruise Nights May 19<sup>th</sup> - Sept. 1<sup>st</sup> At the Antrim Truck Stop - 4-8pm



**EVERY 1<sup>ST</sup>  
WED OF THE  
MONTH**



### LUNCH BUNCH

Enjoy live Music & Lunch for \$12.00 at the Arnprior Legion (Pre-order Friday before event)

**MAY**

**21**



### DINERS' CLUB

Enjoy an all inclusive dinner with live entertainment at PJ's for only \$28.00. (Must be pre-ordered by May 16th)

**JUNE  
14**



### VALLEY CRUISERS FATHER'S DAY CAR SHOW & BBQ

Hosted by Valley Cruisers! Bring dad to check out the wide range of vintage and cool cars, entertainment the best BBQ deals around! (Rain date - June 15)

**JULY  
17**



### SENIORS BBQ IN THE PARK

Enjoy a great BBQ in the park with music, games and plenty of fun! (Rain date - July 24th)

**AUG  
17**



### THE MEMORIAL BUTTERFLY RELEASE

A unique and beautiful way to pay tribute to a loved one. Call to pre-purchase your butterfly by August today!

**SEP  
27**



### SHRED DAY

Protect your identity and watch your confidential papers be destroyed before your eyes!

**NOV  
1**



### SENIORS AT HOME - 45<sup>TH</sup> ANNIVERSARY - A COMMUNITY CELEBRATION

Join us in celebrating our 45<sup>th</sup> Anniversary!

**DEC  
6**



### CHRISTMAS CRAFT FAIR AT THE NICK SMITH CENTRE

Discover unique crafts and gifts made by local artisans at Arnprior's favorite Craft Fair!

## More Events to Come!

Follow us on Facebook,  
Instagram or visit  
[www.cssagency.ca](http://www.cssagency.ca)  
to stay updated!

## NEW ARRIVAL T-SHIRT

Check Out Our Latest Design!!

✓ Many sizes available

**ONLY  
\$23.00**

Tax Included



To order, call Suzanne 613-623-7981 ext. 104 or stop  
into 106 McGonigal St., Unit A1, Arnprior



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## DINERS' CLUB

Wednesday, May 21<sup>st</sup>, 2025

5:00pm to 7:00pm

PJ'S RESTAURANT

Choice of Roast Turkey or Fish and Chips  
(Includes soup, dessert and tea or coffee)

Tickets: \$28.00 (need to be purchased by noon on Friday May 16<sup>th</sup>)

ENTERTAINMENT by

Spencer Scharf

All Seniors 55 & Over, Disabled and Individuals with Special Needs are welcome  
For further information please call 613-623-7981 [www.cssagency.ca](http://www.cssagency.ca)

Proudly Sponsored by:

Arnprior-Braeside-McNab Seniors At Home Program Inc.

All Newcomers Welcome



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# COMMUNITY RESOURCES



## Seniors Active Living Centre programs offer:

- Social, cultural, learning and recreational programs for 55+ adults that promote health, well-being and social connections.
- SALC Memberships has its Privileges, SALC has partnered with some local business( The Mighty Fine Bakehouse and Cafe/ receive 0.70\$ on any gourmet coffee, White Pine Bookstore/ receive 20%) OFF Books and Children's wear, Cold Bear Brewing Co. / Receive 5% OFF in-house purchases...
- SALC offers Fitness/ wellness classes( Functional Fitness, Chair yoga, Mat yoga, Yogalates, Balance & Strength and Pilates
- Membership events (Carpet Bowling, Open Gym, Swims at Nick Smith Centre, Line-Dancing, Cards, Ukulele Club and LIVE Music)
- Workshops that include Sound Bath Session with Diana from Mystical Elements, Crafts and 1:1 Tech classes

## Contact Information:

77B Madawaska St Side Door Monday to Friday, 9am - 3pm  
salc@arnpriorhealth.ca (613)296-1906



## The Men's Shed

Arnprior/McNab/Braeside

The Men's Shed is dedicated to creating a space where members can form meaningful relationships, combat loneliness, and uplift one another. Committed to maintaining a high standard of safety and equality. The Men's Shed fosters an environment where every member is treated with respect and dignity. Join us in enhancing life skills, craftsmanship and embracing the camaraderie that defines The Men's Shed experience.

