



HOME & COMMUNITY
SUPPORT
United in our commitment to care

SUMMER 2025

FOLLOW US ON FACEBOOK

Arnprior-Braeside-McNab Seniors At Home Program Inc.

Hello Summer!

With summer's arrival, there's a special magic in the air—longer days, warmer evenings, and the joy of coming together. Seniors at Home is excited to offer a variety of activities this season, creating opportunities for friendship and fun. We look forward to seeing you around!



Blue Envelope of Hope Campaign

As we enjoy the summer months, it's important to remember that for many seniors and people with disabilities in our community, the challenges of daily life don't take a vacation. Rising costs, inflation, and limited access to resources make programs like Meals on Wheels, Transportation Services, and the Loan Cupboard more essential than ever.

Thanks to your incredible support of our Blue Envelope Campaign, we've been able to bring comfort, connection, and independence to those who need it most.

But to keep these vital services going strong through the summer and beyond, we still need your help.

Every dollar makes a difference. Whether it's the cost of a meal or a ride to a medical appointment, your gift helps bring comfort, support, and independence to someone in need.

Ways to Give:

- Drop by our office 106 McGonigal St. W., Arnprior
- Call: 613-623-7981
- E-transfer: donate@cssagency.ca

From all of us at the agency, thank you for helping make this summer brighter for seniors and people with disabilities in our community.



From left to right:
Paul Lapierre (In-town Driver), Beth Sheffield (Transportation Co-Coordinator), Kyle Fraser (Transportation Coordinator) Carol Choffe (In-Town Driver) Nancy Peck (Program Coordinator) Mandy Stinson (Administrative Assistant), Regina Palmer (Volunteer-Reception) Dennis Harrington (Executive Director SAH) and Adriana Ayala -Perez (Development Coordinator)

A Splash of Summer at Seniors at Home!



Our new flower bed display is bursting with color! We're incredibly thankful to Milliken Landscaping Garden Centre for their generous donation of vibrant summer blooms. Their kindness has brought fresh color and joy to our flower beds—brightening the days of our team, clients, and all who visit. We look forward to watching these flowers grow and continue adding a splash of summer cheer to our community.

Image: Nancy Peck- Program Coordinator at Seniors at Home watering the freshly planted flowers.

..... Father's Day Car Show & BBQ

What a beautiful, sunny day at Red Pine Bay for our Annual Father's Day Car Show! A big thank-you to Brian and Heather Gunn from Valley Cruisers Arnprior for hosting and helping us raise an amazing \$4,860—we couldn't have done it without you!

We're also grateful to our generous sponsors: Hear CANADA, Mark's No Frills (Arnprior), and Tyler Cavanagh, who made the BBQ a real treat.

To our wonderful volunteers—your smiles and hard work made the day extra special.

With toe-tapping tunes from The Average Joes, classic cars, great food, and good company, it was a day to remember.

We can't wait to do it all again next year!



Event Volunteer: Terri –Lynn with happy customer
BBQ Grillers: Todd Jack (staff driver) and wife Laurie

Musician: The Average Joe's

Right (from left to right) Dennis Harrington (Executive Director SAH), Suzanne Giroux (former Development Coordinator), Adriana Ayala-Perez (Development Coordinator), Heather and Brian Gunn (Valley Cruisers)

Don't forget to join us every Monday night from 4 PM to 8 PM at the Antrim Truck Stop for Cruise Nights, running through September 1st!

**A Little Something to
Brighten Your Day...**



..... A Message to Our Valued Community

At Arnprior-Braeside-McNab Seniors at Home, our commitment to serving seniors with compassion, dignity, and respect remains at the heart of everything we do. Whether you're a client, a volunteer, or a dedicated supporter, your trust and involvement mean the world to us.

After thoughtful consideration, we have made the difficult decision to retire our "10th Trip Free" pass cards for In-Town transportation services.

While we will continue to honour any existing cards, no new free-trip cards will be issued going forward.

This decision was not made lightly. Like many non-profits, we are navigating increased operational costs and limited funding, and this change is necessary to ensure we can

continue offering affordable, reliable, and accessible transportation to those who need it most.

We want to extend our sincere thanks for your understanding, and for the generous support you continue to show. Donations through initiatives like the Blue Envelope Campaign and other fundraisers are vital — they help keep our programs running and our community strong.

With gratitude,

The Team at Arnprior-Braeside-McNab Seniors at Home


..... Volunteer Voices

“It’s always in my heart to serve others and help.” This guiding principle is what drives Kerry Adams’ incredible dedication as a volunteer. Kerry started offering his time through our grocery shopping program right at the beginning of the pandemic, stepping up when the community needed it most. Now retired and proud to call Arnprior home, Kerry has become much more than just a grocery delivery volunteer — he’s a true friend and source of comfort to the seniors he visits. For Kerry, volunteering is about so much more than delivering groceries. He truly treasures the time spent getting to know each senior personally, forming genuine relationships that feel like family. He goes above and




beyond, staying in touch, offering help whenever needed, and doing everything he can to help seniors live as normally and independently as possible. Kerry also actively promotes our programs throughout the community, fueled by a deep love for helping others. He inspires everyone he meets to lend a helping hand and get involved, believing that together we can make a real difference. As he says, “As much as I’m helping them, they’re helping me too.” Volunteering brings Kerry joy, purpose, and keeps him deeply connected to the people and place he loves. Kerry’s kindness, dedication, and generous spirit shine as a powerful example of community strength and compassion. We are incredibly grateful for his selfless commitment and the love he shares every day.

