

Message from our Director

Greetings and Happy Spring,
I think,

As I sit here on this April 1st, the wind is strong and cold, and we are all saying will spring and the warmer sunny weather ever come.

Welcome to our Community Newsletter for Renfrew and Area Seniors' Home Support where we will strive to provide you with all the information of what's happening and enlighten your day with colourful pictures of all the fun happenings here at our agency. We will focus on upcoming events we would love to have you participate in and important fundraisers that help us keep helping you.

Wishing each of you a wonderful spring,



**Dennis
Harrington,
Executive
Director**

Inside:

- message from our director
- how to volunteer
- list of our services
- office contact information
- past events
- volunteer highlight
- program highlight
- current and upcoming events
- Golden Age Activity Centre highlight & schedule
- crossword
- meal list
- office holiday closings

List of our services:

- Friendly Visiting
- Telephone Security Check
- Grocery Delivery
- Intervention and Assistance
- Frozen Meals
- Transportation
- Home Maintenance

How to volunteer:

- Start the process by completing our application form on our website and return by email to Volunteer Coordinator Nikki Rumbelow - nikki@renfrehomesupport.ca
- Students and individuals under 18 please complete the student application form
- Paper copies of our application form are also available at our agency office.
- If you have any questions, please call Nikki at 613-366-4747

Office contact information

214 Raglan St. S., Renfrew, On, K7V 1R1
1-613-366-4747

info@renfrehomesupport.ca
www.renfrehomesupport.ca

Office hours: Monday - Friday 8:30AM - 3:00PM Closed 12-1 for lunch

Past events:

A good time was had by all at the **Robert Burns Ceilidh Musical evening** held January 31, 2026!

Special guests Atlantic Firth entertained the crowd with authentic Scottish music. Our most sincere appreciation to Atlantic Firth for donating their time and talent! Many thanks to our volunteers for helping during the event and to Horton Township Community Centre for being our hosts.

Valentine's Dinner

Love was in the air at The Golden Age Activity Centre! Guests enjoyed a meal served with love. It was a beautiful day of friendship, sharing a meal and enjoying live entertainment.



Balsam Hill Horton Women's Institute members Betty Briscoe and Pauline Hughes present a donation to CEO Dennis Harrington of the Renfrew and Area Seniors' Home Support.

Easter Bake Sale at the Golden Age Activity Centre

Thank you to our volunteers for donating baked goods and those who purchased from our Easter bake sale fundraiser. Treats were enjoyed by all!



St. Patrick's Day & Grandparents Day

St. Patrick's Day was enjoyed by all at the Golden Age Activity Centre! A hearty Irish Stew was served along with some authentic Irish music!

Grandparents Day was a big success! A very special day of fun and bonding for grandparents and grandchildren alike.



Dart Tournament and Bridge Tournament Fundraisers

We recently held dart and bridge tournament fundraisers at the Renfrew Legion. Thank you to all who participated and volunteered!



Volunteer Highlight:

Our volunteer drivers, Mary & Theo with their driving kits. The kits are filled with first aid, sanitizing and cleaning supplies.

Thank you to all of our drivers!



Program Highlight - Transportation:

One of the many services we provide is transportation. A team of volunteer drivers donate their time and the use of their vehicles to ensure:

- that our clients can get to necessary out-of-town medical appointments easily, safely and economically.
- clients who live in our outlying townships can come into the town of Renfrew for medical appointments and essential services.

Fees charged for the transportation services contribute to the costs involved. Please note: Clients are notified of drive fee when booking the trip with our office.

If you or someone you know needs assistance with transportation, please call our office for more details.

