



Programme d'intervention en télésanté
pour les aînés / Telehealth Intervention
Program for Older Adults

1-888-698-8331

Community Resources

Available Services and
Practical Resources

Jewish General Hospital

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SPECIAL NOTE: ALL SERVICES LISTED ARE BILINGUAL ENG/FR UNLESS OTHERWISE NOTED.

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Referral Hub

211

Resource if client needs other information and referral to community and social services in their neighborhood, such as food security, psychosocial support, material assistance, ESL classes, financial assistance, health clinics, counselling and more

 211
 www.211qc.ca

Referral Helpline for Seniors in MTL



Referral helpline. Available Monday to Friday from 8:00 am until 6:00 pm

 514-527-0007
 <http://www.info-reference.qc.ca/>

Mental Health Support

Ami Quebec
Mostly ENGLISH
Some Bilingual

Counseling, group support, therapy for individuals and families living with mental illness

 514-486-1448
 www.amiquebec.org

<https://amiquebec.org/therapy/> Click here to find organizations that offer counseling for individuals suffering from mental health issues, including art therapy, and counseling for family members and seniors

Association IRIS

Montréal- Nor
Crisis intervention centre 24h / 7 days a week

 (514) 388-9233
 <http://www.associationiris.ca/>

Argyle Institute

Counseling and psychology services offered on a sliding scale pricing.

 514 931-5629 ext. 1
 <https://argyleinstitute.org/>

**Association
Québécoise pour
les Parents et Amis
de la Personne
Atteinte de
Maladie Mentale
(AQPAMM)
*French Only***

Assists families and friends of people living with a mental health problem by offering information, referrals and support as well as by offering tools to maintain healthy relationships with loved ones while taking care of oneself.

☎ 514-524-7131

🌐 <https://aqpamm.ca/>

**Avant de Craquer
*Français
Seulement***

Resource providing various organizations dedicated to the well-being of those closest to of a person with a mental mental illness.

☎ 1-855-272-7837

🌐 <https://www.avantdecraquer.com/>

**Centre L'Autre
Maison
* Website is
French***

South West of Montreal
Crisis Intervention centre 24h / 7days a week

☎ (514) 768-7225

🌐 <https://www.centredecrise.ca/lautre-maison>

**Centre of Applied
Psychology at
Concordia**

The APC provides therapy, counselling and assessment services to the local community. Services available September through April only.

☎ 514-848-2424 ext. 7550

🌐 <https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

Eugeria

Your one-stop to find products, services, and advice to help you with Alzheimer's and other cognitive disorders

🌐 <https://www.eugeria.ca/en/>

**Montreal Therapy
Center**

Counselling and Psychology services

☎ 514-244-1290

🌐 <https://www.montrealtherapy.com/>

Red Cross- Psychological First Aid Resource

Downloadable documents that provide emotional and practical support to individuals, families, or communities who are having difficulty coping.

https://www.redcross.ca/crc/documents/19-0420PS-PFA_Pocket_Guide_2020_EN_FA.pdf

Regroupement des Services d'Intervention de Crise du Québec * FRENCH Website*

Provides list of crisis intervention centres across Quebec

<https://www.centredecrise.ca/listecentres>

Revivre/Relief

Listening line and free self-management courses supporting people living with anxiety, depression, bipolarity, and low self-esteem and their loved ones. Recently renamed RELIEF.

[1-866-738-4873](tel:1-866-738-4873)

www.revivre.org/fr/

<https://myrelief.ca/>

Suicide Action Montreal

Crisis and listening line services for individuals and loved ones affected by suicide

[1-866-277-3553](tel:1-866-277-3553) or [514-723-3594](tel:514-723-3594) x221

<https://suicideactionmontreal.org/en/>

Tracom

Crises and listening line 24 hours 7/7

[514-481-3033](tel:514-481-3033)

<https://www.tracom.ca/home>

West Island Crisis Centre

Provides Crises help for those in the west island.
Centre d'intervention de crise 24h / 7j

[\(514\) 684-6160](tel:514-684-6160)

<https://www.centredecriseoi.com/en/index.html>

Listening Lines

Aide Abus Aînés – For Older Adults

Elder mistreatment helpline - free confidential, bilingual service 8am-8pm, 7/7

 1-888-489-2287
 www.aideabusaines.ca/en

Canadian Anti-Fraud Centre

Recommendations on preventing and taking steps in case of fraud or to report fraud.

