

Newsletter for September, October & November 2010

Directrice: Rose Mary Silletta Activity Programmer: Susan Staples Home Support Coordinator : Maggie Taylor Home Support Assistant: Suzette Mayers Animators: Sylvie Morin, Diane Bedard, Marcelle Louis Paul Cook: Delia Dyer Bus Driver: Patty Doyle Caretaker: Terry Van Loo

New Programs:

Many of you will remember that in June we held an Open House to introduce you to the staff and members of the **Lisette Dupras Center**. They will be joining us in the Fall. On **Tuesday, September 7**, our new programs will begin. In order to attend these programs you will have had to **register** and provide us with a **copy of your birth certificate**. If you have not done so, please sign up immediately. A copy of the new weekly schedule is attached to this newsletter. If you have any questions, please see the staff.

Tai Chi:

Whether you are able to stand or if you are in a wheelchair, this exercise program is for everyone. There will be two classes offered; one for early risers and a second one later in the morning. Cost is **\$5.00 for 10 weeks**.

Arts & Craft/Textiles:

Our teacher will help you design your own t-shirt or bag, make some jewelry or design a picture frame using tiles. The class costs **\$1.00 per session** or **\$10.00 for 10 weeks**. The course will be given on 2 different days at different times, so you can choose the time that suits you best.

Workshops and Games:

Once a month there will be a workshop on Health and another on World Travel. A guest speaker will come in and tell you about his travel experiences. If this doesn't interest you, there will also be a monthly board or memory game.

Computer Courses: Will be offered in French and in English. Whether you are a beginner or if you just want to refresh your skills, we invite you to register. The cost is **\$10 for 10 weeks.**

Exercise:

A new exercise program will be held on Thursdays. Please check your new schedule for times.

Lunch:

New changes to the lunch program. Collective Kitchens will be held on Tuesdays and we will now have a meal program on Thursdays. The cost of the meals will remain at \$4.00

Regular Programming:

With all the new programs about to begin, we have not forgotten our old programs. We will still have lunch everyday and pick up will still be available every Monday and Friday. There will still be trips and shopping and Birthday Parties every month. We hope that you will welcome the new members and staff and join in the new and exciting programs that have been planned. If you have any questions or concerns, please ask the staff. We will be glad to answer any questions you may have.

Trips:

Bowling: On **Friday, September 3rd**. Take up the challenge and try to beat your last score. We will leave the Center at **12:30**, bowl 2 games and have a coffee before we come home. The cost is **\$12** for the bus, 2 games, shoes and a cup of coffee. Sign up immediately.

Tom's Cabin: Our annual trip to Tom's cabin will take place on Monday, September 13. We will leave at **10 am** and return at **3 pm**. The cost is **\$10** for the bus and lunch. Tickets go on sale on **Wednesday, September 1**. This trip is for members only.

Apple Picking: On **Monday, September 20** at **McMillans Orchards**. We will leave at **10 am**, drive to the orchard, have lunch, buy some baked goods, pick some apples and then return home for 4 pm. The cost is **\$25 for members, \$30 for non-members** for the bus and lunch. Tickets go on sale on **Friday, September 3**.

Trip to Nowhere: On **Monday, October 18** we will head out for a **Trip to Nowhere**. We will take off for an undisclosed location where we will enjoy the scenery and stop for lunch. We might even do a little shopping. The cost is **\$10.00** for members, **\$15.00** for non-members and you must buy your lunch. We will leave the Center at **10 am** and return for **4 pm**. Tickets go on sale on **Friday, September 10**.

Mandarin: On **Monday, November 1**, we will make our annual trip to The **Mandarin Restaurant**. We will leave at **11 am** and return for **3 pm**. The cost is **\$5.00** for the bus. Tickets go on sale on **Friday, October 15**.

Vichy's & Wal-Mart: On **Friday, November 19**, we will have lunch at **Vichy's** and then head to **Wal-mart** for a bit of shopping. We will leave at **11 am** and return for **4 pm**. The cost is **\$5.00** for the bus. Tickets go on sale on **Monday, November 1**.

Reminder: Trip tickets will be sold to members only for the first week and if you do not have a membership, you will be charged extra for your tickets.

Special Events:

Little Burgundy Festival:

To be held on Saturday, September 11, from 10 am – 2 pm. Come and join us as we give out flyers and play games.

Thanksgiving Dinner: To be held on **Friday, October 8**. The cost is **\$10 for members** and **\$12 for non-members**. After lunch we will hold a special bingo. Tickets go on sale on **Monday, September 13**.

Halloween: Join us on **Friday, October 15** as we decorate for Halloween.

Bazaar: Our Annual Bazaar will be held on **Saturday, November 6** from **10 am to 3 pm**. This year there will be no White Elephant table or Used Clothes. We will be calling members to bake and to volunteer on the day of the bazaar. If you are interested in volunteering or baking, please contact Susie. There will be **no programs** on **Friday, November 5** while we set up.