Upcoming events:

RENFREW AND AREA SENIORS' HOME SUPPORT PROUDLY PRESENTS

DENNIS HARRINGTON & HERITAGE COUNTRY



Dennis Harrington & Heritage Country



Country Dance Fundraiser
24 MAY | 2PM-6PM
 Horton Community Centre
 1005 Castleford Rd, Renfrew
 Door Prizes ★ 50/50 ★ Light Lunch
 Tickets \$12.00 at the door




RENFREW AND AREA SENIORS' HOME SUPPORT IS HOSTING A

COMMUNITY SHRED DAY FUNDRAISER



SATURDAY - MAY 30 - 9AM TO 12PM
190 MASK RD, RENFREW
VISITOR INFORMATION CENTRE

PREVENT IDENTITY THEFT - BRING YOUR DOCUMENTS FOR SHREDDING AT A LOW COST OF \$10 PER BOX

INDIVIDUALS AND BUSINESSES WELCOMED TO PARTICIPATE




JOIN US AT THE GOLDEN AGE ACTIVITY CENTRE, 212 RAGLAN ST. S

Lunch Together Salad Fundraiser

ONLY \$10

CHICKEN CAESAR SALAD



FRIDAY APRIL 17 12PM-1PM

SALAD, BUN AND DRINK



\$10 EACH **100 SQUARE 50/50 RAFFLE** \$10 EACH

Purchase a Square for \$10
 If all 100 Squares are purchased, the winner will walk away with \$500!!

GRAND PRIZE UP TO \$500*

How to Win:

- 01 Purchase a square
- 02 Fill in your details
- 03 Wait for the lucky draw!

Drawing Date: May 1, 2026 Location: 214 Raglan St. S, Renfrew

*If all squares are purchased - otherwise winner will win 1% of total sold

1	11	21	31	41	51	61	71	81	91	
2	12	22	32	42	46	52	62	72	82	92
3	13	23	33	43	47	53	63	73	83	93
4	14	24	34	44	48	54	64	74	84	94
5	15	25	35	45	49	55	65	75	85	95
6	16	26	36	46	50	56	66	76	86	96
7	17	27	37	47	51	57	67	77	87	97
8	18	28	38	48	52	58	68	78	88	98
9	19	29	39	49	53	59	69	79	89	99
10	20	30	40	50	54	60	70	80	90	100



Keep an eye out for more summer events!

Mother's Day Gift Basket raffle

Renfrew and Area Seniors' Home Support and Golden Age Activity Centre are teaming up for a raffle of a beautiful Mother's Day basket. Prize value \$500! Tickets available now and draw will be on May 8.

Summer BBQ's

Keep an eye out for summer BBQ's we will be hosting throughout the season!

Monthly lunch fundraisers

Once a month, Renfrew and Area Seniors' Home Support will host a fundraiser lunch at the Golden Age Activity Centre.

Starting in April, we will have a 'Lettuce Lunch Together' salad fundraiser.

A wonderful opportunity to have a nutritious homemade lunch, spend time with friends and support our programs.

Liquor basket raffle

Stay tuned for more information on this event coming late spring!

Grocery Grab Raffle

July & August, 2026. For the 2nd year, we'll be holding a grocery grab raffle for a chance to win \$500 in gift cards. Watch for more details coming soon!

Butterfly Release

More details to come - hosting in late summer

Golden Age Activity Centre

Where Friends Gather

The Centre is open from 10am to 3pm, Monday-Friday with occasional openings in the evenings or on weekends for special events. A monthly calendar of activities and events is available at the Centre.

An annual membership fee is \$25.

Our senior Centre is located in downtown Renfrew at 212 Raglan St. S

What are some of the benefits of a senior Centre?

- Increased social participation
- Assist in preventing depression
- Making new friends
- A home away from home



What are some of the activities offered?

- Low impact fitness and yoga
- Excursions/day trips
- Crafts
- Darts
- Card games
- Musical entertainment



Mission statement:

To provide a community focal point where older persons come together in a safe and welcoming environment to be supported in their independence and encouraged in involvement with the community.

Membership Drive - Membership has it's perks!

Congratulations to the winners!

