



CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux dans Vaudreuil-Soulanges

Newsletter
december 2025



We highlight the work of volunteers



Did you know?

More than 8,000 volunteers work in community centers for seniors.

Their efforts help break isolation, improve quality of life, and keep more than 87,000 seniors in their communities.

In anticipation of December 5, International Volunteer Day, l'Association québécoise des centres communautaires pour aînés (AQCCA) would like to highlight their valuable commitment and thank them warmly from the bottom of our hearts!



A wonderful opportunity to highlight the work of baby boomers!

Baby boomers volunteering!

- Baby boomers are reaching retirement age and theoretically have the time and flexibility to volunteer.
- These volunteers bring with them a wealth of skills, values, and new ways of doing things.
 - Baby boomers are torn between leisure activities, vacations, travel, grandchildren, and elderly parents they care for.
- They are taking over from their own elders, who marked an entire era of volunteering in Quebec and largely made up the group that contributed the majority of volunteer hours.
 - They are looking for meaningful and purposeful engagement.
- They want organizations to be effective and efficient in their management of volunteers and staff.
- They are willing to work with the same organization for many years, provided they are treated well.

STRATEGIC PLANNING – FIRST PARTICIPATORY WORKSHOP

On November 13, *Carrefour Bienveillance 50+* held its first participatory workshop as part of its strategic planning process, which began in early October. The event took place at Maison Trestler and brought together some 20 participants representing the diversity and richness of our community.

With the support of the L'ILOT cooperative team, we explored ideas for the future of our organization. The primary objective was to fuel discussions on a revised mission statement and five priority areas based on the vision for change over the next three years.

The proposals presented to the group had been previously developed by the steering committee, based on the results of the survey conducted among you in October. The exchanges were rich, constructive, and marked by great kindness, reflecting the very values of Carrefour.

The active participation of those present made it possible to:

- Validate and refine the key elements of the mission.
- Explore the proposed priorities in greater depth.
- Identify various issues and courses of action to consider for the next steps in the process.

We would like to extend our warmest thanks to everyone who took part in this workshop. Your presence, your ideas, and your commitment enable us to move toward a shared, promising, and inclusive vision for the years to come.

We remain enthusiastic and confident about the future of this collaborative process.

Marie-Christine Floch, Executive Director

Meeting at the Notre-Dame-de-Fatima Center on November 28 to thank the volunteers of Repas Partagés. A wonderful time of sharing, laughter, good food, music, and door prizes!



The administrators and the entire team would like to thank the volunteers at Repas Partagés for their ongoing commitment.



*Our offices will be closed from
December 22, 2025, to January 2, 2026.
We will be back on January 5, 2026.*

*See you in February
with the next newsletter.*

