

LE CARREFOUR

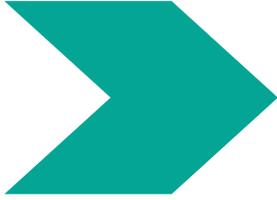
December 2020

English
version




GRAVES
GRAND RASSEMBLEMENT DES
AÎNÉS DE VAUDREUIL ET SOULANGES

 [graves.vs](https://www.facebook.com/graves.vs) • www.legraves.com • info@legraves.com



Annual General Meeting 2020

The Annual General Meeting of the *Grand Rassemblement des Aînés de Vaudreuil et Soulanges* was held on October 22nd and given the current situation, we are pleased to inform you that 16 members were able to attend the virtual meeting organized by management and members of the Board of Directors.

This meeting began with a workshop presented by *Gabrielle Chartrand*, Coordinator of the organization's Reference Centre, on managing anxiety in times of pandemic.

The general assembly is an important part of the democratic life of any organization and is a privileged way for management, employees and members of the board of directors to share with all members the work and actions that have been accomplished throughout the year.

Management is proud to present the members of the Board of Directors for the year 2020-2021.

Mr. Serge Dion (President)
Mr. William James Miron (Treasurer)
Mr. Yves Pelletier (Vice-President)
Mrs. Patricia Domingos (Secretary)
Mr. Yvon Carrière (Director)

Our congratulations to *Mrs. Sonia Givogne* and *Mr. Jacques Richard*, members present at the meeting who each won a \$25 gift card.

Marie-Christine Floch, Executive Director

UPCOMING ACTIVITIES



Christmas Tale - Live

When? **December 15th 10:am to 11:30 am**

Where? Directly from your home (phone, tablet or computer)

Cost? Free

Immerse yourself in the nostalgia and magic of the holiday season in the company of **Robert Payant**, a storyteller from our region, who will relate the stories of our childhood with the passion and dynamism that he is so well known for!

How to manage stress in times of a pandemic

When? **January 26th, 10:00 to noon**

Where? Directly from your home (phone, tablet or computer)

Cost? Free

We know how anxious the pandemic context can be for everyone. However, what about seniors, who are the most affected by social distancing?

Isolation, fear of the unknown, frightening statistics... all of these factors contribute to increasing stress in the elderly. We, therefore want to provide them with tools to significantly reduce their stress and improve their quality of life!

Come exchange for free with a social worker and discover some strategies to reduce your anxiety. Join us to learn new techniques for both you and your loved ones.

Places are limited, to register or for more information please contact us



(450) 424 0111 ext 223



centredereferences@legraves.com

***The Grand Rassemblement des Aînés de Vaudreuil et Soulanges* would like to remind you that for any questions, concerns or even just to find support, you can contact us for free from Monday to Thursday from 9 am to 4 pm. Our staff will be pleased to help you and offer you support as well as a friendly ear!**

REFERENCE CENTER



DESCRIPTION OF SERVICE

You need informations, support, informations on the resources or activity on the territory?

**Give us a call,
this service is FREE!**

450-424-0111 ext 223 or 0

Opening hours:
Monday to Thursday
from 9 AM to 4 PM

Due to the COVID situation and the safety measures in place, the service is currently only available by phone, but we hope to soon offer on-site service with access to our reference library, a computer for research and a telephone for important calls.



CONGRATULATIONS TO OUR THREE WINNERS OF THE "HOLIDAY GREETINGS" CONTEST

Lady luck has selected *Mrs. Florence Carrière* of Coteau-du-Lac, *Mrs. Louise Lalonde* of Vaudreuil-Dorion, and *Mr. Gaëtan Brouillette* of Pincourt as our winners of a gift basket each.

Discover the wishes of the participants as well as those of the *Grand Rassemblement des Aînés de Vaudreuil and Soulanges* in the beautifully prepared card made especially for you. You will find it inserted in the center of this *Le Carrefour* newsletter.

Thank you
to all the participants!





**Happy Holidays
and best wishes
for the year
2021**

Marie-Claude NICHOLS
MNA FOR VAUDREUIL

ASSEMBLÉE NATIONALE
DU QUÉBEC



ASSEMBLÉE NATIONALE
DU QUÉBEC

Joyeuses Fêtes
et prenez soin de vous!
Happy Holidays
and take care!

MARILYNE PICARD
Députée de Soulanges | MNA for Soulanges

✉ marilyne.picard.soul@assnat.qc.ca
☎ 450 456-3816



Beryl L Edmonds

I wish for my lost loved ones to spread wings
So they'd fly back and share all Christmas things,
Just as they did back in their days on earth
And the holy birth was a source of great mirth.
Then they'd see snowflakes fall softly to the ground,
Hear carol singers make beautiful sounds.
Children excited for Santa to arrive,
Christmas trees aglow and blazing firesides.
Church bells chiming to announce the new King,
Born as a host of Angel voices sing.
In humble conditions came Mary's boy.
Unto the world a sweet bundle of joy.
Thoughtful tokens handed out as a gift.
Times may have been hard, but love made us rich
Games and charades when there was no TV.
Fish paste sandwiches and jelly for tea.
But it's unlikely my wishes come true.
I'll send love in a prayer, I usually do,
And ask God to share my heart all around
For peace on earth that knoweth no bounds.