 1 888 495-8501
 <https://antifraudcentre-centreantifraude.ca/>

CAVAC – Crime Victims Assistance

Psycho-judicial services, accompaniment, post-trauma intervention and legal info

 1-866-532-2822
 <https://cavac.gc.ca/en/services/>

Centre Des Femmes *Women only*

They offer many services including legal support, listening support, psychosocial support (domestic violence, abuse, counselling) material support (including clothing, food, group activities, networking etc.)

 514-842-4780
 <https://centredesfemmesdmtl.org/>

Écoute Entraide *French Only*

French listening line 7 days a week, 8:00 am till midnight, peer support groups

 514-278-2130 or 1-844-294-2130
 www.ecoute-entraide.org

Indigenous – Emotional Assistance

Helpline. Mental health and wellness in first Nations and Inuit communities

 1-855-242-3310
 <https://www.sac-isc.gc.ca/eng/1576089278958/1576089333975>

Interligne - LGBTQ

Helpline LGBTQ. Info, Listening, referrals, support of sexual orientation by phone + web-chat

☎ 514-866-0103 or 1-888-505-1010
 🌐 www.interligne.co/aide-renseignements

L'Appui - Caregivers

Listening service, support and referrals for caregivers of elderly people

☎ 1-855-852-7784
 🌐 <https://www.lappui.org/en>

Little Brothers

Telephone support service for seniors

☎ 1-877-805-1955
 🌐 <https://www.petitsfreres.ca/en/>

Multi-écoute - immigrant

Helpline for immigrants – Listening, assistance, psychosocial support

☎ 514-737-3604
 🌐 www.multiecoute.org

Operational Stress Injury Social Support - Veterans

Peer support for Canadian Force personnel, veterans and their families

☎ 514-457-3440 x3113
 🌐 [https://www.cfmws.com/en/AboutUs/DCSM/OSISS/Pages/Operational-Stress-Injury-Social-Support-\(OSISS\).aspx/en/index.html](https://www.cfmws.com/en/AboutUs/DCSM/OSISS/Pages/Operational-Stress-Injury-Social-Support-(OSISS).aspx/en/index.html)

Phobie Zéro *French Only*

Helpline

☎ 514-276-3105
 🌐 www.phobies-zero.qc.ca

Quebec-wide Domestic Violence Hotline

Hotline offering listening, information and referral services for the victims of conjugal violence. 24h, 7/7.

☎ 1-800-363-9010
 🌐 <http://www.scf.gouv.qc.ca/en/violences/conjugal-violence/>

Senior-Aware

Information sessions, **60** minutes long, are **100% free** of charge on fraud awareness, elder abuse and bullying

☎ 1-800-544-9058

<https://aineavise.ca/en/program/>

Tel-aide

Listening line for people of all ages

☎ 514 935-1101

🌐 <http://www.telaide.org/en/>

Tel-Aînés *FRENCH Only*

Listening lines for 60 and older. Free, anonymous, non-judgmental. From 10h-10h

☎ 514-353-2463

🌐 www.tel-ecoute.org

Bereavement Support Groups

Ami Quebec *Mostly ENGLISH* * Some Bilingual*

Support groups of various kinds, client can sign up for the group with the topic of their choice and will need access to the internet.

☎ 514-486-1448

🌐 <https://amiquebec.org/support/>

Grief Share

Grief recovery support groups, online and in person, price varies \$0-20

☎ 800-395-5755 (US and Canada)

🌐 <https://www.griefshare.org/>

My Grief Angels *ENGLISH Only*

Directory for grief support groups, client will need access to the internet to find the group that best suites them and to register.

🌐 <http://www.mygriefangels.org/>

VITAS Healthcare *ENGLISH Only*

Free grief support groups via phone or zoom call. Client will need access to the internet to sign up for the group call.


☎ 877-291-1363

🌐 <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>

Seniors Community Centers

Contactivity Center

They provide a welcoming, caring and safe place for autonomous seniors 60+. They host various courses and interest groups which encompass the mind, body and soul.


 514-932-2326

 <https://contactivitycentre.org>

New Hope NDG

Provides a friendly environment where seniors can thrive through a variety of social and community-based services and activities.


- Operating remotely due to COVID-19.

