



# CAREBRIDGE COMMUNITY SUPPORT

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Presenters: Jenni Poulin



# SENIOR SERVICES TEAM

- *Violet Bova - Community Development Coordinator\* Footcare*
- *Jenni Poulin - Manager of Senior Services*
- *Riley Thompson - Senior Services Coordinator\* Transportation/Frozen Meals*
- *Katie Brady - Care Coordinator & Assisted Living Team Leader*



# QUARTERLY NEWSLETTERS

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# Carebridge

COMMUNITY SUPPORT

Spring 2025

67 Industrial Dr.  
PO Box 610

Serving Senior Citizens of Mississippi Mills



*Congratulations to Riley and his family on their newest addition! Riley will be back in April. While Riley is off, we welcome Cynthia!*

**Are you interested in joining our mailing list for updates on trips, events and programs?**  
Send in your email to [jpoulin@carebridge.ca](mailto:jpoulin@carebridge.ca)

## Senior Services

- Social Outings
- Congregate Dining
- Frozen Meals
- Foot Care
- Exercise Programs
- Assisted Living
- Respite
- Medical/Non-medical Transportation

613-256-1031  
[www.carebridge.ca](http://www.carebridge.ca)



Mississippi  
Mills



## SOCIAL OUTINGS RECAP

### Canadian Museum of Nature

On January 19th, we gathered a group of local citizens to go to the Canadian Museum of Nature. To our surprise, the butterfly exhibit was still available for the attendees to explore. It was the highlight of the trip.



*Attendees potting tropical plants while enjoying the scenery of greenery amidst the snowy winter.*



*Butterflies flutter onto orange slices for a citrus drink at the Canadian Museum of Nature.*

### Aquatopia Conservatory

Amidst the frigid February weather, between snowstorms, and having to cancel the original date for the trip, we took a chance to go dig our hands in some soil. We enjoyed the view of tropical plants, an indoor pond, and brought home our potted plants.



*Attendees stand outside the Canadian Museum of Nature. Photo credit Linda Berg*

# WELLNESS PROGRAMS

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# TRIPS AND OUTINGS

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# CONGREGATE DINING

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