1st prize - Bus Trip
winner: Gordon Bowes

2nd prize - Schmidt's Dinner
winner: Bill Mooney

3rd Prize - Membership
winner: Gillian Carty

County Wide Bus Trip

Canadian Tulip Festival

May 11th **\$80**
Includes transportation and dinner

Pick up at:
Vistor Information Centre, 190 Mask Road, Renfrew
Calabogie Community Hall, 574 Mill Street, Calabogie
Nick Smith Centre, 77 James Street, Arnprior and heading to:
Commissioner's Park and dinner at Buffet Des Continents.

Spots are limited, so book now to secure your spot on board.
Registration and payment due by April 22nd

Golden Age Activity Centre 613-366-4848 or
debbie@renfrewhomesupport.ca

Please note: Refunds are not available after payment/registration due date.
Thank you for your understanding!

Echo Centre 30 Bell Street Eganville ON





Golden Age Activity Centre upcoming events:

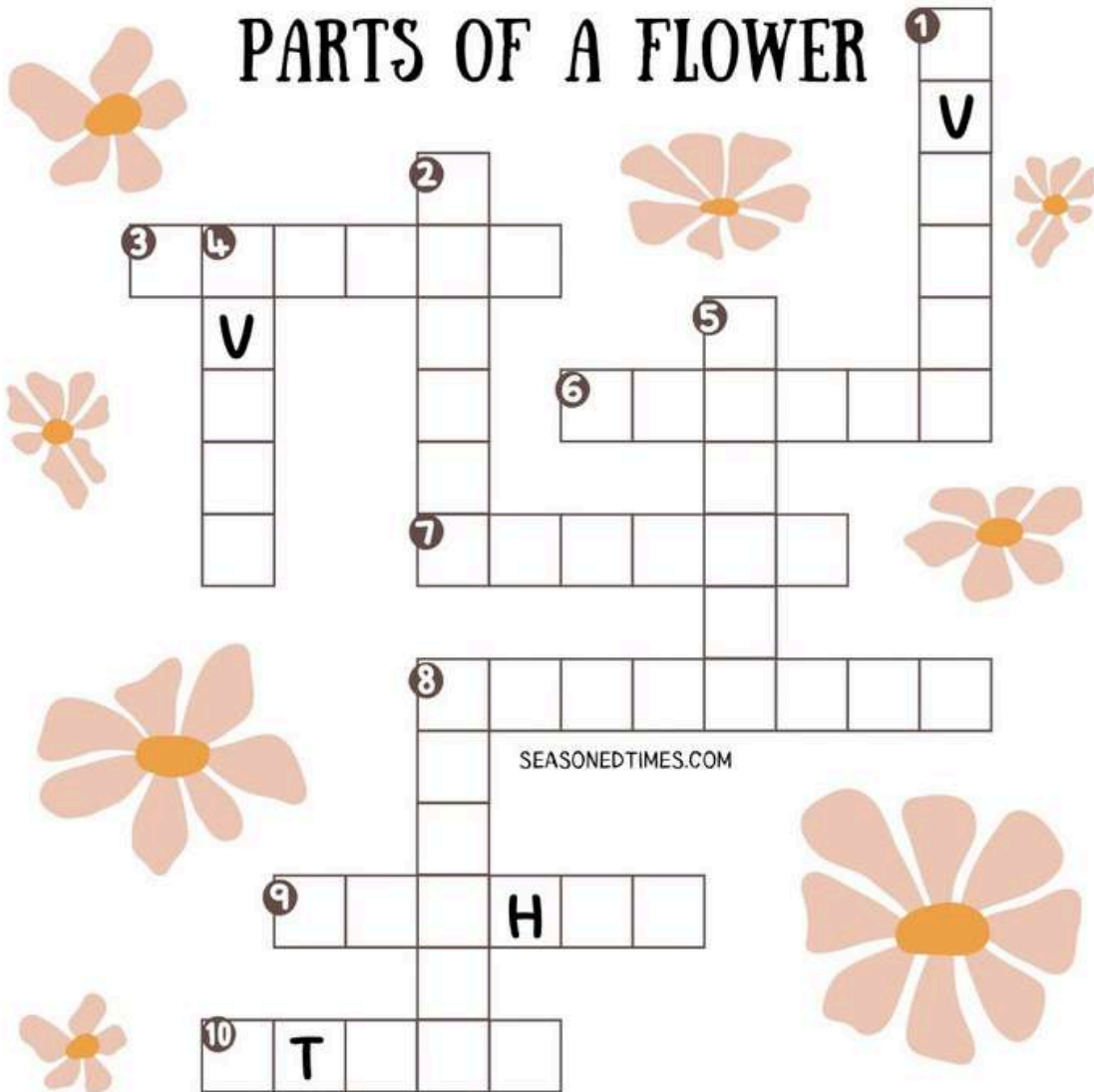
212 Raglan St. S Renfrew 613-431-8289

Golden Age Activity Centre – APRIL 2026

Open 10am – 3pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CLOSED	<p>* REMINDER * MAKE SURE TO SIGN UP FOR WEDNESDAY LUNCH BY 2PM ON TUESDAY & FRIDAY LUNCH BY 2PM ON THURSDAY</p>	<p>BIRTHDAY SHOUT-OUTS!!  LAST FRIDAY OF THE MONTH</p>	<p>1 10:00 - Coffee Time 10:30-11 Socializing 11-11:45 Exercise 12:00 -1 Hamburger Macaroni Soup & Dessert 1-2 Intergenerational cards 1-3 Game Day</p>	<p>2 10- Easter Bake Sale 10:00 – Coffee Time 10-1130- Bridge 1:00-3- Craft Day 1:00-3 Darts</p>	<p>3 GOOD FRIDAY CENTRE WILL BE CLOSED</p>	CLOSED
CLOSED	<p>HAPPY EASTER! CENTRE WILL BE CLOSED</p>	<p>7 10:00 - Coffee Time 10 -12:00 Carving 1-2:30 Darts 1-2:45 Water colours with Frank 3-4 Chair Yoga</p>	<p>8 10:00 - Coffee Time 10:30-11 Socializing 11-11:45 Exercise 12:00 -1 Chicken Pot Pie & Dessert 1-2 Intergenerational cards 1-3 Game Day</p>	<p>9 10:00 – Coffee Time 10-12 Presentation by Rick Renaud on 3D printing 1:00-3- Craft Day 1:00-3 Darts</p>	<p>10 10- Coffee Time 10:30-11 Socializing 11-11:45 Exercise 12-1 Beef Stroganoff & Dessert 1-3:00 Entertainment by: Rick Leben</p>	CLOSED
