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FABULOUS FEBRUARY

2026



February marks a meaningful time of celebration across cultures and communities. Warmest wishes to those celebrating **Lunar New Year tomorrow**. Welcome to the **Year of the Horse!** Also known as **Chinese New Year** or **Spring Festival**, elders play a central role in these festivities, passing down treasured customs and bringing families together for the traditional reunion dinner.



Ramadan Mubarak to readers observing the holy month from **February 17 to March 18**. During Ramadan, Muslims worldwide engage in fasting from dawn to sunset, deepening their spiritual connection through prayer, reflection, and acts of charity. Older adults play an important role preserving faith, modeling generosity, and strengthening community bonds during this blessed time. May this Ramadan bring peace, health, and joy to all who observe.



We are proudly commemorating **Black History Month throughout February**—a time to honour and celebrate the invaluable contributions, achievements, and resilience of Black communities across Quebec and Canada. Recognizing the vital role Black seniors have played in shaping our province and nation, we recommit ourselves to building inclusive communities where all seniors thrive.

SAQ YouTube CHANNEL

FREE to Subscribe

Visit and subscribe to our YouTube channel to access **new educational videos** by subject matter experts addressing vital issues for seniors—from legal rights and fraud and scams to housing, health issues, and personal empowerment.

Knowledge is power, and we are pleased to offer this content **closed-captioned in English**. Whether you're dealing with housing concerns, understanding your legal rights, or seeking greater autonomy, these trustworthy resources are free and at your fingertips. Videos are added weekly, and we pay close attention to your requests!



SUBSCRIBE FREE HERE

        LEGAL RESOURCES

Our partners at         offer a wealth of timely legal resources - much of it in English - from their website. Begin your exploration clicking on the image below:

Legal Information and Referrals Guide



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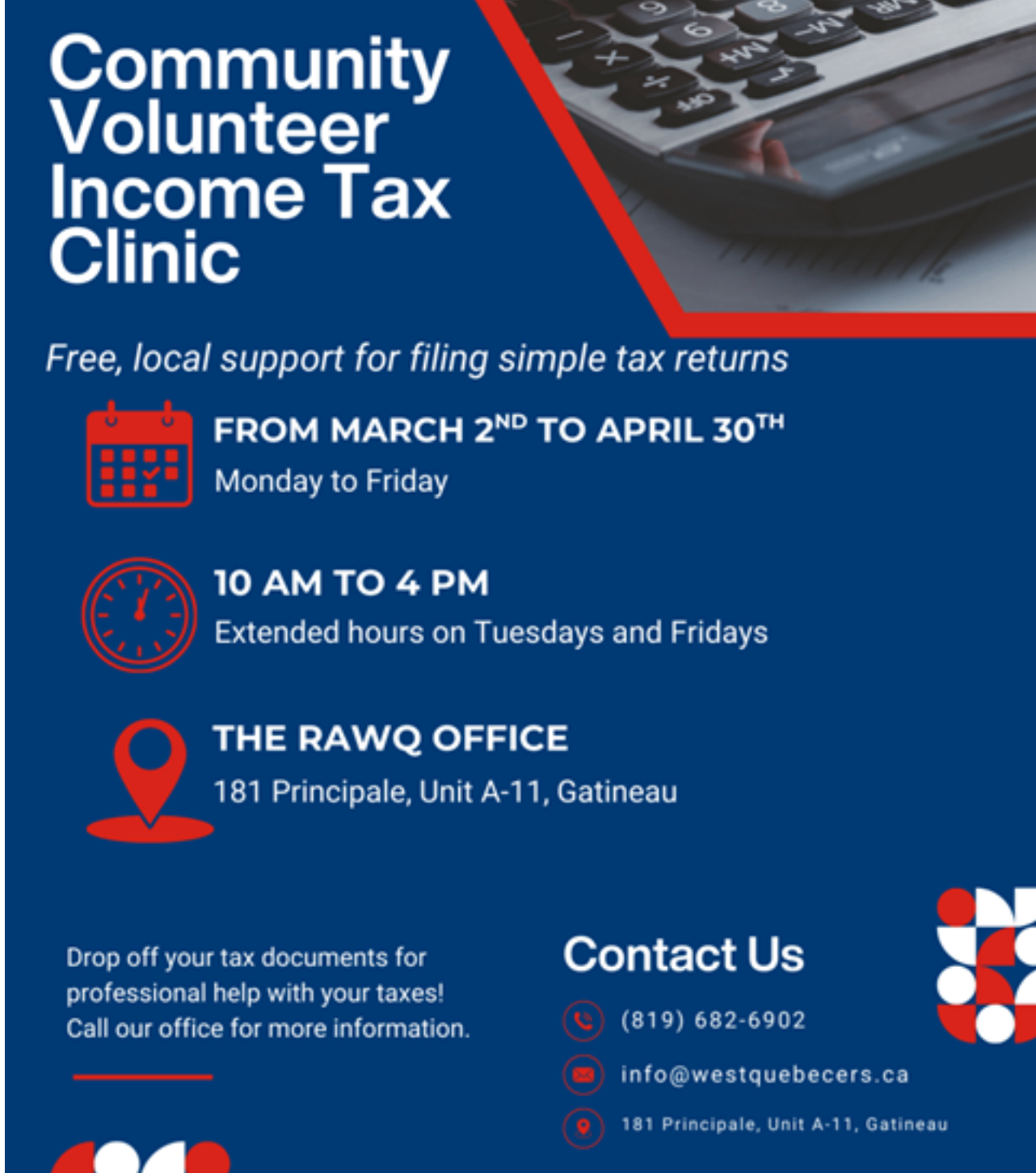
You can download publications on a range of legal topics of concern to seniors here: [Publications |        ](#)



