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# NEWSLETER:

# October 2026

## National Seniors Day



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# National Seniors Day

"National Seniors Day is an opportunity to recognize the important role older adults play in our society. It is also an excellent way to connect with the community, build relationships, and raise public awareness about issues that matter to older adults."

## Did you know?

In Canada, the first National Seniors Day was celebrated on October 1, 2011.



Source : https://www.canada.ca/fr/emploi-developpment-social/campagne/jour-nationale-aines/jna-guide.html#12.1

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# Hot dog dinner and pennant-making activity



We had the opportunity to participate in the activity in collaboration with the Vaudreuil-Soulanges Seniors' Community Centre on September 29th.



Thanks for the invitation!

*Centre communautaire des aînés Vaudreuil-Soulanges*

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**SEMAINE QUÉBÉCOISE DES CENTRES COMMUNAUTAIRES POUR AÎNÉS**

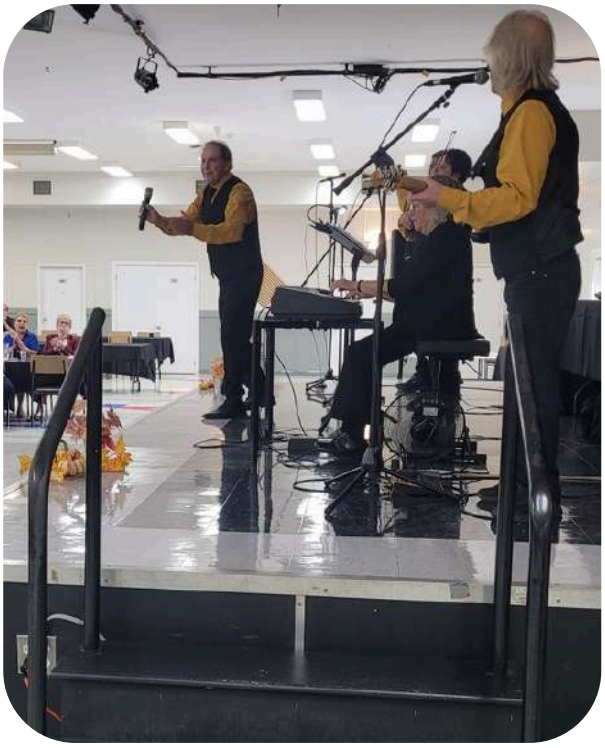
Du 27 septembre au 3 octobre 2026

Une initiative de l'Association québécoise des centres communautaires pour aînés
Quebec Association of Senior Centres
438-386-9944 / 1 844-672-7222
www.aqcca.org

AQCCA QASC

Un lieu pour partager
UN ESPACE POUR S'ÉPANOUIR

# Dinner dance for the National Seniors Day



Last Friday, October 2, an event was held in honor of the **National Seniors day**. We were pleased to be there and chat with the participants!





# September in pictures




Pincourt Intercultural Festival (September 19)



Team activity at the Passerelle des Arts (September 28)

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**The groups will be starting up again very soon!**
**Stay tuned!**



# Groupes de soutien pour les proches aidants

UN ESPACE BIENVEILLANT POUR PARTAGER
VOTRE VÉCU ET TROUVER LES OUTILS
DONT VOUS AVEZ BESOIN.

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We wish you a wonderful autumn and a happy Halloween!

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