 514) 484-0425

 <http://newhopendg.com/>

Sainte-Antoine Community Center


They offer various programs and services to seniors.

 514-933-7351

 www.centrestantoine50plus.org

Seniors Action Quebec


Seniors Action Quebec works to maintain and enhance the vitality of **English-speaking Quebec seniors**. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

 514-505-0977

 <https://www.seniorsactionquebec.ca/>

Yellow Door

They offer programs that promote social inclusion of all ages. Services: friendly visits, errands, weekly calls, tech help, accompaniments (medical / non-medical). Activities: knitting, music, book/film club, adaptive yoga, 55+ community hour. ALL FREE!

 514-845-2600 ext. 2 (Rocio)

 <https://www.yellowdoor.org/>

Seniors with Disabilities and/or Loss of Autonomy/Transportation

Bibliothèque Montreal * FRENCH Website Only*

Free of charge service to subscribers aged 65+ and to people with reduced mobility or with temporary or permanent physical disabilities. The service allows for a home-loan of an item from the library.

<http://bibliomontreal.com/abonnez-vous/pre-t-a-domicile-ou-biblio-courrier-documents-envoyes-par-la-poste/>

COVID-19 Vaccination: support, accompagnement, and transportation services from community partners

List of services offering various services related to COVID-19. These services are intended for seniors, with or without mobility issues, who want to receive the vaccine.

https://ciusss-ouestmtl.gouv.qc.ca/fileadmin/ciusss_oim/Nouvelles/Covid_19/CIUSSS-ODIM.covid.vacc.73.pdf

Cummings Centre

Offers kosher meals on wheels, transportation, and social services to seniors. On a sliding scale fee.

[514-342-1234](tel:514-342-1234)

<https://cummingcentre.org/social-services/services/transportation/>

Henri-Bradet Day Centre

Provides a community day program that provides preventative and therapeutic activities for seniors living at home who have lost some autonomy (physical, cognitive, or psychosocial) + Services include: a day centre that provides transportation (between homes and the centre), and lunch at a low price

[514-484-7878 #2](tel:514-484-7878)

<http://fatherdowdfoundation.org/henri-bradet-centre.html>

NDG Senior Citizen's Council

Provides seniors 50+ with information and referrals, advocacy, annual tax clinics, seniors groups, outreach and a drop-in social "Boomers Café"
+ Develops collective action campaigns for public transport and pedestrian safety
+ Offers transportation to low-income seniors. Clients must call 1 week in advance

[514-487-1311](tel:514-487-1311)

<http://ndgccc.ca/what-we-do/>

St. Margaret's Day Centre

Supports and facilitates the social inclusion of seniors living at home who have physical and/or cognitive deficits + Services include: a morning or afternoon of activities for seniors living at home who have physical and/or cognitive deficits

☎ 514-484-7878 #8

🌐 <https://www.saint-margaret.ca/en/day-centre/day-centre/>

Tous Ensemble

Collective of volunteer health professionals who assist hospitals and their foundations with a turnkey technological solution to break patient isolation and reunite families.

🌐 contact@tous-ensemble.ca

The Rolling Pop Up

The Rolling Pop-up is a mobile shop offers a new kind of experience to Montreal by combining botany and gastronomy.

It's a small caravan loaded with plants and dishes and drinks prepared the same day by Chef Archer—also known as the dancing chef of Montreal—that travels the streets of Montreal with the mission of bringing some good vibes and good food to the city.

* Special Note: Requires an Instagram Account to reserve the plant.

🌐 <https://www.instagram.com/therollingpopup/?hl=en>

* For more information see this article:

<https://www.timeout.com/montreal/news/this-pop-up-van-in-montreal-delivers-botany-and-gastronomy-to-your-door-102120>

DIGITAL LITERACY RESOURCES

Atwater Library

Public library digital literacy program

☎ 514-935-7344

🌐 <https://www.atwaterlibrary.ca/computer-services/digital-literacy-project/>

Eugeria

Your one-stop to find products, services, and advice to help you with Alzheimer's and other cognitive disorders

🌐 <https://www.eugeria.ca/en/>

Telus Internet and Phone services

Provides seniors with reduced rates and free mobile device, \$25 per month for those who are receiving the Guaranteed Income Supplement

<http://telus.com/mobilityforgoodseniors>

Tous Ensemble

Collective of volunteer health professionals who assist hospitals and their foundations with a turnkey technological solution to break patient isolation and reunite families.