A LETTER TO SANTA

ANNABEL SHEILA

I wrote a letter to Santa
To make sure he would know
It's only two weeks until Christmas
And we still don't have any snow.
Just didn't want his reindeer
To have to work too hard.
I was afraid they might get stuck
In the mud outside in our yard.
I mailed my letter on Monday,
Only two days ago.
As I dropped it in the mailbox,
It slowly started to snow.
It's been snowing ever since,
More as each day goes by.
I'm getting kind of worried now
That Santa will think I lied.
I'll write another letter
And mail it off today.
Tell Santa not to worry,
There'll be lots of snow for his sleigh.



CHRISTMAS STORY

It was Christmas Eve. The night was very dark and the snow falling fast, as Hermann, the charcoal-burner, drew his cloak tighter around him, and the wind whistled fiercely through the trees of the Black Forest. He had been to carry a load to a castle near, and was now hastening home to his little hut. Although he worked very hard, he was poor, gaining barely enough for the wants of his wife and his four little children. He was thinking of them, when he heard a faint wailing. Guided by the sound, he groped about and found a little child, scantily clothed, shivering and sobbing by itself in the snow. *"Why, little one, have they left thee here all alone to face this cruel blast?"*

The child answered nothing, but looked piteously up in the charcoal-burner's face. *Well, I cannot leave thee here. Thou would'st be dead before the morning."* So saying, Hermann raised it in his arms, wrapping it in his cloak and warming its little cold hands in his bosom. When he arrived at his hut, he put down the child and tapped at the door, which was immediately thrown open, and the children rushed to meet him. *"Here, wife, is a guest to our Christmas Eve supper,"* said he, leading in the little one, who held timidly to his finger with its tiny hand. *"And welcome he is,"* said the wife. *"Now let him come and warm himself by the fire."*

The children all pressed round to welcome and gaze at the little new-comer. They showed him their pretty fir-tree, decorated with bright, colored lamps in honor of Christmas Eve, which the good mother had endeavored to make a fête for the children. Then they sat down to supper, each child contributing of its portion for the guest, looking with admiration at its clear, blue eyes and golden hair, which shone so as to shed a brighter light in the little room; and as they gazed, it grew into a sort of halo round his head, and his eyes beamed with a heavenly luster.

Soon two white wings appeared at his shoulders, and he seemed to grow larger and larger, and then the beautiful vision vanished, spreading out his hands as in benediction over them. Hermann and his wife fell on their knees, exclaiming, in awe-struck voices: "The holy Christ-child!" and then embraced their wondering children in joy and thankfulness that they had entertained the Heavenly Guest.

The next morning, as Hermann passed by the place where he had found the fair child, he saw a cluster of lovely white flowers, with dark green leaves, looking as though the snow itself had blossomed. Hermann plucked some, and carried them reverently home to his wife and children, who treasured the fair blossoms and tended them carefully in remembrance of that wonderful Christmas Eve, calling them Chrysanthemums; and every year, as the time came round, they put aside a portion of their feast and gave it to some poor little child, according to the words of the Christ:

***"Inasmuch as ye have done it unto one of the least of these my brethren,
ye have done it unto me."***

It snowed all night. So this morning...

8:00 a.m.: I build a snowman.

8:10 am: a feminist passes by and asks me why I didn't make a snowwoman.

8:15 am: I build a snowwoman.

8h17: The feminist neighbor complains about the large bosom of my snowwoman. It reduces snowwomen to sexual objects.

8:20 am: The gay couple in the neighborhood tell me it could have been two snowmen.

8:22 am: the transgender guy asks me why I didn't just make a snow person with detachable parts.

8h25: vegans at the end of the street complain about the carrot nose. Carrots are food, not a decorative item.

8:28 am: I'm being called a racist because the snow couple is white.

8:31 am: the Muslim family on the street asks me to put a burqa on the snowwoman.

8:40 am: the police arrive to tell me that a complaint has been filed.

8:42 am: the feminist complains again... the broom of the snowwoman must be removed because it makes women look like housewives.

8:43 am: the Council member for the equality of people threatens to evict me.

8:45 am: a TV journalist shows up. I am asked if I know the difference between a snowman and a snowwoman. I answer "snowballs". They call me sexist.

9:00 am: I go on the news as a terrorist, racist and homophobe who is looking for trouble in these difficult times with the weather.

9:10 a.m.: I am asked if I have accomplices. My two children are arrested



The journey is short

An elderly woman got on a bus and sat down. At the next stop, a strong and cranky young woman got on and sat down suddenly next to the old woman, hitting her with her many bags.

