



Health &
Community Services
With **YOU** In Mind



Lan-Char Community Support Centre Newsletter 613-347-1175

July 2025



Soup & Sandwiches
12:30 pm

July 8th, 2025

Veggie Rice Soup
Pasta Salad
Cuban Sandwich
Tapioca

***Soup and Sandwiches are
served with water, tea/coffee*

Brunch
10:30 am

July 14th, 2025

Classic Breakfast (Eggs,
Toast, Meat and
Homefries

July 28th, 2025

Pancakes, Meat and side
of fruit

***Brunch is served with
orange juice, tea/coffee*

Birthday Club

July 22nd, 2025
By Invitation Only



Meal Delivery Services

Do you or a loved one need help with meals?

Are you 65 or older?

Carefor offers a great meal delivery program that will help keep you or your loved one comfortable at home enjoying balanced nutrition.

For more information on qualification and service.

Please contact the office at 613-347-1175

Clinical frailty scale to be completed for qualification purposes.



**Become A
Volunteer**



Looking to get involved?
Come volunteer for our Meal Delivery
Service.

Call 613-347-1175

Vulnerable Sector Check Required



New Senior Chair Fitness Program

*Focused on strength, mobility and flexibility
Unwind, stretch and feel amazing*



**Starting: Monday,
June 2nd**

9:00 am to 10:00 am

Cost: \$5.00

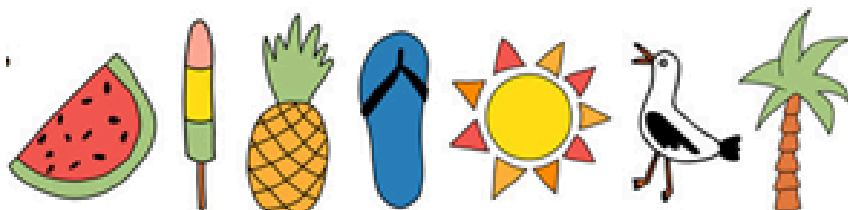
**Lancaster Outreach – Carefor
20 Victoria St.
Lancaster, ON K0C 1N0
Open from Monday to Friday
8:00 am to 4:00 pm
613-347-1175**

Word Search

Searching for July

T O U R D E F R A N C E V M C
 Y L I L R E T A W I J N C V A
 X C W H Q J N C F U K R C D N
 Y D A I B U T B Y N A F O V C
 X L V N L I O N X B U C V O E
 R K U B A S T I L L E D A Y R
 I I R J T D X Q M B R V G G K
 H Q A A F Y A Q R T U S H L G
 Y A D E C N E D N E P E D N I
 Z U R Z D U S H A G S V T I O
 U F R F V U O P P Y K E P E R
 X K Z U M L N S B G R N L P J
 N D K M B Y T P A A A T T A F
 F U E X Z Y D E G X L H W M K
 X R C E N I H S N U S P N K S

BASTILLE DAY	LION (Leo)
CANADA DAY	RUBY
CANCER	SEVENTH
CRAB (Cancer)	SUMMER
INDEPENDENCE DAY	SUNSHINE
JULY	TOUR DE FRANCE
LARKSPUR	WATER LILY
LEO	



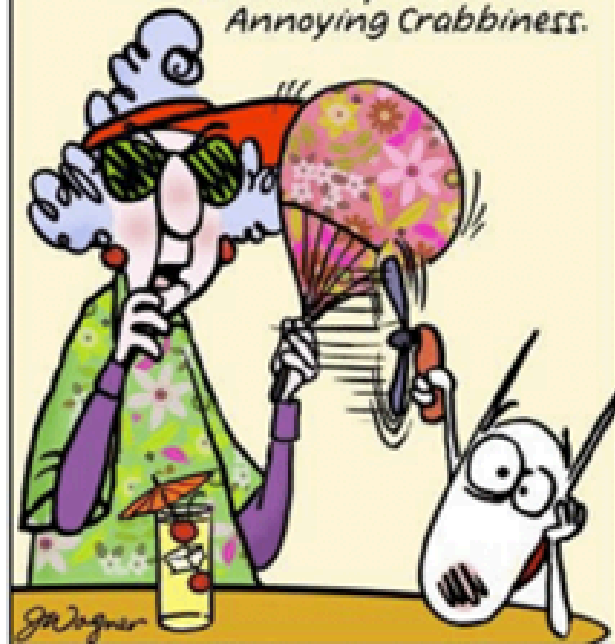
Humour

Crabby Road

7-12-11

Greatest Hits

During hot summer months I like to crank up the ol' AC – Annoying Crabbiness.