contact@tous-ensemble.ca

Health Resources – Covid-19

Covid- 19: Vaccination Campaign

Webpage designed to help you with COVID vaccine-related requests

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/>

COVID-19 Self-screening Tool

A user-friendly tool for symptom Self-Assessment during COVID-19

<https://ca.thrive.health/covid19/en>


COVID-19 – Stress management guide * FRENCH Document*

Stress management for the elderly during the COVID-19.

https://www.psychopap.com/wp-content/uploads/2020/04/Stress_a%C3%AEn%C3%A9s_COVIDf.pdf

COVID-19 Mobile Screening Center

If client has symptoms related to COVID-19

 1-877-644-4545

<https://www.ciusswestcentral.ca/health-alerts/coronavirus-covid-19/covid-19-screening-clinic/>

Govt Quebec – COVID information

The COVID-19 situation in Québec, Symptoms and treatment, Area alerts, where to get tested and get vaccinated,

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>


Govt Quebec – Protecting your well- being

Online tools for self-care and mental health support, resources and phone line support details

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/protecting-your-well-being-in-the-covid-19-pandemic>


INFO COVID-19 Montréal

For more information about COVID-19 in Montréal

 514-644-4545

INFO COVID-19 Québec

For more information about COVID-19 in Québec

 1-877-644-4545

Mindfulness-based stress reduction guide

Guide for stress management for the elderly during COVID-19. Written by two gerontopsychiatrists. FRENCH

<https://www.psychopap.com/pour-les-personnes-agees/>

Self-care and care services guide


Stress-care guide designed to enable Quebecers to make the best possible decisions to protect their health and the health of their loved ones during the COVID-19.

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-care-guide-covid-19/>

Medical Walk-In Clinics (no family doctor required)

Clinic MDCM-STAT


Services include: physician consultation, nurse practitioner, nursing services, mental health, counselling, social work, nutrition, PAP clinic, and pharmacist

 514-483-9911 and 514-484-0999

<https://www.mdcmlclinic.com/walk-in-clinic/>

Clinic Médecins du Monde (with out a health insurance)


Free and confidential medical clinic only for migrants with precarious status (men, women, and children), people without a health insurance card and are not eligible for the Interim Federal Health Program (IFHP), undocumented persons, and people in precarious financial situations.
Thursday: 11:30am to 2:30pm

 514-281-8998 #246

<https://www.doctorsoftheworld.ca/clinique-pour-les-migrants-sans-couverture-medicale-en/>

Crowley Medical Clinic


Services include: physician consultation and nurse practitioner and services, and on-site pharmacy

 514-856-5609

 <https://bonjour-sante.ca/uno/clinic/crowley>


Find a Walk In Clinic

Resource list of available walk in clinics in Montreal

 <https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/walk-in-clinics>

Force Médic Clinic

Services include: physician and nurse consultations, and medical examinations

 514-787-1818

 <https://www.forcemedic.com/en/our-clinics/montreal-ouest/>


How To Get A New Family Doctor

Government website providing steps to acquire a family doctor

 <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor>

Queen Elizabeth Health Complex

Services include: physician and nurse consultations, medical examinations, and splints and casts for fractures and stitches for minor injuries (small fee required)

 514-481-4343

 <https://www.qehc.org/walkin>


PLEASE NOTE:

If you have any suggestions or additional resources, please contact the Community Resources Coordinator at the following email address: sashaebaz@hotmail.com

Grocery and Food Aid

Bistro 21 Siècle

Prepared food. Menu on the website (with pictures, prices and more info)

 514-332-3555

 www.21stcenturyfood.com

Chic Resto Pop

Prepared food at low price. Delivery: if postal code h1-h2: min. of 40\$, if h3-h4, min. amount of 60\$

☎ 514-521-4408

🌐 <http://www.chicrestopop.com/>

COVID-19 Grocery Response NDG

COVID-19 Grocery Response NDG is a grocery ordering and delivery model for individuals who might be isolated or over the age of 70.