When she saw that the old woman remained silent, the young woman asked why she had not complained when she had hit her with her bags.

The elderly woman replied with a smile: *"There is no need to be rude or to discuss something so insignificant, because my trip next to you is so short since I am going to get off at the next stop. »*

This answer deserves to be written in golden letters:

«There's no point in discussing something so insignificant because our journey together is too short.»

Each of us must understand that our time in this world is so short. Darkening it with struggles, useless arguments, jealousy, grudges, withholding forgiveness, and an attitude of constant discovery is a ridiculous waste of time and energy.

Did someone break your heart? Stay calm. The trip is too short.

Has anyone betrayed, bullied, cheated or humiliated you? Relax. Forgive. The ride is too short.

Has anyone insulted you for no reason? Stay calm. Ignore it. The ride is too short.

Did a neighbor comment negative things on your cat? Stay calm. Ignore it.

Forgive this. The ride is too short.

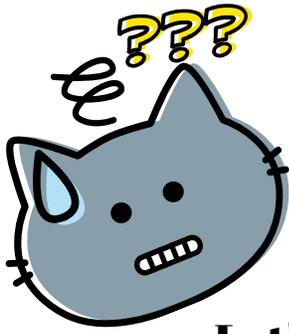
No matter what problem someone has caused us, remember that our journey together is too short.

No one knows how long this trip will last. No one knows when it will come to an end. Our journey together is too short.

Appreciate your friends and family.

Be respectful, kind and forgiving. Let us be filled with gratitude and joy,

After all our journey together is very short.



Let's face it - English is a crazy language

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture..
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) Upon seeing the tear in the painting I shed a tear.
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?
- 21) After he had read the article he wanted to read it to his wife.



There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

PS. - Why doesn't 'Buick' rhyme with 'quick' ?

December



December 3rd

1946: A credit union is established in Vaudreuil. The new "caisse populaire" was regulated by the law of the cooperative union of Quebec and was placed under the special protection of the Sacred Heart of Jesus and Saint Michael. During the first board of directors. *Jean-Philippe Boileau* was appointed Chairman of the Board; *Arthur Besner*, Vice Chairman; *Paul Villeneuve*, Secretary and Manager. The caisse then had 34 founding members with a share capital of \$635.00 divided into 127 shares of \$5.00 each. *Arthur Besner*, *Auguste Castonguay*, *F.-A. Tessier* owned 20 shares. *Father Adh mar Jeannotte*, *Notary Jean Boileau*, *Paul Villeneuve*, *Angelo Lavigne*, *Lionel Dagenais*, farmers owned 5 shares each. A few rare members owned two shares but the majority of them had only one.

December 5th

1956: The federally owned *Argenteuil*, a channel monitor on the Ottawa River, ran aground on December 2, 1956. The accident occurred between *Pointe-Fortune* and *Carillon*, in front of the *B lisle* restaurant. A red light, placed by the workers who were working on the survey of the future electrical system, misled the ship's captain. It was not until the following December 5th, and by its own means, that the ship managed to free itself from its unfortunate position.

December 7th

1813: Death of *Jean-Joseph Trestler*, soldier, businessman, landowner and politician, born around 1757 in Mannheim, Germany. He moved to Quebec City in 1776 with the *Hesse-Hanau* hunters, mercenaries of German origin. During his lifetime, he built up an impressive medical library of about 130 volumes, most of them in German. In 1784, he settled in the seigneurie of Vaudreuil and gradually became a prosperous merchant by investing in real estate and the manufacture of potash.

December 13th

1945: Two men from Montreal show up at *Antoine Chevrier's* home, a general merchant in *Rigaud*, to buy his business. After a few hours of discussions, the buyers find that the price demanded is very high in comparison to the business' revenues. Eventually, the two men leave the business without any closure. The next day, the two buyers come back to *Chevrier* with a new proposal that *Chevrier* cannot accept. To justify the real value of his business, *Chevrier* shows his real cash book and explains that the first book he consulted is a fake one and that, if he had two accounts, it was to better fool the income tax law. At that very moment, the two strangers revealed their identity as inspectors at the income tax department. It goes without saying that a long and meticulous investigation was carried out during which all books, inventories, credits, debits, etc. were checked. All of this resulted in a claim of approximately \$22,000.

December 16th

1837: Having participated in the 1837 rebellion, *Luc-Hyacinthe Masson* is imprisoned in Montreal on December 16, 1837. Exiled to Bermuda by proclamation of June 28, 1838, he leaves on July 3rd. On November 1st, he left Bermuda and entered the United States on the 9th. He then established himself as a general merchant at Fort Covington in the state of New York. Back in Canada in 1842, he started trading in Saint-Anicet under the name *Masson et Compagnie*. He then moved to Coteau-Landing in 1860 where he became mayor of the town. He was also elected as the Conservative deputy for Soulanges in 1867 on the federal scene. He died in Coteau-Landing on October 18, 1880 at the age of 69.

