

Renfrew and Area Seniors' Home Support

UPCOMING
EVENT!



MEMORIAL
Butterfly Release

HONOUR THEIR MEMORY.
CELEBRATE THEIR LIFE.

SUNDAY, AUGUST 30, 2026
11 AM TO 12 PM

O'BRIEN PARK, 115 ARTHUR AVE, RENFREW
AT THE SWINGING BRIDGE

Join us for a beautiful ceremony
and butterfly release in memory
of a cherished loved one.

BUTTERFLIES MAY BE PURCHASED:

\$25 – 1 butterfly	♥
\$45 – 2 butterflies	♥
\$70 – 3 butterflies	♥
\$85 – 4 butterflies	♥
\$100 – 5 butterflies	♥

REGISTRATION BEGINS
AT 10:30 AM.
In inclement weather,
butterflies will be available
to pick up for private release
at our office on Sunday,
August 30 from 11am to 12pm.

TO PURCHASE BUTTERFLIES,
VISIT OUR OFFICE AT
214 RAGLAN ST. S, RENFREW
OR CALL 613-366-4747.

*"Just when the caterpillar thought her life was over,
she began to fly." — Unknown* ♥



What is a
Memorial
Butterfly
Release
event?
Please see
inside for
more
details!

SUCCESS STORY

100 Square Fundraiser

We recently held our 2nd 100 Square 50/50 Fundraiser. What is 100 Square? There is a board with 100 squares, numbered 1-100. Each square is \$10. When all are sold, the pot is \$1000. This is divided equally with one winner and Renfrew and Area Seniors' Home Support. Watch for the next 100 Square coming soon and join the fun!



OFFICE CONTACT INFORMATION:

HOURS OF OPERATION:
8:30AM – 3PM, MON-FRI.
CLOSED 12PM – 1PM FOR LUNCH
214 RAGLAN ST. S,
RENFREW, ONT
K7V 1R1
613-366-4747
INFO@RENFREWHOMESUPPORT.CA
WWW.RENFREWHOMESUPPORT.CA
VISIT US ON FACEBOOK

LIST OF OUR SERVICES:

- FRIENDLY VISITING
- TELEPHONE SECURITY CHECK
- GROCERY DELIVERY
- INTERVENTION AND ASSISTANCE
- FROZEN MEALS
- TRANSPORTATION
- HOME MAINTENANCE

What is a Memorial Butterfly Release event?



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

Summer office and Golden Age Centre closings:

Monday, August 3 -

Civic Holiday

Monday, September 7 -

Labour Day

SOUPS: \$5.25 each

Beef Barley, Chicken Noodle, Vegetable, Minestrone



Some highlights from our events this spring and summer so far!

We held several events this past spring and early summer - including Our Lettuce Lunch Together monthly fundraiser, Country Dance, Community Shred Day, Liquor Basket Raffle, Canada Day Celebrations, Father's Day Celebrations, BBQ, bus trips and more!



More Upcoming Events!

Here is a detailed look at another upcoming event. We invite you to join us!

AUG
21

Please join us for our next Lettuce Lunch Together Salad Fundraiser on Friday, August 21 from 12pm to 1pm.

Enjoy a delicious summer garden salad, drink and homemade roll for only \$10.

All proceeds go to Renfrew and Area Seniors' Home Support to help fund the programs and services we provide to the seniors and disabled adults in our community.

COMING
SOON!

Grocery Grab Raffle!

Watch for details to be announced soon!



SHINING A LIGHT ON SERVICE



Debbie Rooney

This summer, we're celebrating the incredible commitment of Debbie Rooney, a longtime volunteer. Debbie spends countless hours each week coordinating food distributions, organizing transportation services, mentoring new volunteers and much more.

What makes Debbie stand out is not just her reliability but her genuine compassion—she always takes the time to learn names, listen to stories, and encourage those who may be struggling.

Her kindness reminds us that giving back isn't just about hours logged—it's about creating connections that last.

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](tel:613-366-4747)

BUS TRIP

— CHRISTMAS SHOPPING TRIP —

TO
Bayshore Shopping Centre



Join us on Monday, November 30th for a shopping trip to Bayshore Shopping Center where the holiday spirit and festive decorations are in full swing. There is something for everyone to enjoy. The stores are packed with exciting options to start checking off your holiday list. Take a break at the Food Court where you can enjoy some great food, sweet or savoury or just a cozy warm drink.

