



# CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux dans Vaudreuil-Soulanges

Newsletter  
november 2025



## National Caregiver Week November 2-8, 2025

A special moment to recognize and highlight those who, every day, support a loved one.

This year, the theme "United by & for Caregivers" celebrates this invisible but very real force:

the one that connects hearts, gestures, and silent presences.

- United by caregivers, because their stories inspire and bring us together.
- United for them, because a word, a listening ear, or a gesture can change everything.



**Don't miss:** a special live episode  
**On Tuesday, November 4 at 7 p.m., Marina Orsini** invites you to a unique episode of the Caregiver Podcast, broadcast live on the web. Surprise guests, candid testimonials, and touching discussions will conclude this exceptional fifth season.

Sign up today : [Here](#) (French)



# Café Rencontres

As part of *Caregiver Recognition, Support, and Valorization Week*, we are pleased to invite you to a **Coffee Gathering** which will take place on Wednesday, November 5, 2025 from 1:30 p.m. to 3:30 p.m., 418 Saint-Charles Avenue, Vaudreuil (Room 309).

Come share a simple and warm moment to connect and relax with your caregivers. A wonderful opportunity to chat, recharge, and feel supported!

Since you are kind-hearted, I invite you to come enjoy coffee, tea, and some pastries with me.

I look forward to seeing you there,

*Julie Lafrenière,*

Psychosocial Support Worker.

**Pre-registration required: 450 424-0111, ext. 223**

# Café Rencontres



## Dates to add to your calendar

### Care givers



november 5 2025 :

As part of Caregiver Recognition, Support, and Valorization Week come share a simple and warm moment to connect and relax. A wonderful opportunity to chat, recharge, and feel supported!

january 28 2026 :

Recharge your batteries in a different way -  
Explore new ways to restore balance and energy

february 25 2026 :

Adapting: An everyday challenge  
Developing flexibility and strategies in the face  
of constant change.

march 25 2026 :

7 tips for recharging your batteries  
Practical advice for conserving your energy on a daily basis.

Advance registration required

450-424-0111 poste 223 -  
Free services

418 avenue St-Charles Vaudreuil-Dorion  
Salle 309  
de 13h30 à 15h30



Repas partagés  
Rigaud  
Celebrating!

35  
ans