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Maxine.com

Maxine's
Crabby Road

Y-Y-13

I was in a gardening club once. My nickname was "Snapdragon."



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www.facebook.com/maxine maxine.com

Fitness Classes

ESSENTRICS
• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •



A new way to exercise for Seniors

Essentrics is a science-based exercise program that strengthens, stretches and tones the full body.

STRENGTHEN & HEALTH

- ✓ Increases energy & vitality
- ✓ Boosts mood, relieves stress

FLEXIBILITY & MOBILITY

- ✓ Improves body mobility
- ✓ Increases full body range of motion

GENTLE MOVEMENT

- ✓ Relieves aches & pains
- ✓ Boosts metabolism & immune system

Classes
Tuesdays: 2:30 – 3:30
Fridays: 10:30 – 11:30
Cost: \$5.00
Certified Instructor

Lancaster Outreach - Carefor
20 Victoria Street
Lancaster, ON K9C 1N0
613-347-1175
Monday-Friday 8:00-4:00



CHAIR EXERCISE

Mondays

Cost \$ 5.00

9:00 to 10:00



GENTLE YOGA CLASS



\$5



Every Friday
9:00am-10:00am
Glengarry Outreach Lan Char Centre
20 Victoria St
Lancaster, ON
613-347-1175

Carefor®
HEALTH & COMMUNITY SERVICES & SOINS
SERVICES DE SANTÉ COMMUNAUTAIRES

INSIDE SCOOP IS BACK

CHOOSE FROM AN
ICE CREAM CONE OR
SUNDAE WITH A DRINK.
FOR A \$3.00 DONATION

613-347-1175

Mindful Company & Chit Chat Group

together we can support each other

- Coffee and Chat