🌐 <https://www.groceries-ndg.ca/>

EATZ encore

Prepared meal for the week, delivered directly to home. Starting at 14.99\$

☎ 514-482-1778

🌐 www.eatzencore.ca

Food Banks by Area

Informations sur les banques alimentaires ouvertes, classées par quartier

🌐 <https://www.welcomecollective.org/en/covid-19-info#food-banks-info>

Head and Hands

Client needs to call; the organism will prepare a basket for them. *
Client needs to go and grab the basket

☎ 514-481-0277

🌐 www.headandhands.ca/

Groceries NDG

Grocery ordering and delivery model for individuals who might be isolated or over the age of 70.

☎ 1800-406-6254

🌐 <https://www.groceries-ndg.ca/>

MADA

For seniors or people with disabilities, Mada's MEALS TO SHARE program can turn the demanding daily routine of preparing breakfast, lunch and dinner into the simple pleasure of sitting down and enjoying nutritious, ready-to-eat kosher food... every day of the week!

<https://madacenter.com/>

Meals on Wheels

Centralized website for all Meals on Wheels (*Popotes roulantes*) programs on the island

☎ 1-877-277-2722

🌐 <https://www.popotes.org/regions/06>

New Hope NDG

Provides a friendly environment where seniors can thrive through a variety of social and community-based services and activities.

- Operating remotely due to COVID-19.

☎ 514) 484-0425

🌐 <http://newhopensdg.com/>

Online directory of food resources

Directory of Food Resources for Low Income People of Greater Montreal.

🌐 http://www.info-reference.qc.ca/www/data_CRGM/File/CRGM_RepertoireRessourcesAlimentaires_EN.pdf

SAAD Grocery

GROCERY affordable, FREE Shipping. Client can order by phone or on the website

☎ 438-220-9149

🌐 www.saadalimentation.com/

Santropol Roulant

The Roulant is a community food hub that brings people together through various programs, activities and services. Take a look below to have a glimpse of what we do!

☎ 514-284-9335

🌐 info@santropolroulant.org

SunYouth – Emergency Food Assistance

Emergency food assistance, Monthly food supplement, Collective Kitchen,

☎ 514-842-1214

🌐 <https://sunyouthorg.com/services/food-assistance/>

The Depot

Emergency food baskets and weekly meals delivered for individuals in financial difficulty. Service areas: H3X, H3Z, H4A, H4B, H4V, H4W, and H4X

☎ 514-483-4680

🌐 <https://depotmtl.org>

GROCERY VIA INTERNET (SUPERMARKETS)

Costco

NEED a membership card!

No delivery costs on orders of 75\$ or more, otherwise the costs are 3\$. This service is offered in three Costco's in the province: Montreal, Gatineau and Quebec

🌐 www.costco.ca

IGA

Delivery costs between 0\$ and 10\$ depending on the distance that the delivery person must take; 4\$ for assembly costs.

🌐 www.iga.net

Maxi

For 4\$ (assembly costs), the employees can prepare the basket, but client should go and get the basket

🌐 www.maxi.ca

Metro

8\$ for delivery and 4 \$ for assembly costs. Client must place an order of 50\$ or more to access the delivery

🌐 <https://www.metro.ca/faq/commande-en-ligne>

Provigo

🌐 www.provigo.ca

Walmart

Shipping available for 10\$ with any purchase of 50\$ and more

🌐 www.walmart.ca

Cleaning Services

Clean Sweepers

Cleaning, maintenance, and respite care services for seniors. Rates as low as \$4 per hour and seniors are eligible for government subsidy/financial support. Information is detailed on the website

☎ 514 484-4266

🌐 <http://www.coupdebalai.com/en/home.html>

Domestic Help



The financial assistance program for domestic help services allows you to benefit from a reduction in the hourly rate charged for domestic help services by social economy enterprises. These services include housework, laundry, meal preparation and shopping assistance.

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help>

Tax Clinics (for low income)


Clinique d'Impôt

They offer a tax clinic for adults in the entire population of Montreal.

