



Missisquoi North Volunteer Centre
SURVEY FOR RESIDENTS 55 YEARS AND OLDER.
 We would like to learn about your needs.



Are you currently active physically or otherwise? Yes No
 Are you interested in group activities? Yes No

Your availability:
 Morning Afternoon Evening Once a week Once a month Occasionally

Do you have transportation? Yes No
 If yes, are you willing to car-pool for short trips? Yes No

Physical Activities

Viactive for those 55 years or older.
 An hour long physical exercise session aimed at maintaining your fitness level. Sessions are respectful of each individual's capacities.

Programme P.I.E.D. «Programme intégré équilibre dynamique» - Physical exercises to improve balance and prevent falls.

Walking Club

Wii Fit and Wii Sport

Other sports:

Badminton

Volley -ball

Swimming

Snowshoeing

Cross-country skiing

Dance
 () country line () social () couples

Other: _____

Other: _____

Other: _____

Social Activities

Wednesday Adult Recreation.
 A day of friendly fun and activities including: **Viactive**, group games, lunch and card games.

Breakfast get-together

Supper conference

Card games

Billiards

Social games

Friendly home visits

Music, singing

Volunteering

Other _____

Other _____

Other _____

Conferences

Government services Quebec and Canada

Social and community services

Adaptation of your domestic environment

Housekeeping assistance

Legal aid- human rights

Violence, negligence, abuse

Caring for a loved one

Palliative care assistance

Solitude, isolation, socialisation

Nutrition and diet

Finance

Dependency and addiction

Traditional medicine

Alternative medicine

Spirituality

Other: _____

Other: _____

Other: _____

Learning

Computer

Collective kitchen
 A meeting place for 4 to 6 people to cook together, saving money and sharing the fun and benefits.

Arts and Crafts

Brain gymnastics

Other: _____

Other: _____

Outings

Educational Recreational Cultural

Touristic

Other: _____

Other: _____

Other: _____

Comments: _____

Family Name: _____ First Name: _____

Address: _____ Postal Code: _____

Telephone: _____ e-mail: _____

Age group: () 50 -65 () 65 - 75 () 75-85 () 85 and +

A prize will be drawn from the names of all those who completed the survey.