- Games/puzzles

Coffee/Tea and a snack will be provided

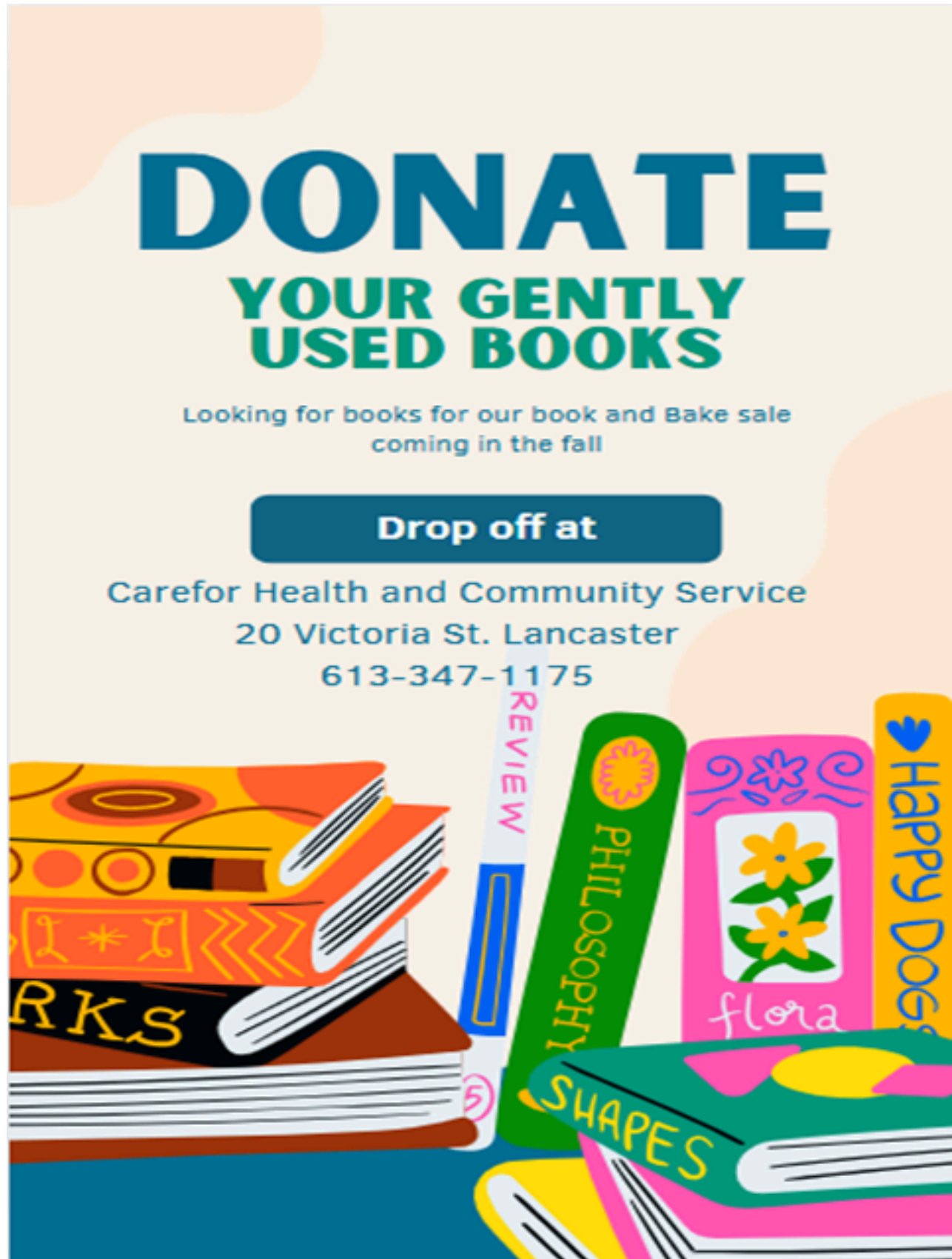


**Build meaningful connections
with the community in a
nurturing, private space**

**Every 2nd and 4th Tuesday of
the month @ 1:00pm**

Carefor Lan-Char
20 Victoria St.
Lancaster, Ont.
613-347-1175

Upcoming Fundraising Events



Canada Day

Unscramble the letters to reveal words associated with Canada Day.

1. REMAAINLTP _____
2. AYDLOIH _____
3. RCABBUEE _____
4. ALICVNAR _____
5. IEORWSKFR _____
6. SDFIENR _____
7. RAADPE _____
8. OELNSOCI _____
9. ONCERCT _____
10. SICVNEPRO _____
11. RTSFI _____
12. NNVSRRYAEAI _____
13. EODEFRM _____
14. NIUYT _____
15. NCCIPi _____
16. NIANATOL _____
17. EARCTLEEB _____
18. AFLYIM _____



ARE YOU A CAREGIVER

A caregiver provides physical and/or emotional support to a family member, partner, friend or neighbor. Are you new to caregiving or have you been providing care for over one year?

Caregiving can be challenging. We are here to support you.

Please contact Tina 613-347-1175 ext: 5004 to discuss how we may be able to support you in your journey as a caregiver.



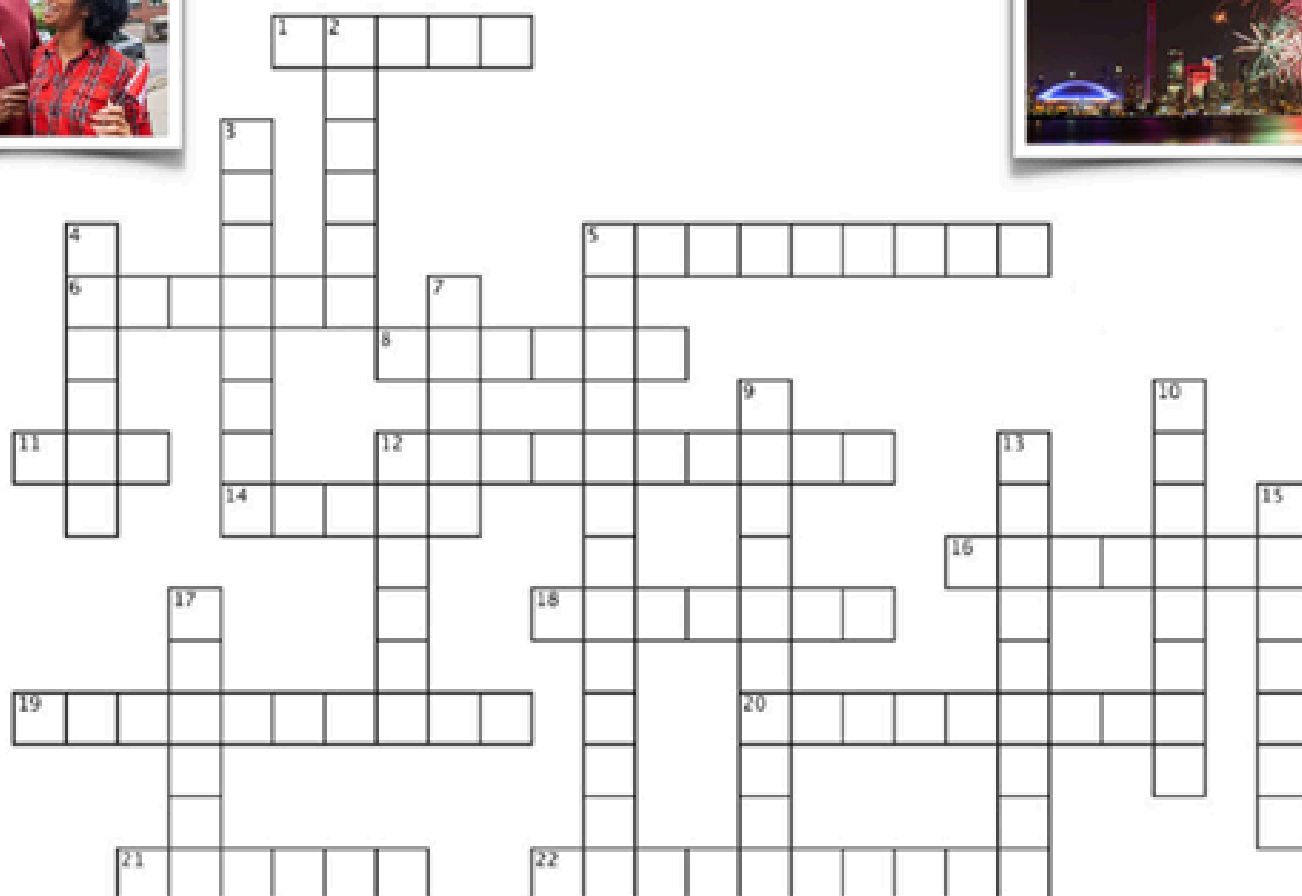
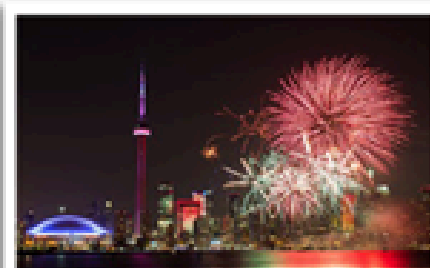
**“There are only four kinds of people in the world:
those who have been caregivers,
those who are currently caregivers,
those who will be caregivers,
and those who will need caregivers.”**

