



Seniors and Families at the Heart of Argenteuil

By Maude Marcaurelle



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Stay informed about the
Municipalité amie des aînés
and Family Policy programs
through this monthly
newsletter!

Need a Helping Hand?

For four years now, the *Coopérative solidarité Coup de pouce Argenteuil* shines because of the professional services of domestic help and personal assistance it provides to residents of the MRC d'Argenteuil.

Whether it is for occasional work around the house come spring time or for housekeeping services on a regular basis, *Coup de pouce* addresses important needs of the population and does so at rates that are adjusted according to the client's income. Indeed, in many situations, especially for seniors wishing to stay home as long as possible, the help of a trustworthy individual to prepare meals, do errands, or even offer a few hours of respite to a caregiver is very valuable.

Anyone 18 years of age or over residing in one of the nine municipalities of the MRC d'Argenteuil is eligible to receive services provided by *Coup de pouce*. Fees vary depending on the type of services, the age, the annual income, and the marital status of the client. In addition, anyone 70 years of age or older is eligible for a tax credit. For personalized assistance plan, contact *Coup de pouce* Argenteuil's staff at 450 562-9993.

If you have any questions about other types of services in the area that could potentially meet your needs or simply someone to talk to, contact Maude Marcaurelle, liaison officer for seniors, at 450 562-2474, ext 2304.

Not to be Missed this Month!

5th Edition of the Coureur des Bois Challenge in Gore

Everyone in Argenteuil is invited to the Coureur des Bois Challenge on July 29 at 45 Cambria Road. The event will also have a family component with a tonne of activities for all ages, including a WIXX area for the kids. The Challenge consists in a duathlon for 16 year olds and over and can be done either solo or in a team of two. It combines an 8 km race to a ¼ km of swimming. Other races will also take place during the day: 2 km for kids up to 15 year old and a 2 km for 70 year olds and over. Participants register the day of the event from 10 a.m. to 11 a.m.

For more information: Tammy Hall at 450 562-2025, ext. 21.

Festival de la famille d'Argenteuil July 26 to August 3

From July 26 to August 3, Lachute holds its annual Festival de la famille. The festival has a day reserved for seniors called *Bel âge et à mobilité réduite*. The entrance fee is \$5. The musical group *Polyphonie* will be part of the festivities in the afternoon from 1 p.m. to 4 p.m. and at night, *Mozus* will give a performance at 7 p.m. and Chantal Pary at 8:45 p.m. To see the entire program, visit www.festivalfamille.ca.



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