

LOISIRS ^{et} CULTURE

Printemps-Été 2022

RECREATION and CULTURE

Spring-Summer 2022

VILLE DE 
PINCOURT

MEALS ON WHEELS

The Centre communautaire des aînés Vaudreuil-Soulanges offers multiple services to seniors to help them improve their quality of life and encourage them to remain in their own homes.

MEALS ON WHEELS

At noon on Mondays, Wednesdays and Thursdays, home-cooked meals are delivered to the homes of seniors, people with a loss of autonomy or physical limitations, convalescents and caregivers. Meals include a soup, a main dish and a dessert for \$7.50 and/or frozen meals for \$6.00 without tax or tip. Delivery by friendly volunteers is free.

FROZEN MEALS FOR PICK-UP AT THE CENTRE

65 years and over: \$6.00
65 YEARS AND UNDER: \$7.00

“LES RENDEZ-VOUS DU CENTRE”

These “rendez-vous” are offered to MRC of Vaudreuil-Soulanges residents who are 50 years and over. These diverse activities help enrich the intellectual, emotional, physical, and social vitality of the participants.

VOLUNTEERS NEEDED

We also need kind-hearted people to help in the kitchen and deliver meals. All initiatives take place in a joyful ambience, and lunch is included.

Looking to be useful and make new friends? Call us!

ORDER, GET INFORMATION OR SIGN UP: 450 265-3548 OR 1 855 510-3548

We're located at 12 Curé-Cholet Street in St-Polycarpe.

www.centredesainesvs.com

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