



# CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux  
dans Vaudreuil-Soulanges



Newsletter  
December 2024



Tuesday  
December 5



**International Volunteer Day**  
takes place every year on  
**December 5** to shine a light on  
the impact of volunteer efforts  
everywhere.

**This day serves to:**  
Recognize volunteers's  
dedication worldwide Promote  
volunteerism's impact on  
communities Share stories of  
volunteers making a difference  
Encourage more people to  
engage in voluntary service

**Become a volunteer  
in your community!**



**Les bureaux seront fermés du 23 décembre au 3 janvier - retour le 6**



### ***Seeking: 2 Senior Public Representatives Volunteer position***

Two people aged 50 and over, chosen and nominated by the members, who wish to speak on behalf of seniors and have an interest in seniors' issues. Seniors' representatives are appointed every two years.

The TCA-VS has two members representing the senior population: one representing the Vaudreuil sector, one representing the Soulanges sector.

Required qualities:

- Collaborative spirit
- Ability to express oneself
- Knowledge of local seniors' issues
- Known for involvement or willing to become involved



For those interested in a position as a senior representative, please send a short letter explaining your motivation and the quality of your application, **no later than January 6, 2025, to Mr. Clément Bergeron at the following e-mail address: [clement@mwcnc.ca](mailto:clement@mwcnc.ca)**



# Getting into the Christmas spirit?



Christmas isn't just December 25. Christmas is all about preparation. When December arrives, it's time to celebrate the spirit of the season. Christmas becomes a state of mind. And we're not even talking about presents! Sow the seeds of good cheer, open your heart, please others and enjoy rituals that feel good.

Here are 12 activities, ideas and projects to spread the Christmas spirit around you. It's up to you to choose what appeals to you. Have some fun! Why not create a personalized Advent calendar for yourself, pick one idea to do each day, or schedule them directly in your diary?

1. Buy a candle with a scent that evokes a Christmas memory. Cinnamon? Ginger? Christmas tree?
2. Make personalized Christmas cards.
3. "Pimp your Christmas wreath by adding decorations.
4. Buy a new Christmas tree decoration, choosing carefully.
5. Decorate your work desk.
6. Make a playlist of Christmas songs according to different themes: lounge Christmas, dapper Christmas, traditional music, instrumental music, etc.
7. Wear Christmas stockings.
8. Visit a Christmas market.
9. Organize a "souvenir" cooking day with loved ones.
10. Make a special "Christmas smell" homemade potpourri.
11. Bake Christmas cookies, decorate them and give them to neighbors.
12. **Let your imagination run wild...**



## *Draw for 3 gift baskets*

Following a draw, three members of the organization have won a gift basket.  
Stay tuned, a member of the organization will contact the lucky winners.



## *Message from the team*

As the holiday season approaches, the entire team at the  
Carrefour Bienveillance 50+  
wishes that all your wishes come true and that this period brings you  
happiness, health, prosperity and serenity.

***For all emergency: dial 911***

***In a crisis:***

***contact le Tournant 450-371-4090 or 1-833-371-4090***

***For all other situations: contact CISSMO at  
450-455-6171***

Office closed from December 23 to January 3 - back January 6