REGIONAL ASSOCIATION OF WEST QUEBECERS

March 2 - April 30, 2026

Regional Association of West Quebecers 2026 Volunteer Income Tax Clinic



STATISTICS CANADA IS HIRING

2026 CENSUS



Statistics Canada is hiring approximately 32,000 people for the 2026 Census.

Statistics Canada is **now accepting applications** for supervisory and non-supervisory positions across Canada.

- **Apply now at census.gc.ca/jobs.**

If you have any questions, please consult the 2026 [Census Jobs - Frequently Asked Questions \(FAQs\)](#).

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Alli      en sant   mentale
Allies in mental health



What's happening at AMI Qu      in February

Stay warm and safe in this cold weather. For a list of warming centers across the island of Montreal, [click here](#). You can always call **211** for community resources (like during the recent power outages).

Explore their **support groups, workshops, and counselling for families**.

Don't miss their **monthly blog post** all about Seasonal Affective Disorder.

Also: **Beat the February Blues** with a one-of-a-kind offer for free online fitness classes for people who are 50+!

If you've got questions or need help call: 514-486-1448
amiquebec.org

GAY & GREY IS HIRING

DEADLINE: FEB 18, 2026

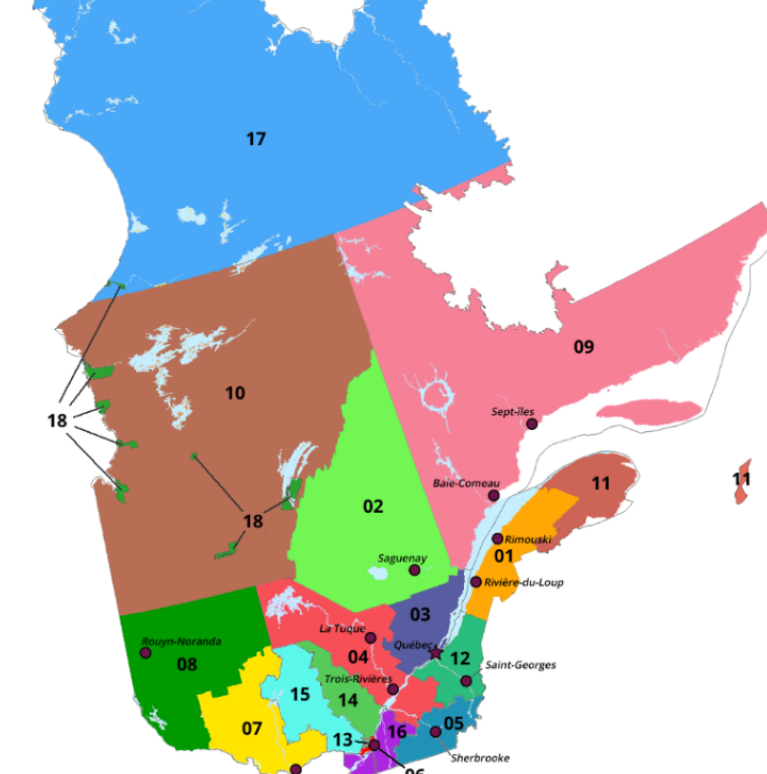
Gay & Grey Montr      is recruiting for a **General Manager**. Interested candidates should submit their CV and a letter of interest to president@ggmtl.com. New application deadline: **Wednesday, February 18th at 1:00PM**