Thank you, Kerry, for being a light in so many lives.


Hospice Renfrew presents

Grief Support Group Arnprior

A monthly gathering for those adjusting to life without a loved one to connect and access support from others who have experienced loss



Confidential
Non-judgmental
Free to attend


First Thursday of Every Month
4:30 pm – 6pm

Arnprior Public Library
21 Madawaska St, Arnprior

Space is limited; for more information or to register, contact
(613) 433-3993 x.2237 or grief@hospicerenfrew.ca

All seniors 55+, disabled and Individuals with Special Needs are welcome

The Lunch Bunch



Every 1st Wednesday of the month

Where: Arnprior Legion
Time: 12:00pm - 2:00pm
Tickets \$12.00 - advanced purchase required from Seniors at Home office

Let Love Take Flight at Our Annual Memorial Butterfly Release



Annual Memorial Butterfly Release

SUNDAY, AUGUST 17, 2025
ROBERT SIMPSON PARK, ARNPRIOR

Purchase a live butterfly in memory of a loved one by August 5th to be released at this year's ceremony

In office: 106 McGonigal St. W. Unit A1, Arnprior
by phone: 613-623-7981
or online: www.cssagency.ca

Sponsored by: Pilon Family Foundation, THOMAS CAVANAGH FOUNDATION

BUTTERFLY PRICES:
1 FOR \$25 - 2 FOR \$45
3 FOR \$70 - 4 FOR \$85
5 FOR \$100

Proceeds to support Arnprior Braeside McNab Seniors At Home Program Inc.

When someone we love has passed, remembering them can bring comfort and peace. We invite you to join us on August 17th, 2025, from 11 AM to 12 PM at Robert Simpson Park for our Annual Memorial Butterfly Release. This quiet, heartfelt ceremony offers a chance to honor your loved ones in a beautiful way. Together, we'll share live music and an inspirational message before releasing live butterflies — each one symbolizing love, transformation, and the enduring bond that keeps their memory alive.

Butterflies are available to purchase as a personal tribute. Please reserve yours by August 5th, 2025, by calling 613-623-7981, downloading the form at www.cssagency.ca, or emailing adrianaayala-perez@cssagency.ca. We hope you'll join us to remember, reflect, and let love take flight.

Secure Your Privacy at Our Shred Day Event!

Safely disposing of old documents is one of the easiest ways to protect yourself, your family, or your business from identity theft and fraud — and now, you can do it while supporting a meaningful local cause. On Saturday, September 26, from 9:30 AM to 12:30 PM, Seniors At Home will be hosting a community shredding event right in our parking lot at 106 McGonigal St. W Arnprior. Whether you're an individual, a household, or a local business, you're welcome to bring banker boxes filled with outdated or confidential paperwork. Shredding is just \$10 per box, with payment accepted on-site by cash, debit, or cheque. No appointments are needed — simply drive up, drop off your boxes, and we'll take care of the rest.

This event not only helps protect your personal information — it also helps us continue providing vital services to seniors in our community. All proceeds will go directly toward supporting our programs and the individuals who rely on them.

Clear your clutter, protect your privacy, and help us make a difference. We look forward to seeing you there!



SHRED DAY EVENT

Preserve the Earth. Protect your Identity.

Saturday, SEPT. 27
TIME 9:30am-12:30pm
Cost: \$10 per Banker Box (Cash, debit or cheque accepted on those of seniors)

Our Shred Day event offers a convenient and secure method to dispose of confidential documents, enhancing protection against identity theft and fraud.

Sponsored by: **NORTHERN CREDIT UNION**

LOCATION: Seniors At Home Parking Lot 106 McGonigal St. West, Arnprior, Ont.

Info At: www.cssagency.ca or call **613-623-7981**

Proceeds to support Arnprior Braeside McNab Seniors At Home Program Inc.





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

Leave a Lasting Legacy
Adriana Ayala-Perez Development Coordinator
email: adrianaayala-perez@cssagency.ca
Phone number: 613-623-7981

DONNA MAE O'GRADY
(1939-2025)

WILLA WRIGHT
(1925-2025)

LOYAL DUROCHER
(1933-2025)

How will you be REMEMBERED?

613-623-7981
www.cssagency.ca
106 McGonigal St. W., Arnprior

OFFICE CLOSED
Monday, August 4th, (Civic Holiday)
Monday, September 1st, (Labour Day)