December 23rd

1908: A large fire destroys the church of *Coteau-du-Lac* dedicated to *Saint-Ignace d'Antioche*. The fire started in the covered path of the church near the sacristy. Carpentry work had been done a few days before. The estimated loss was \$60,000. Everything was consumed except for a few sacred statues and vases.

December 24th

1944: Birth of *Daniel Johnson*, son of *Daniel Johnson* and *Reine Gagné*. He is first elected as a Liberal member of Parliament for Vaudreuil-Soulanges in 1981. Elected deputy for Vaudreuil in 1985, 1989 and 1994, he retired from political life as deputy for Vaudreuil in 1998.

December 27th

1921: In the old days, it was customary to offer vows to the parish priest, but also to the school commissioners. At this date, during a special ceremony, the young students of Dorion school addressed their respectful wishes to *Father Joseph-D. Meloche* and the school trustees in terms that are no longer used today. "*Allow us, Father, to offer in your presence to the commissioners, our gratitude for the benevolent patronage they grant to our school. Along with you, we know that they are working in our best interests. If the good Lord answers the children's prayer, you may believe that the blessings of heaven will be granted to you in a very large measure. We ask for them as great and as gentle as your blessings and your devotion to us deserve.* »

December 31st

1958: The Soulanges canal is officially closed forever.... Several employees lose their jobs.

1961: The *Cité des Jeunes de Vaudreuil* is an institution created on December 31, 1961. Its founding members were *J.-E. André Bernardin*, licensed insurance salesman of Vaudreuil, *Florian Bleau*, administrator of Ile Perrot, *Robert Caron*, certified accountant, *Clovis Tougas*, veterinary doctor of Dorion, *Oscar Gendron*, doctor of Rigaud, *Léopold Pharand*, notary of Saint-Polycarpe, and *J. Gibb Stewart*, lawyer of Como. According to the patent letters, his mandate was to establish in Vaudreuil or in the surrounding area a center for education, culture and sports. The organization was also to carry out any activity likely to promote the cultural life of the region and to stimulate the interest of citizens, and youth in particular, in education, culture and sport. This educational institution was the cradle of the educational reform in Quebec and the first polytechnic created in Quebec. Its campus is still today the largest in the province in terms of size.

WHO AM I?

1. I can fall from a building and live, but put me in water I will die.
2. you answer me but I never ask you questions.

3. I have keys but no locks and no rooms. You can enter, but you can't go outside.
4. You change me every month, no matter how much you use me.

5. I am made of water but I am not wet.
6. I have a ring....but no finger.
7. I am full of keys but I can't open any door.

8. I am tall when I'm young and I am short when I am old.
9. I have a single eye but cannot see.
10. I have a face but no eyes, hands but no arms.

11. I sit in a corner while travelling around the world.
12. I always run but never walk, offer murmur but never talk, have a bed but never sleep, have a mouth but never eat.

13. I have teeth, but never chew.
14. I am excellent to taste, but horrible to smell.
15. I have four legs, a back but no head.



16. If you break me, I'll not stop working
If you can touch me, my work is done
If you lose me, you must find me with a ring soon after
Who am I?

More riddles?

17. THE MORE THERE IS, THE LESS YOU SEE.

18. WHAT CAN'T TALK BUT WILL REPLY WHEN SPOKEN TO?
19. HAVE BRANCHES, BUT NO FRUIT, TRUNK OR LEAVES. WHAT AM I?

20. THE MAN DIED OF OLD AGE ON HIS 25TH BIRTHDAY.
HOW IS IT POSSIBLE?

21. I SHAVE EVERY DAY, BUT MY BEARD STAYS THE SAME.
WHAT AM I?

22. WHAT CAN YOU KEEP AFTER GIVING IT TO SOMEONE?

23. WHAT GETS WET WHEN DRYING?

24. WHAT GOES UP BUT NEVER COMES DOWN?

25. WHAT CAN YOU BREAK, EVEN IF YOU NEVER PICK IT UP OR TOUCH IT?

26. WHAT IS ALWAYS IN FRONT OF YOU BUT CAN'T BE SEEN?

27. WHAT IS FULL OF HOLES BUT STILL HOLDS WATER?

28. DAVID'S PARENTS HAVE THREE SONS: SNAP AND CRACKEL. WHAT IS THE NAME OF THE THIRD SON?

29. WHAT CAN YOU HOLD IN YOUR LEFT HAND BUT NOT IN YOUR RIGHT?

30. I'M LIGHT AS A FEATHER, YET THE STRONGER PERSON CAN'T HOLD ME FOR FIVE MINUTES. WHAT AM I?

31. I BELONGS TO YOU, BUT OTHER PEOPLE USE IT MORE THAN YOU DO.

32. IF YOU ARE RUNNING IN A RACE AND YOU PASS THE PERSON IN SECOND PLACE, WHAT PLACE ARE YOU IN?

33. WHAT CAN'T YOU PUT IN A SAUCEPAN?

34. WHAT GOES UP AND DOWN BUT DOESN'T MOVE?

Find 7 differences



Find 10 differences



Let's play!

3				4		8	
	7			6		3	
		8		3			6
6		9				3	4
		1		3		6	
5	3					9	2
9			6			8	
		5		2			9
	2		4				1

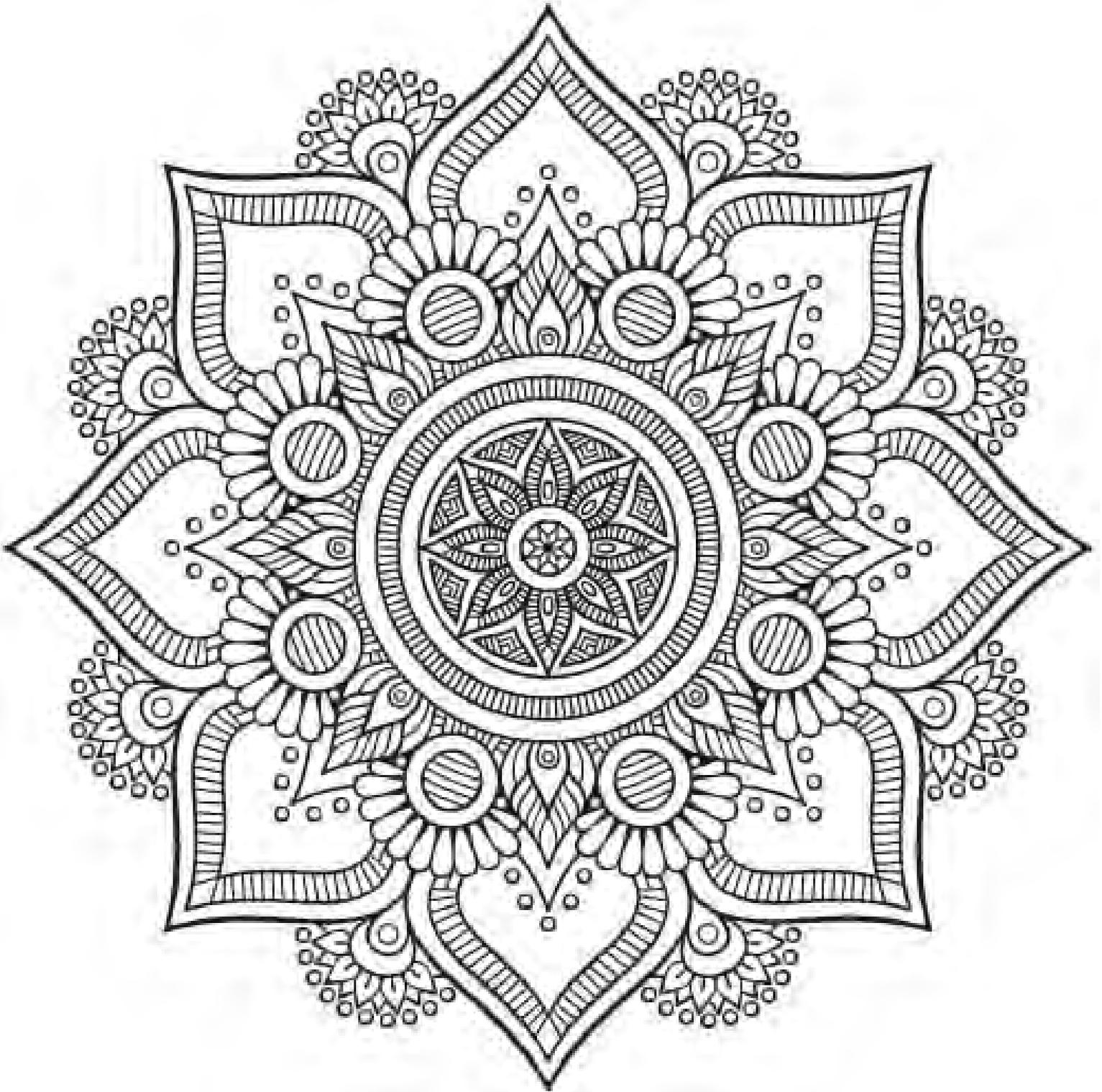
				4	2			
			7			3		
4	5				3	7		2
	6		3					7
9								1
1					6		2	
8		2	6				4	3
		7			5			
			2	8				