Seniors Action Quebec / Les A     s Action Qu     

Did You Know?

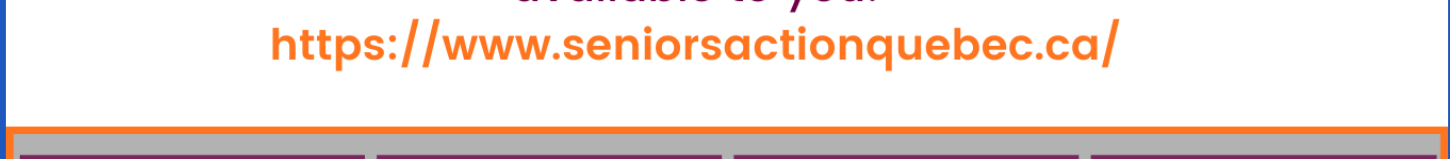
Since 2021, Seniors Action Quebec has been evolving a **bilingual interactive map** to help seniors and their families find essential resources and service providers across Quebec!



Whether you're looking for **healthcare, social services, legal aid, or recreational activities**, SAQ's map features **2000+ resources** listed by regions across the province.



Visit our website today and discover the services available to you:
<https://www.seniorsactionquebec.ca/>

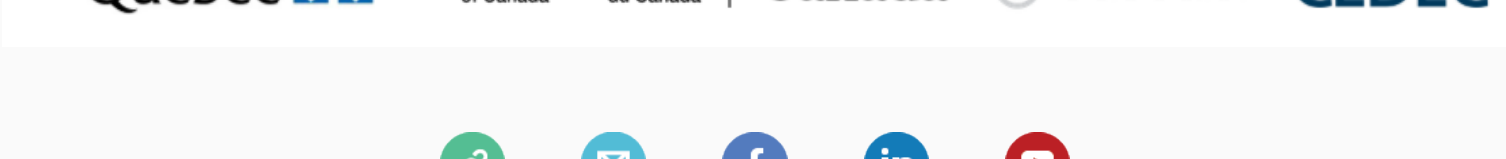


VISIT THE MAP OF RESOURCES FOR SENIORS

Seniors Action Quebec (SAQ) is a not-for-profit provincial organization whose mission is to identify, advance, and address the needs of English-speaking seniors and to support organizations who work with and on behalf of English-speaking seniors throughout the province of Qu     .

Les A     s Action Qu      (LAAQ) est un organisme provincial    but non lucratif dont la mission est d'identifier, de promouvoir et de r  pondre aux besoins des a     s d'expression anglaise et de soutenir les organisations qui travaillent avec et au nom des a     s d'expression anglaise    travers la province du Qu     .

We acknowledge the financial support of the Government of Canada and the Government of Quebec.
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