

Volunteer Spotlight (Nancy and Gilbert Paquette)

Nancy and Gilbert Paquette have been dedicated volunteers with Seniors at Home Program Inc. since 2013 and 2017.

Nancy has supported the organization in many meaningful ways, including front desk reception, client check-in calls, Meals on Wheels support, special events, and data entry. During the pandemic, she also helped with regular wellness calls to clients, offering reassurance and connection during a challenging time. She continues today with data entry support, helping ensure programs and services run smoothly behind the scenes and being part of our Development Committee as our minute taker.

Gilbert began his volunteer journey through Meals on Wheels delivery and quickly became known for the friendly visits and conversations he shared with clients. Over the years, he has also supported special events, helped maintain the agency's website, and provided patient technology support to seniors in need.

Together, Nancy and Gilbert bring kindness, compassion, and steady commitment to their volunteer work. As a team, they have made a lasting impact not only through the services they support, but through the genuine connections they have built within the community.



SPRING 2026

FOLLOW US ON FACEBOOK

Arnprior-Braeside-McNab Seniors At Home Program Inc.

A new season of Caring

As spring returns to our community in Arnprior, we are reminded that even the smallest signs of change, warmer sunshine, longer days, and fresh blooms, can bring renewed energy and hope. At Seniors at Home Program Inc., we are proud to support seniors in continuing to live safely and comfortably in their own homes, while staying connected to the community around them. This season, we celebrate not only the arrival of spring, but also the kindness, care, and connections that grow stronger every day through our shared support network.



We are especially grateful to our volunteers, donors, and community partners whose dedication makes our programs possible. Your support continues to make a meaningful difference in the lives of local seniors. We look forward to another season of helping one another thrive, at home and in the community.



T-SHIRT NEW ARRIVALS

"If you're happy and you know it, it's your meds."

Our popular T-shirts are back! Now available in new colours



EVERY PURCHASE HELPS SUPPORT OUR PROGRAMS FOR SENIORS AND INDIVIDUALS WITH DISABILITIES IN OUR COMMUNITY



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



BERNICE DOTA 1936-2026	BERNIE LYNN 1932 - 2026	BETTY FORAN 1936-2026	ELEANOR HOTCHKISS 1942 - 2026	GORDON BETHUNE 1930-2026	EMILIO DI MONTE 1936-2026
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How will you be REMEMBERED?

OFFICE CLOSED

Monday, May 18, 2026 – Victoria Day
Wednesday, July 1, 2026 - Canada Day
Monday, August 3 - Civic Holiday

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior

Blue Envelope of Hope

The Blue Envelope of Hope is now underway and is included with this newsletter. It is a simple and caring way for you to support seniors in our community. Any amount you are able to give helps us continue providing programs and services that support seniors to live safely, stay connected, and remain independent at home. Your kindness makes a real difference, and we are very grateful for your support.



Thank You

Heartfelt Thanks to Reverend Paul & St. Andrew's 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.



MUSIC TRIVIA BY CIBC ARNPRIOR

Music, laughter, and community spirit filled the room at this year's Music Trivia Night hosted by the team at CIBC Arnprior. Shannon Dupuis and the CIBC crew brought everyone together for an evening that supported local seniors and individuals with disabilities, while also giving back to the Arnprior Food Bank through generous donations collected throughout the night.

A big thank you goes to Master of Ceremonies Aerik Watson, who kept the energy high and the crowd engaged from start to finish. The night wrapped up with a well-earned win for "I AM Whispering" who took home first place after a spirited competition.



Top left – Event organizers, Shannon Dupuis of the CIBC, Aerik Watson – Trivia Host
Top right - Cheque presentation with CIBC: Shannon Dupuis, Rhonda Sawyer, Lacey Remus, Kim Kingdon, Marris Rocco, Kerri Bond and Dennis Harrington
Bottom left - The Winning Team "I AM Whispering"



VALENTINE'S SEASON

Love was truly in the air as our Valentine's Day Raffle Basket brought excitement and community spirit to this year's celebrations. Our local community really showed up for us. Valued at over \$700, the basket featured local gift cards, dining experiences, wellness treats, wine, entertainment, Ottawa Senators tickets, and more.

Thanks to everyone's generosity, the raffle raised over \$2,000 in support of Seniors at Home Program Inc. These funds will help strengthen programs and services for seniors in Arnprior and surrounding areas.

Congratulations to our Love Is in the Air Basket winner, Garnet Meek, and thank you to all who participated.

INCOME TAX CLINIC

As another successful tax season comes to a close, we are proud to report that more than 400 clients were served this year. We extend our heartfelt thanks to our volunteers. Without their dedication, we would not be able to offer this service to our community. Their time, effort, and commitment continue to make this important program possible year after year.

This year's clinic was supported by 6 tax preparers and 8 income tax administrators.



Image (left to right) – Volunteers, Janet David & Kathy Rajsic

SAVE THE DATE

UPCOMING

Events

Monday Nights
MAY-SEPT 4pm - 8pm

Valley Cruisers Car Shows
50/50 in support of SAH
Antrim Truck Stop Starting May 18th

18 JUNE
12pm - 2pm

Seniors BBQ
Galilee Centre

16 AUG
11am - 12:30pm

Annual Butterfly Release
Galilee Centre

26 SEPT
10:00am - 12:30pm

Shred day
at SAH Office 106 McGonigal St W

Every 1st WED of the month
12pm - 2pm

Lunch Bunch
Arnprior Legion

NEW PROGRAM

FORMS ASSISTANCE & INFORMATION REFERRAL PROGRAM

Filling out **online or paper forms** can be confusing and stressful.

Our **Forms Assistance & Information Referral Program** offers **one-on-one support** to help you complete and submit applications with confidence

- Public pensions & subsidy programs
- First-time applications and renewals
- Support for adults 55+ and individuals with disabilities

Appointments required – no walk-ins
Consent & client presence are required

Book your free and confidential appointment today: 613-623-7981 ext 107

Stress-free, confidential, and professional assistance every step of the way!

If you or your business is interested in hosting a fundraiser in support of Seniors At Home, we'd love to hear from you!

Please contact Adriana at 613-623-7981 ext. 104.

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

Follow Us

www.cssagency.ca **613-623-7981**

More events to come!
Follow us on social media or visit
www.cssagency.ca to stay updated!

Seniors At Home

word search

C	O	M	M	U	N	I	T	Y	H
A	Y	L	F	R	E	T	T	U	B
F	L	E	M	O	H	O	L	P	Y
K	B	C	V	I	S	I	T	S	T
M	D	I	A	R	O	R	Z	L	E
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C	X	S	L	A	E	M	L	I	Y

BUTTERFLY	CARE	MEALS
ARNPRIOR	COMMUNITY	SAFETY
HOME	SERVICE	VISITS