

BRANCH REPORT

QC58 | Montreal

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UPCOMING EVENTS

Annual General Meeting (AGM)

April 11, 2023 at 10h

Complete and return the reply coupon on page 4 of this bulletin.

RSVP before
March 28, 2023

Conference

Please keep an eye on your Email. We plan several conferences during 2023.

President's message

I am very pleased to address you through your SAGE magazine. Last fall, we organized several virtual activities such as the cell phone photography course, which was a great success. At the beginning of December, we had our face-to-face Christmas dinner with great participation from you. In January, we held our first face-to-face activity since the COVID pandemic in Laval. We hope to continue with face-to-face activities when appropriate, alternating with activities in virtual mode.

You will note that this year your Board of Directors has decided to move members' Annual General Meeting (AGM) to the South Shore of Montreal. Details can be found on the last page of this insert. I invite all of you to join us.

I would like to remind those who have not already done so to send us your email address. We use this medium to keep you informed of upcoming activities and other topics of interest.

Finally, I would like to point out the exceptional contribution of Mrs. Danielle Thifault, one of our office and member services officers, made to the Montreal Branch. She left us at the end of December for new projects. This is not a good-bye, but only an *au revoir*.

After a call for applications, we acquired the services of Mrs. Yvonne Lauzon, who will assume those duties. We welcome her to our team.

Don't forget that we are always looking for candidates to join our dynamic team of Branch administrators. Also, our treasurer is looking for volunteers to do the data entry in the Acomba software once a month in the office. We look forward to meeting you in near future
Looking forward to meeting you soon,



Sincerely,
Pierre Bilodeau
Branch President

Annual General Meeting (AGM) Tuesday, April 11, 2023 at 10:00 a.m. **For the first time, on the South Shore!**

You are invited to the Annual General Meeting to be held on April 11, 2023, at 10:00 am. Several important topics will be discussed, such as: **the financial statements for the year 2022, the budget estimates for the year 2023 and the modifications to the reserves, as well as the election of members to the Board of Directors** and more, so your presence is essential. to vote but to also interact with us. You may wish to invite a retired friend who is not yet a member to learn more about the Association.

To register for the Annual General Meeting, we invite you to visit our website at www.anrfmontreal.ca, simply click on the "Event Registration" tab and **pay for your meal by credit card**. You may also complete the **reply coupon on page 4 indicating your email address if applicable** and return it to us with your check by mail **no later than March 28, 2023**.

We ask that you arrive at **9:45 a.m.** so that we can begin at 10:00 a.m. **The meeting will be held at the Hotel Mortagne in room "Boucherville A" located at 1228 Nobel Street in Boucherville**, (450) 655-9966 <https://hotelmortagne.com/fr/>

3-Course Menu

Soup: Market soup, a mix of vegetables of the chef's choice

Main course: Roasted chicken supreme, creamy mushroom sauce. **or**

Main Fish Platter: Salmon in a crust, mustard & honey sauce **(With coupon)**

Dessert: Chocolate Royal, feuillantine & dark chocolate mousse **Drinks:** coffee, tea, herbal tea

Note: Registered participants will receive the documentation by email in advance. Please note that paper copies will also be available at the AGM for those who do not have an email address. For further information, please do not hesitate to contact our administrative assistants, France or Yvonne at 514-381-8824.

Our conferences

GOOD NEWS: IN-PERSON CONFERENCES ARE BACK IN 2023!

We are pleased to be able to offer you even more conferences and activities, whether in person or virtual, there will be something for everyone!

Also note that we will be present at the Salon Carrefour 50 ans+ on April 14, 15 and 16, 2023 at the Palais des Congrès. Come and visit us!

Here is a preview of the conferences:

- Presentation by Rose-Marie Charest, psychologist and author known for her television and radio appearances.
- Conference "Fini l'insomnie" (No more insomnia) offered by Emma Maria Philips and Ophélie Fontaine from the Institut universitaire gériatrique de Montréal.

Keep an eye on your email, our website (www.anrfmontreal.ca) and our Facebook (<https://www.facebook.com/retraitemontreal/>) for more details.

We look forward to seeing you or seeing you again, either in person or virtually!

Mireille Potvin and Angela Giacomo,
Responsible for the Activities and Information Sessions Committee

RECRUITMENT/RETENTION

I am your new Recruitment and Retention Committee Chair and my team of volunteers, and I would love to find activities and partnerships that will fill you with joy in 2023! We are very motivated and curious to know your interests. For example:

- Would you like us to find a health partner who could answer medical questions on the phone?
- Would you like to have an online computer training service?
- Would you like a sugar shack outing this spring?

Please feel free to give us your opinion by emailing us at info@anrfmontreal.ca. If you don't have internet, there is no problem, you can write your suggestions on the reply coupon below and send it to the address indicated.

REPLY COUPON: ACTIVITY SUGGESTIONS (add a page if required)

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Thank you for your support!

Pierrette Gourde

Chairman of the Retention and Recruitment Committee

NOMINATIONS

A call for nominations as director has been sent to you to fill positions that could become vacant in April 2023. We had the pleasure of welcoming two new members on the Board of Directors, Mrs. Sylvie d'Alcantara and Mr. Christian d'Aragon. We always need new people for our bank of candidates. To

submit your application, simply send us an email at info@anrfmontreal.ca with a summary of your work and volunteer experience.

We thank you in advance for your interest in this call.

Angela Giacomo

Chairman of the committee "Nominations for positions on the board of directors"

REPLY-COUPON

IN-PERSON AGM – TUESDAY, APRIL 11, 2023 – 10 hrs.

Annual General Meeting Location: Hôtel Mortagne in Reception Hall "Boucherville A" located at 1228, Nobel street in Boucherville

Please register via our website at www.anrfmontreal.ca to pay by credit card. Simply click on the "Event Registration" tab and fill in the boxes - Please feel free to contact us if you need assistance at 514-381-8824 or if you prefer, you can complete and return the reply coupon with your cheque no later than **March 28, 2023**, to: **1940 Henri-Bourassa Boulevard East, Suite 300, Montreal, QC H2B 1S1**

Please note that we do not accept post-dated cheques and no refund after March 28, 2023, because your association also pays the other half of the cost of the meal for its members.

Name of member: _____ Membership no.: _____

Name of spouse: _____ He or She is a member? Yes ___ No ___

Check included: 25\$ 1 member or 50\$ 2 members

Future non-member retiree: 25\$

If you wish a fish meal (quantity): 1 ___ or 2 ___

Please confirm your address: _____

Phone number: _____ **Email:** _____

PLEASE NOTE THAT NO TABLE NUMBER WILL BE ASSIGNED TO YOU AND THE MEAL COUPON WILL BE GIVE TO YOU ON SITE.