❖ Don't miss out on a full day of fun with your friends! ❖

SCHEDULE

	DEPART GOLDEN AGE ACTIVITY CENTRE	9:30 AM
	PICK-UP AT THE ARNPRIOR TRUCK STOP	10:00 AM
	DEPART BAYSHORE SHOPPING CENTRE	3:00 PM
	ARRIVE ARNPRIOR TRUCK STOP	4:00 PM
	ARRIVE GOLDEN AGE ACTIVITY CENTRE	4:45 PM

*The cost
of the trip is:*

GAAC Member:

\$45

Non-Member:

\$55



Call Debbie at 613-366-4747 X 205
Or E-mail: Debbie@Renfrewhomesupport.ca

PAYMENT DUE NO LATER THAN: OCTOBER 16, 2026

Please Note: Refunds are not available after payment.

PROGRAM HIGHLIGHT: HOME MAINTENANCE

Individuals providing home maintenance services to clients have learned their skills through on-the-job experience, personal interest or previous employment. These individuals are not employees of Renfrew and Area Seniors' Home Support but work independently as representatives of the agency.

All individuals providing service must meet the agency's screening requirements before being added to our referral list. Vulnerable sector search/criminal reference checks and three references.

Renfrew and Area Seniors' Home Support does not provide insurance coverage for home maintenance workers and is not liable for any injury or loss that occurs from this arrangement.

The individuals providing these services have advised that they are able to perform the work for which they are being referred. Renfrew and Seniors' Home Support does not inspect any work that the worker has done and is not responsible for work performed by the worker. Any arrangement made for services with a home maintenance worker is a private agreement between the client and the worker and is the client's responsibility to ensure that the work is completed satisfactorily.

Enables seniors and adults with disabilities to access affordable help with a wide variety of chores and tasks:

- light property maintenance
- House Cleaners
- Snow Shovelling / Blowing / Plowing
- grass cutting
- small household repairs
- spring and fall cleaning
- window washing
- general housekeeping duties
- general outdoor work

Fees are negotiated based on work requested and are paid directly by the client to the person(s) doing the work.

Persons interested in being on our referral list to provide Home Maintenance services are encouraged to call the office for details on the [application process](#).

MEET OUR SUMMER STUDENTS!



About Me
Anna McLeod

Hello!
My name is Anna and I will be filling this years summer student position. I am from Horton Township, and am an anthropology major at Carleton University where I study human culture and society. I am also a hobby artist in my spare time.



Meet our Summer Student!

About Me
I grew up in Renfrew, and graduated from St. Joes in 2023, and I'm now a 4th year student at Acadia University in Wolfville Nova Scotia I am studying Kinesiology & Athletic Therapy.

Alyssa

My Summer Plan
At Golden Age Activity Centre

- I am looking forward to using my skills to create a new program for the members to enjoy. I am also excited to get to know all the members and be part of this great team!

Fun Facts

 Hobby: Nature walks, attending concerts, colouring	 Favorite color: Pink
 Pet: Jasper the Dog	 Favorite TV show: Greg's Anatomy