CLOSED	<p>13 10:00 – Coffee Time 10:30-11 Socializing 11-11:45 Exercise 1-3 Cards 1-3:00 Bingo</p>	<p>14 10:00 - Coffee Time 10 -12:00 Carving 1-2:30 Darts 1-2:45 Water colours with Frank 3-4 Chair Yoga</p>	<p>15 10:00 – Coffee Time/Slideshow Presentation by Autumn 10:30-11 Socializing 11-11:45 Exercise 12:00 -1 Quiche & Dessert 1-2 Intergenerational cards 1-3 Game Day</p>	<p>16 10:00 – Coffee Time 10-11:30 Bridge 1:00-3- Craft Day 1:00-3 Darts</p>	<p>17 10- Coffee Time 10:30-11 Socializing 11-11:45 Exercise 12-1 "Lettuce" Lunch Together! Fundraiser- Chicken Caesar Salad 1-3:00 Entertainment by: Aerik Watson</p>	CLOSED
CLOSED	<p>20 10:00 – Coffee Time 10:30-11 Socializing 11-11:45 Exercise 1-3 Cards 1-3:00 Bingo</p>	<p>21 10:00 - Coffee Time 10 -12:00 Carving 1-2:30 Darts 1-2:45 Water colours with Frank 3-4 Chair Yoga</p>	<p>22 10:00 – Coffee Time 10:30-11 Socializing 11-11:45 Exercise 12:00 -1 Tuna Noodle Casserole & Dessert 1-2 Intergenerational cards 1-3 Game Day</p>	<p>23 10:00 – Coffee Time 10-12:30- 3D Printing Class 1:00-3- Craft Day 1:00-3 Darts</p>	<p>24 10- Coffee Time 10:30-11 Socializing 11-11:45 Exercise 12-1 Chicken Salad Croissant sandwiches & Dessert 1-3:00 Entertainment by: The Saggy Bottom Boys 50/50 Draw @ 2:30pm</p>	CLOSED
CLOSED	<p>27 10:00 – Coffee Time 10:30-11 Socializing 11-11:45 Exercise 1-3 Cards 1-3:00 Bingo 5:00 Dinner Club Turkey Dinner</p>	<p>28 10:00 - Coffee Time 10 -12:00 Carving 1-2:30 Darts 1-2:45 Water colours with Frank 3-4 Chair Yoga</p>	<p>29 10:00 – Coffee Time 10:30-11 Socializing 11-11:45 Exercise 12:00 -1 Burgers, Fries & Dessert 1-3 Bid Euchre Tournament \$10 each</p>	<p>30 10:00 – Coffee Time 10-11:30 Bridge 1:00-3- Craft Day 1:00-3 Darts</p>	<p>FLIP OVER FOR MORE INFO </p>	CLOSED