-Rosalynn Carter

Crossword

O Canada

Use the clues to fill in the crossword.



ACROSS

1. Type of leaf on the flag
5. Crude oil
6. Canada's capital
8. Nickname for the one dollar coin
11. ____ and white are the colors on the flag
12. Sport invented by Canadian James Naismith
14. Smallest of the three territories
16. Canada's largest city
18. British language
19. Latin for "New Scotland"
20. Longest river in Canada
21. One of Canada's official languages
22. Bodies of water that lie on the Canada-United States border (two words)

DOWN

2. State northwest of Canada
3. Canada's form of government
4. Canada's official national game
5. Head of government (two words)
7. Canada's highest mountain
9. Canada's federal legislative branch
10. Nickname for the Royal Canadian police
12. Type of wild feline
13. There are ten ____ and three territories in Canada
15. A western mountain range
17. Large, broad-tailed rodent

LUNCH IS SERVED
@ 12:00 pm

Wednesday July 2nd, 2025

POTATO BACON LEEK SOUP

SWISS STEAK

MASHED POTATOES

BROCCOLI

STRAWBERRY PREZEL

Wednesday July 9th, 2025

SALAD

COLD PLATE

(ASSORTED MEATS, VEGGIES

AND SALADS)

COOKIES

Wednesday July 16th, 2025

CREAM OF CHICKEN SOUP

PORK BURGERS

POTATO WEDGES

SLAW

PINEAPPLE DELIGHT

Wednesday July 23rd, 2025

MINESTRONE SOUP

HONEY GARLIC CHICKEN THIGH

FRIED RICE

BRUSSEL SPROUTS

RASPBERRY COCONUT SQUARES

Wednesday July 30th, 2025

ITALIAN WEDDING SOUP

SPAGHETTI

GARLIC BREAD

CEASAR SALAD

PEANUT BUTTER DREAM BARS



Please call to reserve your meal by the Monday prior to the lunch.
613-347-1175

Canada Day Maze

Start at the beginning and make your way to the flag.



