



# CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux dans Vaudreuil-Soulanges

Newsletter  
february 2026



The Canada Revenue Agency (CRA) is hosting an interactive webinar to share information on:

- the GST/HST credit and other benefits you may be eligible for
- pension income splitting
- what to do following a death
- ways to do your taxes, free tax help, and other CRA services

You will be able to ask questions and receive answers during the event. We look forward to hearing from you.

Register [➔](#)

<https://collaboratevideo.net/cra-arc/cra-79V/?src=Landingpage>

## STAY ACTIVE AND SAFE THIS WINTER

Winter can sometimes present challenges that require your attention. Ice, snow, slippery sidewalks, early darkness, and changing road conditions mean you need to be vigilant when walking.

The Department of Transportation and Sustainable Mobility offers practical advice to seniors on how to walk outdoors safely this winter. With a few simple precautions, it is entirely possible to enjoy the cold season to the fullest.

<https://surl.li/fpovqm>



French  
presentation



# La bienveillance, c'est l'affaire de tous!

## S'OUTILLER POUR FAIRE UNE DIFFÉRENCE!

Lorsque la bienveillance n'est pas au rendez-vous envers une personne aînée, qui est la personne la plus susceptible d'être au courant de la situation? NOUS! Les proches, les voisins, les amis... nous sommes les mieux placés pour devenir les premières personnes à répondre à la situation.



### Option Vaudreuil-Dorion – de 13h30 à 15h

- Le mardi 7 avril : Parlons d'âgisme
- Le mardi 28 avril : Je connais une personne proche aidante - Conséquences et risques de l'épuisement.

**Lieu** : Édifice La Croisée (1255, rue Émile-Bouchard)

### Option St-Polycarpe – de 14h à 15h30

- Le mercredi 15 avril : Manipulation psychologique en lien avec la maltraitance financière.
- Le lundi 27 avril : Parlons d'âgisme!

**Lieu** : Pavillon Entre-Nous (12, rue Curé-Cholet)



En partenariat avec :

Québec

Pour plus d'informations ou pour vous inscrire,  
contactez Marianne Alarie :

450-265-3548, poste 225 (CCA VS)  
450-424-8503 (La Croisée)

[participation@ccavs.ca](mailto:participation@ccavs.ca)



Inscription  
c'est ici!



Inscrivez-vous:  
[participation@ccavs.ca](mailto:participation@ccavs.ca)

## STRATEGIC PLANNING

### CARREFOUR BIENVEILLANCE 50+ PARTICIPATORY WORKSHOP #2

More than twenty people—members and employees of *Carrefour Bienveillance 50+*—gathered on January 14, 2026, at the Omni Centre in Pincourt for the second participatory workshop in the strategic planning process that began in September 2025.

With support from the L’ILOT cooperative, attendees discussed and reflected together on various aspects of the vision for change over the next three years, as well as the values and principles that guide Carrefour Bienveillance 50+’s actions.

These discussions took place in an atmosphere of listening, respect, and kindness, allowing everyone to contribute freely and share their perspectives. All of the ideas, comments, and proposals gathered will be carefully analyzed by the steering committee members to inform the next steps in the strategic process.

A presentation of the results and next steps will also be shared with all members at the next *Carrefour Bienveillance 50+* general meeting, scheduled for June 23, 2026.





**211** is a citizen service that provides assistance in finding prevention services and refers people to community, public, and parapublic resources available in the region, such as:

- Support for families and seniors
- Food assistance
- Housing
- Homelessness
- Assistance for newcomers

And much more!

The line is accessible by phone or chat, free of charge, 24 hours a day, every day of the week, and has an interpreter service that can provide assistance in over 200 languages.

To learn more:

**<https://www.211qc.ca/en/>**