 514-738-4763 Ext.230
 www.siari.org


Comptoir d'impôt C.C.2908 Comité P.A.T. & RDP

Tax clinic

 438-875-8547

Le Centre de ressources et d'action communautaire de la Petite-Patrie

Tax clinic

 514-277-4993 Ext. 203

Financial Assistance


COVID-19 – Financial help for seniors

CARP calls for more financial support for seniors during pandemic

 <https://www.carp.ca/2020/03/26/covid-19-financial-supports-announced/>


Financial Planning and advices

They offer financial planning and advices (various benefits)

 <http://shannonleesimmons.com/how-to-survive-a-financial-emergency-covid-19-pandemic/?fbclid=IwAR0Vn3URYawcvQnzK-lz0mIIB8LZNlyBrgw6Dx0eQrch6zPTXdKsH9viyg8>

Programs and Services for Seniors- Financial Aid


Many Financial programs and services available for seniors

 1-800-622-6232 (1-800-O-Canada)

 <https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>

Project Genesis for financial issues

Project Genesis is a nice organization in the Cote-des-Neiges area that assists clients on financial issues

 514-738-2036

 www.genese.qc.ca

Revenu Quebec for Seniors

Relevant topics for seniors. To learn about the tax benefits

 <https://www.revenuquebec.ca/en/citizens/your-situation/seniors/>

Legal Aid Support

Bilingual Help Line

Hot line for information regarding legal situations

 [1-800-NOTAIRE](https://www.1800notaire.ca) (1-800-668-2473)

Community Justice Centers

Free legal information, support, and referral services. Phone numbers for specific locations can be found using the website below

 <https://www.justicedeproximite.qc.ca/>

Educaloi

Organization with workshops and support for legal situations

 <http://educaloi.qc.ca>

Legal Information Clinic at McGill (LICM)

Non-profit, student-run, bilingual and free legal information service. Provide legal information, referrals, and community services to the McGill and Montreal communities, with a continuing commitment to meeting the needs of marginalized groups.

 <https://licm.ca/>

Legal Services Commission

Legal information, resources, and support

☎ 514 873-3562
🌐 <http://csj.qc.ca>

Medication Delivery

Jean-Coutu

Medication delivery. Some stores can also ass things from the grocery
☎ Depends on client location

🌐 www.jeancoutu.com

Pharmaprix

Medication delivery

☎ Depends on client location
🌐 <https://stores.pharmaprix.ca/fr/>

PLEASE NOTE:

Client can call at their pharmacy; all pharmacies should have the delivery option.

Support for Individuals – (From Service Canada)

Canada Emergency Response Benefits (CERB) Transition to Employment Insurance (EI)

Support service for transitioning from the CERB to Employment Insurance (EI) in addition to other recovery benefits

🌐 <https://www.canada.ca/en/services/benefits/ei/cerb-application/transition.html>

Employment Insurance

Employment Insurance claims prior to March 15, 2020, caregiver, fisher and work-sharing benefits

☎ 1-800-206-7218 / TTY: 1-800-529-3742
🌐 <https://www.canada.ca/en/services/benefits/ei.html>

Online application information

Employment Insurance, Old Age Security, urgent passports and Social Insurance Numbers
Online service request form - response time within 2 working day
🌐 <https://sr-ds.powerappsportals.com/caseintakeen/>

Old Age Security

☎ 1-800-277-9914 / TTY: 1-800-255-4786
🌐 <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

Social Insurance Number (SIN)

☎ 1-866-274-6627 / TTY: 1-800-926-9105
🌐 <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>

PLEASE NOTE:

If you have any suggestions or additional resources, please contact the Community Resources Coordinator at the following email address: sashaebaz@hotmail.com

Leisure Activities

Alaviva Project

Cultural Experiences for older adults.
☎ 418 977-8482
🌐 <https://www.maelstrom-creatif.com/alaviva/>

Encyclo-Biblio *FRENCH Only Website*

Offers different leisure activities for older adults.
🌐 <http://encyclo.bibliomontreal.com/activites-a-distance-autour-de-la-lecture-pour-les-aine-e-s/>

FADOQ

With 550,000 members, Réseau FADOQ is the largest seniors' organization in Canada. It brings together and represents people aged 50 and over with the goal of improving and maintaining their quality of life.
🌐 <https://www.fadoq.ca/en/reseau/>

The Rolling Pop Up

The Rolling Pop-up is a mobile shop offers a new kind of experience to Montreal by combining botany and gastronomy.
It's a small caravan loaded with plants and dishes and drinks prepared the same day by Chef Archer—also known as the dancing chef of

Montreal—that travels the streets of Montreal with the mission of bringing some good vibes and good food to the city.

* Special Note: Requires an Instagram Account to reserve the plant.

<https://www.instagram.com/therollingpopup/?hl=en>

* For more information see this article:

<https://www.timeout.com/montreal/news/this-pop-up-van-in-montreal-delivers-botany-and-gastronomy-to-your-door-102120>