Social Activities



BINGO

Mondays & Fridays
1:00pm to 3:00pm



BIRTHDAY CLUB

July 22th
By invitation
12:30pm

INSIDE SCOOP

Thursday 1:00 to 3:00



MINDFULL COMPANY & CHIT CHAT CLUB

Tuesday
July 8th, @ 1:00
July 22nd, @ 1:00



THERABANDS

Tuesdays & Thursdays
9:00am to 10:00am



YOGA

Fridays
July 4th & 18th
9:00am to 10:00am



CARDS

Wednesdays
1:30pm to 3:00pm



FLOWER LETTERS

Tuesday
OFF FOR SUMMER



CHAIR EXERCISE

Mondays 9:00-10:00



CRAFTERS
OFF FOR SUMMER



ESSENTRICS

Tuesdays 2:30-3:30
Fridays 10:30-11:30

For more information and to reserve for any program please call 613-347-1175

Meals On Wheels Menu -July 2025

Please call before 9:00 AM to cancel a meal: 613-347-1175

	Potato Bacon Leek Soup 2	Chicken Noodle Soup 4
	Swiss Steak Mashed Potatoes Broccoli Strawberry Pretzel	Pork Roast Dauphinois Potatoes California Mix Veggies Rhubard Cake
Veggie Rice Soup 7	Tomato Beef Soup 9	Cream of Cauliflower Soup 11
Fresh Salsa Haddock Baked Potatoes Sunrise Mix Veggies Tapioca	Cold Plate (Assorted Meats, Veggies and Salads) Cookies	Roasted Chicken Leg Mashed Potatoes & Gravy Carrots Bread Pudding
Butternut Squash Soup 14	Cream of Chicken Soup 16	Roasted Red Pepper Soup 18
Corned Beef Boiled Potatoes Cabbage Fruit	Pork Burger Potato Wedges Slaw Pineapple Delight	Fish Pie Roasted Potatoes Corn Muffins
Beef Barley Soup 21	Minestrone Soup 23	Cream of Carrot Soup 25
Sausage and Onions Mashed Potatoes PEI mix veggies Yogurt	Honey Garlic Chicken Thigh Fried Rice Brussel Sprouts Raspberry Coconut Squares	Sweet & Sour Meatballs Twice Baked Potato Zucchini Butter Tarts
Beef Lentil Soup 28	Italian Wedding Soup 30	
Chicken A La King Mashed Potatoes Pea's & Carrots Apple Sauce	Spaghetti Garlic Bread Ceasar Salad Peanut Butter Dream Bars	




- Meal on wheels food trays can be reheated in the oven to a maximum of 350 degrees.
- Meals on Wheels trays can be reheated in the microwave.
- Soup bowls are not microwave oven safe.

Toaster ovens cannot be used with the meals on wheels food trays



2023

CAREFOR LAN-CHAR SUPPORT CENTRE ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CANADA DAY 	2 Meals Delivery (12:00) Diners (1:30) Cards	3 (9:00) Therabands (CANCELLED) (1:00-3:00) Inside Scoop	4 Meals Delivery (9:00) Yoga (10:30) Essentrics (1:00) Bingo
7 Meal Delivery (9:00) Chair Exercise (1:00) Bingo	8 (9:00) Therabands (1:00) Mindful Company (2:30) Essentrics	9 Meals Delivery (12:00) Diners (1:30) Cards	10 (9:00) Therabands (1:00-3:00) Inside Scoop	11 Meals Delivery (10:30) Essentrics (1:00) Bingo
14 Meal Delivery (9:00) Chair Exercise (10:30) Brunch (1:00) Bingo	15 (9:00) Therabands (12:30) Soup and sandwich (2:30) Essentrics	16 Meals Delivery (12:00) Martintown Diners	17 (9:00) Therabands (1:00-3:00) Inside Scoop	18 Meals Delivery (9:00) Yoga (10:30) Essentrics (1:00) Bingo
21 Meal Delivery (9:00) Chair Exercise (1:00) Bingo	22 (9:00) Therabands (1:00) Mindful Company (2:30) Essentrics	23 Meals Delivery (12:00) Diners (1:30) Cards	24 (9:00) Therabands (1:00-3:00) Inside Scoop	25 Meals Delivery (10:30) Essentrics (1:00) Bingo
28 Meal Delivery (9:00) Chair Exercise (10:30) Brunch (1:00) Bingo	29 (9:00) Therabands (12:30) Birthday Club (2:30) Essentrics	30 Meals Delivery (12:00) Diners (1:30) Cards		

Solutions



Mixed Up

- | | |
|---------------|-----------------|
| 1. parliament | 10. provinces |
| 2. holiday | 11. first |
| 3. barbecue | 12. anniversary |
| 4. carnival | 13. freedom |
| 5. fireworks | 14. unity |
| 6. friends | 15. picnic |
| 7. parade | 16. national |
| 8. colonies | 17. celebrate |
| 9. concert | 18. family |