Birthday Party:

The birthday party will take place on the following dates: **Friday, September 17**, **Friday, October 22** and **Friday, November 12**. There will be entertainment, a cash bar and birthday cake. Hope to see you there!

Remembrance Day:

We will celebrate this day with a Mass on **Wednesday, November 10 at 10:30 am**. After lunch we will have a **Special Tea** in honor of our fallen soldiers.

Christmas Decorating: Will take place on **Friday, November 26**. We will play Christmas Carols, decorate the tree and have some treats and eggnog. Hope you can make it.

Fundraising:

Once again the **Police Force of Little Burgundy** has asked us to participate in their baked bean fundraising dinner. The cost is **\$7** for the dinner and the funds go to the organizations in Little Burgundy. The dinner will take place here in the Center on **Friday, October 1**. After lunch we will hold a **Special Beango** to celebrate **Seniors Day**. Cards will cost **\$1.00**. Tickets go on sale on **Wednesday, September 1**.

Center Closings:

The Center will be closed on **Monday, September 6** for **Labor Day**, **Wednesday, October 6** for a **staff day** and **Monday, October 11** for **Thanksgiving**.

Home Support Pages

Senior Power: Believing in Ourselves

The Seniorpower Project offers **4 workshops** on “People Safety” skills and principles. These include assertiveness and safety skills that help seniors prevent most situations of abuse, harassment or violence when they are:

- Out and about in the world
- Dealing with strangers
- Interacting with loved ones, neighbours and acquaintances

You will learn how to:

- Project a calm, confident attitude
- Set appropriate boundaries
- Protect oneself from hurtful words and insults
- Persist in getting help
- Put a stop to threats, emotional pressure, bullying or bribes
- Adopt safety strategies
- Get out safely of potentially dangerous situations
- As a last resort, use simple and effective physical self-defense skills

“When I don’t like someone’s language, of course I can let them know. But I know how to say it now, without making things worse.” “I feel free to go out again.”

When & Where: Wednesday morning from 9:30 am until noon starting September 8th in the Lounge at 850 Dominion (one block west of George Vanier metro). Last workshop on the 29th will be later in the day .

Register in advance with Maggie or Suzette (514-933-7351). A Minimum of 10 people is required. Free for St. Antoine CC members. \$15.00 for non-members.

Taxi vouchers for medical appointments

Purchase taxi vouchers at 50% of regular taxi fare for any **medical appointment** you may have. Must have a St. Antoine Community Centre membership to qualify.

Minibus Transportation

A Minibus service to and from centre is available on Monday & Friday. Morning pick up begins at 9:00 am. Afternoon return trip starting at 3:00 pm. Round trip costs \$5.00

Grocery Shopping Friday mornings and afternoons

Every second Friday, the bus leaves the centre at 9:55 am, picks up shoppers at Residence Albert (2355 Delisle) , then proceeds to Super C. Shopping from 10:15 until 11:30 am. **

In the afternoon, we leave the centre at 1:00 pm and continue to designated Residences in St. Henri, picking up shoppers. The bus then proceeds to IGA. Shoppers have until 3:00 pm.

Round trip costs \$5.00. Groceries are delivered free by the stores. Staff &/or volunteers are available to assist. Residents of the Saint Antoine 50+ Housing Complex may participate in both shopping trips.

Reserve your seat for any of the following shopping trips:

September 10th & 24th

October 8th & 22nd

November 5th & 19th

** Other nearby residences may be added to the list by contacting Home Support.

Friendly visits and calls

Matching seniors with volunteers to visit on a regular basis. You can play scrabble, go for a walk or just have a chat. You decide. Focus on fun. Time & days decided by client & volunteer.

Discussion group

Wednesdays at 1:15 pm, join us to discuss topics relevant to your life. Bring your ideas to Suzette. Social Tea following immediately after the group.

Evening Dining Out

Volunteer drivers are available to provide you with a safe evening outing as we try a variety of local restaurants. Contact Suzette to reserve your place. **Wed., Sept. 1, Tues., Oct. 5 & Tues, Nov. 2.**

Clinics

Blood Pressure (Free)

Friday, September 17,
October 15 & November 12.
10:00 until noon. Walk in.

Massage (\$20-25)

Every Friday evening from
7:00 pm until 9:00 pm.
Appointment only.

Foot Care (\$30-35)

Monday, September 27 &
November 8th. 9:00 am
until 12:00 pm.
Appointment only.