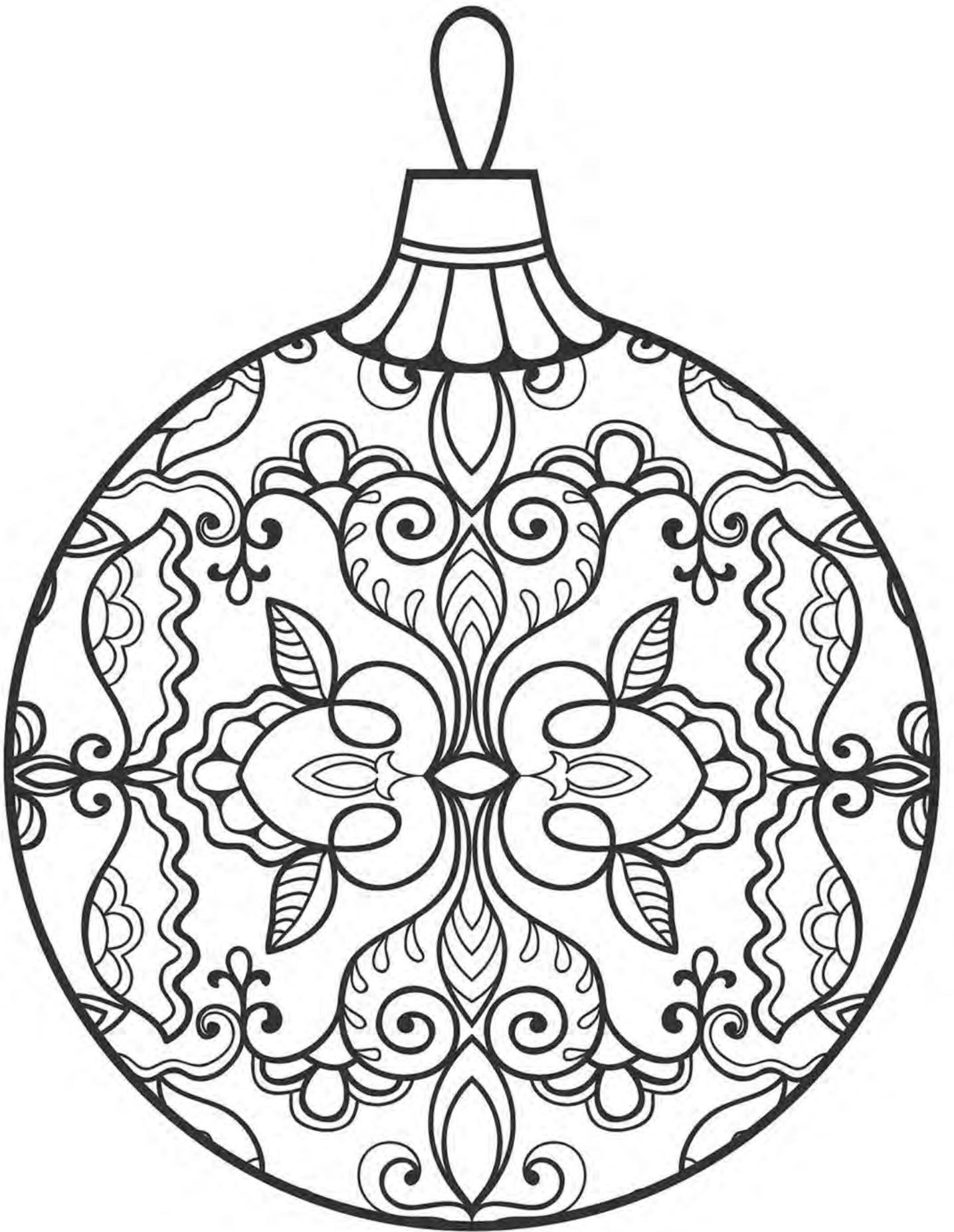
SUDOKU

3		6		2	7			
		2				7	5	
1			8					
8					5			
6	3		1		8		9	5
			2					8
					2			3
	4	3				9		
			4	7		5		1

		4		6				7
6					5	1		3
		5				6	4	
	4	9	1					
3				2				9
					4	3	1	
	5	6				2		
4		8	2					1
2				9		7		

GO AHEAD AND PUT SOME COLOR!



