



CARREFOUR  
BIENVEILLANCE 50+



## Dive into the captivating story of April Fool's Fish!

April is fast approaching, and with it comes a tradition that has been making waves for centuries: April Fools' Day! But where does this hilarious prank that makes us all smile come from? Join us for a quick dip into the murky waters of its origins!

The story of the Poisson d'Avril is as mysterious as the depths of the sea. Some claim it dates back to a time when New Year's Eve was celebrated in March, and pranks were commonplace. Imagine receiving a fake gift or invitation to a non-existent party! Wouldn't that put a smile on anyone's face?

Another theory takes us back to the Middle Ages, when spring was synonymous with renewal and festivities. Symbolic gifts, such as fish, were exchanged to mark the arrival of good fishing. Not a bad idea, eh?

But the funniest part of the Poisson d'Avril story goes back to 16th-century France. Back then, King Charles IX decided to change the date of the New Year from April 1 to January 1. And guess what? Some people continued to celebrate New Year's Eve in April! To make fun of them, their friends gave them fish, a symbol of their naivety.

Since then, April Fools' Day has traveled through time and across borders, becoming a worldwide tradition of pranks and jokes. So get your paper fish and your mischievous smiles ready, because April 1st will soon be here to make us all laugh together!

# National Volunteer Week

April 14 to 20, 2024



From April 14 to 20, a special energy fills the air as we celebrate Volunteer Week! It's a week dedicated to altruism, commitment and the power of human compassion.

During this week, we're invited to be inspired by those who dedicate their time and effort to serving others. Whether it's helping those in need, supporting causes close to our hearts, or bringing a little light into someone's life, every act of volunteerism shines a ray of hope into the world.

Volunteering is more than just a gesture; it transcends borders and creates unbreakable bonds between individuals. It's a universal language of solidarity that unites hearts and transforms communities.

During this special week, let's take the time to thank all those who devote their time and energy to serving others. Their dedication is an inspiration to us all, and their impact can only be measured in smiles, tears of joy and moments of shared gratitude.

Let's pledge to make this week a vibrant tribute to human kindness and the spirit of generosity that resides in each and every one of us. Together, let's light up the world with our willingness to help and our ability to make a difference.

May this week of Volunteer Action be an inspiration to us all, and may we continue to spread love and light throughout the year.

**National Volunteer Week**  
April 14-20, 2024



VOLUNTEER  
BÉNÉVOLES  
CANADA

**EVERY  
MOMENT  
MATTERS**

#NVW2024 #EveryMomentMatters

# Global Accessibility Awareness Day

April 30, 2024

April 30 is Global Accessibility Awareness Day! A day dedicated to the promotion of inclusive mobility, where we celebrate the diversity of means of travel and commit ourselves to making our environments more accessible to all.

Mobility is much more than simply getting from one place to another. It represents freedom, autonomy and the opportunity to participate fully in the social, economic and cultural life of our society. Unfortunately, many people still face barriers that limit their access to mobility.

On this special day, let's commit to working together to create more inclusive and accessible environments. This means rethinking our infrastructure, transport policies and attitudes to ensure that no one is left behind.

Whether you're a policy-maker, an urban planner, an entrepreneur or simply a committed citizen, you have a role to play in creating a world where everyone can move around freely and safely.

Together, let's make our voices heard to defend the rights of people with disabilities, the elderly, families with young children and all those facing mobility obstacles. Together, let's create more inclusive communities where everyone can realize their full potential.

On this Global Accessibility Awareness Day, let's commit to making a difference. Let's commit to building a future where mobility is truly accessible to all.



418, St-Charles Vaudreuil-Dorion J7V2N1 450-424-0111

# Everything you need to know about the Guaranteed Income Supplement

The Guaranteed Income Supplement (GIS) is an essential program designed to support low-income seniors in Canada. It provides additional financial assistance to those who need it most to ensure their well-being and financial security during their retirement years.

But what are the GIS eligibility criteria? How do you know if you're eligible for this valuable support? In this newsletter, we'll give you all the answers. For more information, please visit: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html>

1. **Age:** To be eligible for GIS, you must be at least 65 years of age. However, certain exceptions may apply for people under age 65 who are eligible for Old Age Security (OAS) due to a disability or special circumstances.
2. **Income:** Your net annual income must be below a certain threshold to qualify for the GIS. This threshold varies according to your family situation and the amount of your Old Age Security (OAS) pension.
3. **Residency:** You must reside in Canada and be a Canadian citizen, permanent resident or protected person to be eligible for GIS.
4. **Application:** You must submit a GIS application to Service Canada to begin receiving payments. Be sure to provide all necessary documents and complete the application form accurately and completely.

If you meet these criteria, you may be eligible to receive the GIS, which will supplement your retirement income and provide you with additional financial security. Keep in mind that this information is general, and that it is always recommended that you consult official resources directly or contact Service Canada for personalized, specific advice on your eligibility for the GIS.

Together, let's ensure that our seniors receive the financial support they need to live out their retirement in dignity and comfort.





# Wheelchair rental

**FREE MEMBERSHIP  
CARD!**

\*Models offered may differ from  
illustration.



**CARREFOUR  
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**Member: 10\$/week  
Non-member: 15\$/week**

**A \$50 deposit is required,  
more information at  
[centredereferences@carrefourbienveillance.org](mailto:centredereferences@carrefourbienveillance.org)  
450-424-0111**

**BY APPOINTMENT ONLY**