## CONTACT INFORMATION

Hours: Tuesday & Thursday 9am-1pm  
Location: 832 River Road, Braeside  
Email: mensshedAMB@gmail.com



128 Mary St  
Arnprior, ON K7S 1E6

(613) 623 4200  
info@neighbourlinkfountain.com

## Activities

- Socialize, get involved, meet new friends and gain a new skill

## Resource Office

- Where trained client advocates match needs with resources in our community and beyond

## Thrift Boutique

- Where generous donations meet practical needs

## The Café

- A place to gather for coffee, snack or a hot lunch (Mon. Tue. & Thur.)

Client confidentiality will be assured for all of our clients

## Older Adult Protection Services



## Goals of Care

Our focus is on developing a plan of care that reduces risk and eliminates abuse, which includes:

- Offering health care, legal, financial and support options;
- Ensuring safety and protection;
- Encouraging self-determination;
- Restoring dignity and self-esteem; and
- Ensuring access to support services.

## REFERRALS

Non-Urgent  
Monday to Friday  
613-432-4851 ext. 818

Urgent  
24 hours a day; 7 days a week  
1-800-363-7222  
Ask to speak with the on-call nurse



Providing care and support to seniors experiencing abuse, seniors at risk of harm and their caregivers in Renfrew County.

Call toll-free  
1-800-363-7222

Something to  
Smile About!



The inventor of the Hokey Pokey died recently. Everything was fine until they tried placing the body in the casket. It all started when they put his left foot in.

Arnprior-Braeside-McNab  
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Follow Us



www.cssagency.ca

613-623-7981

# A Day in the Life of a Local Senior

## Meet Roger: Arnprior's Everyday Hero with a Heart of Gold

Since making Arnprior his home in 2015, Roger Brisson has become a familiar face in our community. With his trademark friendly smile and an endless stream of jokes—ranging from cleverly witty to hilariously silly—he has a special way of lifting spirits wherever he goes. But Roger is more than just a jokester; he's a man whose kindness and generosity truly shine.

Roger's journey hasn't always been easy. He left home at just 12 years old, working hard for only 25 cents an hour. Despite the challenges, he built a life filled with adventure and community spirit. In his younger days, Roger enjoyed hunting and bowling—though he now jokes that he gave those up after spending "too much time on the ground!"

For 33 years, Roger proudly served as part of the City of Ottawa's "underground elite," working tirelessly to keep the city's sewer systems in top condition. Never one to shy away from hard work, 37 years later, he remains an energetic and dedicated member of the community. Whether offering rides to neighbors, lending a helping hand, or picking up litter—including the occasional mouse or muskrat—Roger leads by example. One grateful resident even handed him a \$10 bill as a thank-you for helping keep the streets clean.

Beyond his community service, he demonstrates kindness to many volunteers who are frequently treated to complimentary lunches and much needed social outings. He jokingly said that he's made many offers to do dishes but had no takers. Roger is more than just a jokester—he's a community treasure, making Arnprior a better place every day.



## A Stitch of Kindness Just in Time for Easter!

A huge **THANK YOU** to the Arnprior District Quilters Guild for their generous donation of beautifully handmade placemats for our Hot Meals on Wheels clients!



Image (left to right): Joyce Murray of the Arnprior Quilters Guild and Nancy Peck, Program Coordinator at Seniors At Home



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



STEPHEN "STEVE"  
HARWOOD  
1948-2025



THERESA  
CHARBONNEAU  
1936-2025



KAREN ANNE  
TOWNLEY  
1950-2025



BOB LOCKHART  
1954-2025

*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?**

**FUNDRAISING  
EVENT**

If you or your business are interested in hosting a fundraiser in support of Seniors At Home, we'd love to hear from you!  
Please contact Suzanne at 613-623-7981 ext. 104.

**613-623-7981**

[www.cssagency.ca](http://www.cssagency.ca)

106 McGonigal St. W., Arnprior

**OFFICE CLOSED**

Monday, May 19, 2025, Victoria Day

Tuesday, July 1, 2025, Canada Day