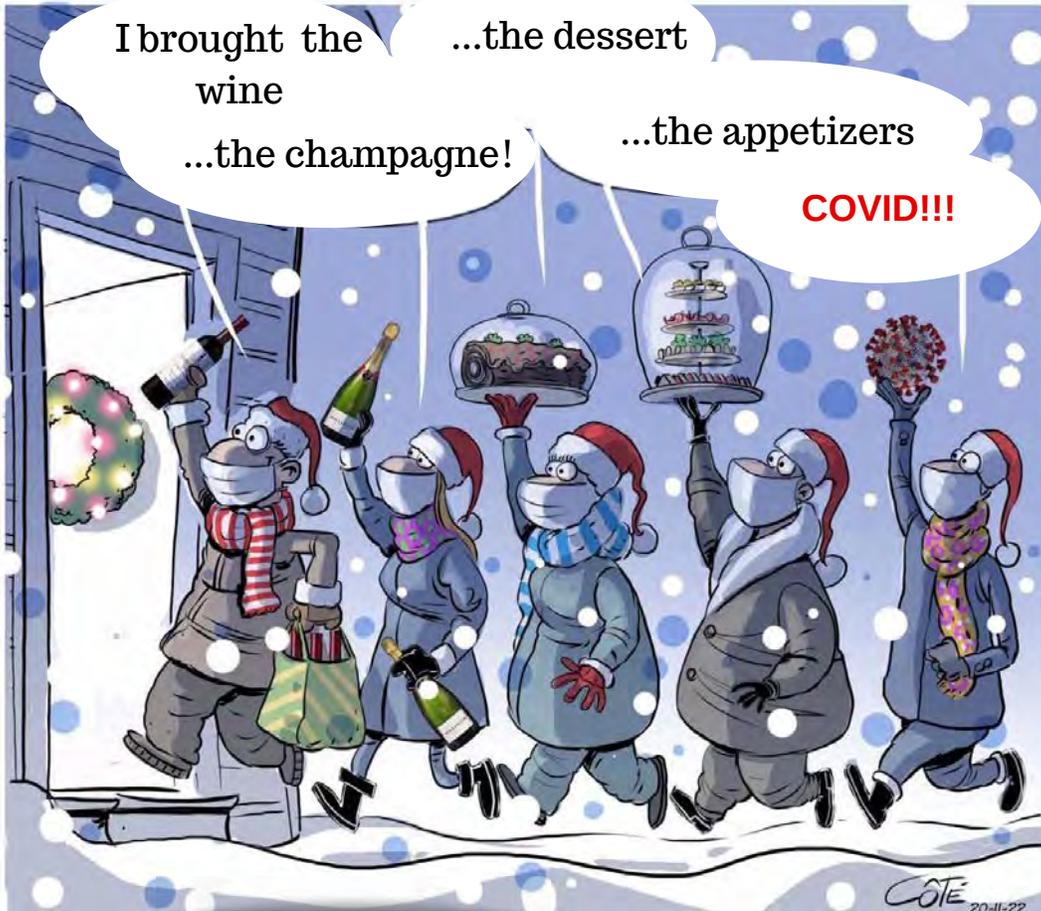


Let's have fun... and recycle!

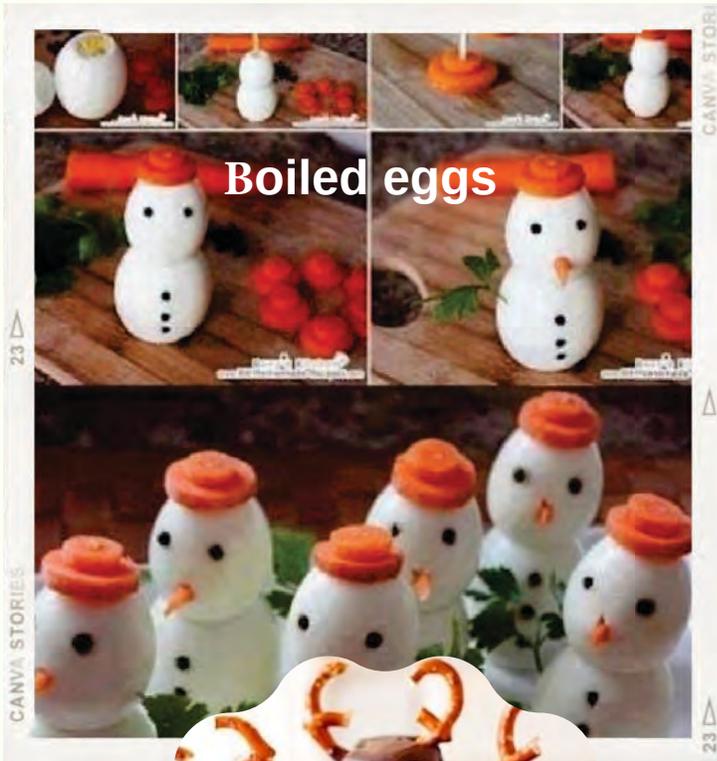


0\$

It's better to laugh about it!



Have fun at low prices!





'We've moved a few things around. Travel books are in the Fantasy section, Politics is in Sci-Fi, and Epidemiology is in Self-Help. Good luck.'



Wife: "I love you"
Husband: "I love you too"
Wife: "Prove it...scream it to the world"
Husband: Whispering in her ear " I love you"
Wife: "Why did you whisper it?"
Husband: "Because you are my world"



**Christmas tradition at
grandma Loulou's house**



***The Christmas elves accomplices of grandmother Loulou
Joshua, Émile, Abigail and Léa
Pictures: 2019***

Me: "Alexa, what's the weather this week-end?"
Alexa: "Doesn't matter you ain't going anywhere"

I haven't tried yoga, but I have tried bending
over to pick up my keys,
so I'm pretty sure I'd hate yoga!

There was a piece of chocolate cake
in the fridge with a note:
"Don't eat me!"
Now, there is a empty plate with a note:
"Don't tell me what to do!"

Is it true? The older you get
the crazier you become
or is it just me?

I bought a little bag of air today...
The company that made it was kind enough to
put some patato chips in it as well!

FACT: Snow in October happens because
People decorate for Christmas prematurely
You know who you are
STOP IT!