Good Food Box

Three different sized boxes of fresh fruits and vegetables can be purchased; **Small (\$7), Medium (\$10) & Large (\$16)**. Order & payment deadlines for this fall are the following Wednesdays by 4:15 pm on: **Sept. 8 & Sept 22 Oct. 13 & 27 Nov. 10 & 24**

Deliveries arrive the following Wednesday afternoons and must be picked up by 4:15 pm.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Coffee Session	Coffee Session		Coffee Session	Pick up
9:30-11:45	Tai Chi 1st group 9 :30-10 :15 2nd group 10:45-11:30 \$5.00 for 10 weeks Arts & Crafts/Textiles 9:30-11:45 \$1 per class \$10 for 10 classes	Collective Kitchens Art Textiles Workshop 9:30-11:45 \$1 per class \$10 for 10 classes	Senior Power Workshop September Only 9:30 – 12:00 pm	Computer Course in English 9:30 – 11:45 \$10.00 for 10 weeks Shop & Save 9:30 – 10:30 Exercise 10:45 – 11:30	Games Shopping 2 x month 9:55am Exercise 11:00-11:30
11:45-1:00	Lunch \$4.00	Collective Kitchens Lunch \$3.00	Soup & Sandwich Lunch \$3.00	Lunch \$4.00	Lunch \$4.00
1:00 – 2:45	1xmonth Board Games 1xmonth Memory Games 1x month Health Workshop 1x month Travel Workshop	Collective Kitchens Meeting Art Textiles Workshop 1:00 – 2:45	Discussion Group 1:00 – 2:00 pm Social Tea 2:30 – 3:00	Computer Courses in French 1:00 – 2:45 \$10.00 for 10 weeks Exercise 1:30 – 2:15	Shopping 2x month Games Birthday Party 1 x month 1:00 – 3:00
3:00	Departure	Departure	Departure	Departure	Departure

Dates to Remember for September

- **Friday, September 3** **Bowling 12:30 \$12.00**
- **Monday, September 6** **Closed – Labor Day**
- **Saturday, September 11** **Little Burgundy Festival**
- **Monday, September 13** **Trip to Tom’s Cabin \$10.00**
- **Friday, September 17** **Birthday Party 1:15 pm**
- **Monday, September 20** **Apple Picking \$25.00**

Dates to Remember for October

- Friday, October 1** **Baked Bean Fundraiser \$7.00**
- **Friday, October 1** **Beango \$1.00 Card**
 - **Wednesday, October 6** **Closed Staff Day**
 - **Friday, October 8** **Thanksgiving Dinner \$10.00**
 - **Monday, October 11** **Closed Thanksgiving**
 - **Friday, October 15** **Halloween Decorating**
 - **Monday, October 18** **Trip to Nowhere \$10.00**
 - **Friday, October 22** **Halloween Birthday Party**

Dates to Remember for November

- **Monday, November 1** **Mandarin Restaurant \$5.00**
- **Friday, November 5** **No Programs Bazaar Set up**
- **Saturday, November 6** **Bazaar 10 am – 3 pm**
- **Wed, November 10** **Remembrance Day Mass & Tea**
- **Friday, November 12** **Birthday Party**
- **Friday, November 19** **Vichy’s & Wal-Mart \$5.00**
- **Friday, November 26** **Christmas Decorating**

Menus for September

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Soup & Sandwich	Lasagna Salad	Quiche & Salad
6	7	8	9	10
Closed	Collective Kitchens	Soup & Sandwich	Chicken Pot Pie	Italian Sausages
13	14	15	16	17
Pork Chops Potatoes	Collective Kitchens	Soup & Sandwich	Shepherds Pie	Fish & Chips
20	21	22	23	24
Chili Con Carne	Collective Kitchens	Soup & Sandwich	Homemade Pizza Salad	Honey Garlic Chicken
27	28	29	30	
Club Sandwiches French Fries	Collective Kitchens	Soup & Sandwich	Beef Stew	

Menus for October

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Baked Bean Fundraiser
4	5	6	7	8
Chicken Stir Fry	Collective Kitchens	Closed	Cabbage Rolls	Ham & Scalloped Potatoes
11	12	13	14	15
Closed	Collective Kitchens	Soup & Sandwich	Liver & Onions	Spaghetti & Meat Sauce
18	19	20	21	22
Tacos	Collective Kitchens	Soup & Sandwich	Tilapia(fish) Potatoes	Ground Beef & Noodle Casserole
25	26	27	28	29
BBQ Ribs	Collective Kitchens	Soup & Sandwich	Lemon Chicken	Pork Chops & Potatoes

Menus for November

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti & Meat Balls	2 Collective Kitchens	3 Soup & Sandwich	4 Shrimp Stir Fry Rice	5 No Lunch
8 Fried Chicken Roasted Potatoes	9 Collective Kitchens	10 Soup & Sandwich	11 Curry Beef Basmati Rice	12 Italian Sausages
15 Pork Chops & Potatoes	16 Collective Kitchens	17 Soup & Sandwich	18 Macaroni & Cheese	19 Fish & Roasted Potatoes
22 Beans & Weiners	23 Collective Kitchens	24 Soup & Sandwich	25 Mandarin Chicken	26 Ham & Noodle Casserole
29 Meat Loaf Potatoes	30 Collective Kitchens			

Please Note: Menus Are Subject To Change Without Notice

Monday, Thursday and Friday Meals Are \$4.00

Wednesday Soup & Sandwich Are \$3.00

Tuesday Collective Kitchen Meals Are \$3.00