PARTS OF A FLOWER



FLOWERS HAVE MANY PARTS. SOME WE ARE MORE FAMILIAR WITH AND SOME AREN'T SO WELL-KNOWN. SEE IF YOU CAN NAME THESE PARTS OF FLOWERS.

DOWN

1. FORMS SEEDS OF FLOWER
2. ENCASES DEVELOPING BUD
4. WHERE OVULES (FUTURE SEEDS) ARE PRODUCED
5. POLLEN PRODUCING PART OF A FLOWER
8. USUALLY LOCATED IN THE CENTER OF FLOWER

ACROSS

3. POWDERY SUBSTANCE INSTRUMENTAL TO FERTILIZATION OF FLOWER
6. BRIGHTLY COLORED PARTS OF FLOWER
7. WHERE THE POLLEN LANDS AND STARTS FERTILIZATION
8. STALK OF FLOWER
9. PRODUCES AND HOUSES POLLEN
10. SUPPORTS THE STIGMA, CONNECTING IT TO THE OVARY OF THE PLANT

solution on last page

Timesaver Foods Current meal plans and price list:

MEALS: \$8.25 each

- Alfredo Chicken
- Bar-B-Q Chicken
- Beef Stew
- Beef Stroganoff
- Bowtie Pesto Chicken
- Breakfast
- Butter Chicken
- Cabbage Rolls
- Chicken Pot Pie
- Chicken Stew
- Chili
- Dill Haddock
- Harvest Chicken
- Honey Garlic Meatballs
- Italian Casserole
- Lasagna
- Lemon Dill Chicken
- Liver & Onions
- Mac n Cheese
- Maple Ham
- Meatloaf
- Pineapple Chicken
- Pork Tenderloin
- Pulled Pork
- Roast Beef Dinner
- Salmon Fusion
- Shepherds Pie
- Spaghetti
- Steak & Mushroom Pie
- Swiss Steak
- Turkey Dinner

SOUPS: \$5.25 each

Beef Barley, Chicken Noodle, Vegetable, Minestrone

Spring/Summer office and Golden Age Centre closings:

Monday, May 18, 2026 –
Victoria Day

Wednesday, July 1, 2026 –
Canada Day

Monday, August 3 – Civic Holiday

Monday, September 7 – Labour Day

Flower Parts Solution