LA POPOTE ROULANTE DE VAUDREUIL-SOULANGES

La popote roulante est un service de livraison à domicile de repas faits maison, nutritifs et équilibrés pour les aînés, les personnes en perte d'autonomie, ou ayant des limitations physiques temporaires ou permanentes.

Parfois, avec l'âge, on n'a plus le goût ou on a de la difficulté à préparer les repas, et cela peut détériorer notre santé. Des plats chauds et surgelés sont disponibles pour livraison trois midis par semaine, soit le lundi, mercredi et jeudi au coût de 7 \$ (sans taxe, ni pourboire), et cela comprend la soupe, un choix de deux repas principaux et le dessert. Vous pouvez également commander nos repas surgelés faits maison pour en faire provision.

Si vous avez 70 ans et plus, vous aurez droit à un crédit d'impôt pour maintien à domicile équivalant à la moitié de la valeur du repas. Un reçu vous sera émis au début de l'année à cette fin.

Les livraisons sont gratuites et effectuées par des bénévoles souriants.

Liste de nos repas surgelés

23 différents repas à 5,50\$ (une portion)

Bœuf bourguignon
Cigares au chou étagés
Cubes de porc aigre-doux
Filet de porc sauce aux canneberges
Galette de veau milanaise
Hamburger steak
Jambon à l'ananas
Languette de poulet à l'orange
Lasagne
Macaroni chinois
Nouilles au bœuf & légumes
Pain de viande
Pâté au poulet
Pâté chinois
Poulet à la King
Poulet à l'italienne sur pâte
Poulet BBQ
Quiche au jambon
Ragoût de boulettes
Riz au saumon
Riz frit au poulet
Rôti de porc à l'ail
Spaghetti sauce à la viande

Les « à côté »

Sauce à spaghetti (500 ml) : 5,50\$
Soupe au poulet et nouilles (2tasses) : 3,50 \$
Soupe aux légumes (2 tasses) : 3,50 \$

Muffins et desserts

Mini-pains aux bananes (1) : 1,50 \$
Muffins canneberges & pommes (4) : 2,50 \$
Muffinsavoine & chocolat (4) : 2,50 \$
Galettes à la mélasse (12) : 4 \$
Galettes au butterscotch (12) : 4 \$
Carrés aux dattes (2 à 3 portions) : 4 \$
Pouding chômeur (2 à 3 portions) : 4 \$



**Pour vous inscrire et commander, vous devez téléphoner au Centre.
Téléphone : 450.265.3548 ou sans frais 1.855.510.3548**

ANSWERS

Page 16

1. Paper
2. Telephone
3. Keyboard
4. Calendar
5. Cloud
6. Telephone
7. Piano
8. Candle
9. Needle
10. Clock
11. Stamp
12. River
13. Comb
14. Tongue
15. Chair
16. The heart

Page 17

17. Darkness
18. Echo
19. Bank
20. Born on February 29th
21. Barber
22. Your word
23. Towel
24. Your age
25. A promise
26. The future
27. A sponge
28. David
29. Your right elbow
30. Your breath
31. Your name
32. Second place
33. It's lid
34. A staircase



WHEELCHAIR RENTAL



10\$ per week/ members
15\$ / non-members*

50\$ deposit
for more informations
please call:
450-424-0111*

The models offered may differ from the illustration.

***Get a membership card - it's FREE!**

****On appointment only***
450-424-0111

THERE ARE RESOURCES FOR YOU!

INFO SANTÉ: 811

Crisis center

Le Tournant: 450-371-4090

CISSMO & Mental health access

CLSC Vaudreuil: 450-455-6171

CLSC Rigaud: 450-451-6609

CLSC Saint-Polycarpe: 450-265-3771

CAB L'Actuel: 450-455-3331

CAB et Soulanges: 450-265-3134

OVPAC Valleyfield (transport): 450-371-5400

Food banks

L'Actuel Vaudreuil: 450-455-3331

CAB Soulanges: 450-265-3134

Café de la débrouille Rigaud: 450-206-1008

Popotte Roulante: 450-424-1812

LIGNE AIDE ABUS AÎNÉS: 1-888-489-2287

SAVA (Soutien aux aînés victimes d'abus)

www.maltraitance.org

FREE SERVICES OFFERED TO THE CITIZENS OF VAUDREUIL-SOULANGES



WHEELCHAIR RENTAL

10\$ per week (members)

15\$ per week (non-members)

On appointment

450 424.0111

REFERENCE CENTER
Need information regarding any issue, need someone to support, listen to you and help you in your actions?

450 424.0111 ext 223

OUTREACH WORK (ITMAV)

Need references and support in your living environment?

450-424-0111 ext 229

COMMUNITY SUPPORT IN SOCIAL HOUSING

Need information, help, support or need to talk to someone

**450 424.0111
ext 232**



legraves.com
418 avenue St-Charles,
Vaudreuil-Dorion J7V2N1