Golden Age Activity Centre – AUGUST 2026

OPEN 10am – 3pm

212 Raglan St. Renfrew, ON 613-431-8289

Mon	Tue	Wed	Thu	Fri
The Centre will be CLOSED today for The Civic Holiday	10:00 Coffee, Socializing 10-12 Carving Group 12-30 Games drop in 1-3 Special Workshop in the boardroom “Minds in Motion, A Cognitive Strength & Wellness Workshop for Active Seniors” see poster for more information	10:00 Coffee, Socializing 11-11-45 Exercise 12:00-1 Lunch \$7.00 Quiche, salad & Dessert 1-3 Cards & Games “Stop by and join in a game of Euchre, Rummoli or start up a game of choice”	10:00 Coffee, Socializing 10-11-30- Bridge – Drop in 10-30-12- Learn a new board game! – “Sequence” 10-12-30- 3D Printing Class 1-30-3- darts 1-3 Special Workshop in the boardroom “Minds in Motion, A Cognitive Strength & Wellness Workshop for Active Seniors” see poster for more information	10:00 Coffee, Socializing 11-11-45 Exercise 12-1 Lunch \$7.00 Saltbury steak, mashed potato, beans & Dessert 1-3 Entertainment by: Julie Laroque
10:00 Coffee, Socializing 11-11-45 in Person Exercise Class with Alyssa 1-3 Cards 1-3 Bingo “Hawaii Beach theme dress-up” cards are \$2 each or 3 for \$5	11 10:00 Coffee, Socializing 10-12 Carving Group 1-3-30 Games drop in 1-3 Special Workshop in the boardroom “Minds in Motion, A Cognitive Strength & Wellness Workshop for Active Seniors” see poster for more information	12 9:30 - 11 Blood pressure clinic with Community Paramedics 11-11-45 Exercise 12-1 Lunch \$7.00 Chicken Burgers & Dessert 1-3 Cards & Games “Stop by and join in a game of Euchre, Rummoli or start up a game of choice”	13 10:00 Coffee, Socializing 10-11 VR HEADSET Trip to “Japan” 10-11-30- Bridge – drop in 1-3 Darts – drop in 1-3 Special Workshop in the boardroom “Minds in Motion, A Cognitive Strength & Wellness Workshop for Active Seniors” see poster for more information	14 10:00 Coffee, Socializing 10-30-11 Socializing 11-11-45 Exercise 12-1 Lunch \$7.00 Lasagna & Dessert 1-3 Entertainment by: Aeriek Watson
17 10:00 Coffee, Socializing 11-11-45 in Person Exercise Class with Alyssa 1-3 Cards 1-3 Bingo “cards are \$2 each or 3 for \$5”	18 10:00 – Coffee, Socializing 10-12 Carving Group 1-3 Senior Slouches Detective Club (NEW) 1-3 Special Workshop in the boardroom “Minds in Motion, A Cognitive Strength & Wellness Workshop for Active Seniors” see poster for more information	19 The Golden Age Activity Centre is “Kiting the Road” join us for a bus trip to Barnett Park in Collingdale for a full day, including a picnic lunch, music by “Daryl Mooney & Friends” See poster for more details. 10-15 – bus leaves 2-45 – bus returns	20 10:00 – Coffee, Socializing 10-11-30- Bridge – drop in 10-30-12- Learn a new board game! – “Huss & Quen” 10-12-30- NEW 3D Printing Class begins 1-30-3 Darts – drop in 1-3 Special Workshop in the boardroom “Minds in Motion, A Cognitive Strength & Wellness Workshop for Active Seniors” see poster for more information	21 10:00 – Coffee, Socializing 11-11-45 Exercise 12-1 “Lettuce Lunch” RASHS Fundraiser \$10 1-3 Entertainment by: Murray Langford
24 10:00 – Coffee, Socializing 11-11-45 in Person Exercise Class with Alyssa 1-3 Cards 1-3 Bingo “cards are \$2 each or 3 for \$5”	25 10:00 – Coffee, Socializing 10-12 Carving Group 1-3 Senior Slouches Detective Club (NEW) 1-3 Special Workshop in the boardroom “Minds in Motion, A Cognitive Strength & Wellness Workshop for Active Seniors” see poster for more information	26 10-15-11 Presentation on Injury Prevention with Alyssa 11-11-45 Exercise 12-1 Lunch \$7.00 Beef & Broccoli & Dessert 1-3 cards & games “Rummoli, or start up a game of your choice” 1-3 Bid Euchre Tournament \$10 each	27 10:00 – Coffee, Socializing 10-11-30- Bridge – drop in 10-12-30- 3D Printing Class 1-3 Darts – drop in 1-3 presentation Ontario Health at home Services	28 10:00 – Coffee, Socializing 11-11-45 Exercise 12-1 Lunch \$7.00 BBQ Hot dogs, Cakes on the Cob & Dessert 1-3 Entertainment by: Lorraine Louwage Lizards
31 10:00 – Coffee, Socializing 11-11-45 Exercise 1-3 Cards 1-3 Bingo “Cards are \$2 each or 3 for \$5”	“REMEMBER!” MAKE SURE TO SIGN UP FOR LUNCH AHEAD WEDNESDAY LUNCH BY 2PM ON TUESDAY & FRIDAY LUNCH BY 2PM ON THURSDAY			FOR MORE INFO ON MONTHLY ACTIVITIES FLIP THE CALENDAR OVER!

SUMMER FUN

Word Search Puzzle



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



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK