

The Yellow Door launches service for isolated seniors

By Beryl Wajzman, Editor
The Suburban

The Yellow Door, the 48-year old non-profit downtown people service centre, announced this week that it will launch a new project to bring cultural services to seniors who are home-bound during the COVID-19 pandemic. The Cultural Roulant, which received funding from the Foundation of Greater Montreal, will bring books, games, CDs, and art supplies to the homes of seniors in an effort to help tackle the growing mental health challenges faced by many of the most vulner-

able in our community.

Throughout this year The Yellow Door has worked to create safe activities for seniors, many of whom live alone and are vulnerable to serious complications of the coronavirus. The new Cultural Roulant, will be a safe way for seniors to access activities without leaving their home.

Kaitlin Fahey, Executive Director of The Yellow Door said, "This service was developed out of a need to help our most at-risk senior members – those with little support from friends/families and without home internet. Like many other organizations, we have

adapted our programs to run virtually, in order to keep our members and volunteers safe. However, online activities exclude all of those living without home internet, which presents massive challenges. We are delighted that the Cultural Roulant is supported by the Government of Canada's Emergency Community Support Fund and The Foundation of Greater Montreal. Through our deliveries we hope to help alleviate boredom, keep these seniors active, and to let them know that they are not alone."

It is estimated that 90% of seniors live alone, and a significant number do not have

access to the internet, leading to a situation of severe isolation and social exclusion. Board member Lisa Baum told us that, "By providing books and other materials – as well as a friendly connection — the new Cultural Roulant hopes to be a vital tool to promote physical and mental wellbeing amongst vulnerable individuals."

The new initiative will be the only service of its kind available to residents of downtown Montreal, and will be run by The Yellow Door's team of staff, interns, and volunteers. To find out more about The Yellow Door visit www.yellowdoor.org

Brasserie Manoir continues its holiday menu tradition with special pickup options

By Mike Cohen, The Suburban

For 47 years the Brasserie Manoir (www.brasseriemanoir.com) located in Pointe-Claire has been serving our ever so popular home cooked meals during the holiday season. Despite the COVID-19 pandemic, owner Peter Sergakis and executive chef Chantal Sauvé are keeping that tradition in place, adding their St. Jacques Street location in NDG (the former Serre Picasso Restaurant) to the mix with a special take-out format.

Through January 2, you can make a pickup order between 4 and 10 p.m., seven nights a week by calling 514-695-2071 (Pointe-Claire) or 514-489-6356 (NDG). You can also order anything else off the elaborate Brasserie Manoir menu.

"For these holiday meals, we are insisting upon pickup only for a number of reasons," explains Sergakis. "When people come to pick up the order themselves, the food will remain warmer and it will get to their home quicker."

Sergakis said that when the pandemic first hit last spring, the Manoir restaurants remained closed. They successfully reopened for dine-in service with all safety protocols in place and then successfully moved to take-out and delivery when the government ordered dining rooms shut. In recent weeks, Sergakis began fielding endless



Roast Turkey Plate



Prime Rib Roast Beef au Jus.

requests from regular clients for the holiday menu.

The offerings come in different servings. The Holiday Plate* (\$22) contains roast turkey, meat pie, meat balls in gravy, home-made stuffing, buttery mashed potatoes, nantais carrots, home-made gravy and cranberry sauce.

The Roast Turkey Plate* (\$17) consists of roast turkey (white and dark meat), served with all the trimmings.

The Family-Buffer Style Roasted Turkey Dinner* (\$16 per person) is for four people or more and includes roast turkey (white and dark meat), served with home-made stuffing, buttery mashed potatoes, nantais carrots, home-made

gravy and cranberry sauce.

Then there is the Whole Young Turkey with all the Trimmings* (\$150), which will feed 10 to 12 people. A 4 kg young turkey seasoned and roasted to perfection (white and dark meat), served with home-made stuffing, buttery mashed potatoes, nantais carrots, home-made gravy and cranberry sauce. You must place this order 48 hours in advance.

Brasserie Manoir is known for its outstanding roast beef, aged 45 days and roasted for 12 hours. The Prime Rib Roast Beef au Jus Plate (\$29) features prime rib cooked medium rare, served with buttery mashed potatoes, nantais carrots and home-made sauce.

The 1 kg Whole Prime Rib Roast Beef au Jus* (\$99) consists of prime rib cooked medium rare, served with buttery mashed potatoes, nantais carrots and home-made sauce and is perfect for four people.

Finally there are the sumptuous Pig's Knuckle (\$17) and Braised Lamb Shank* (\$36). The slow braised pig's knuckle is served with buttery mashed potatoes, nantais carrots, sauerkraut and home-made gravy and is good for four people or more. The lamb comes with grilled vegetables, mashed potatoes, red wine and Porto sauce.

For dessert, you can order a Christmas chocolate log* for \$45 or \$6 a piece. Any orders of \$50 or more must be paid for in advance.

"It is time consuming and costly for people to prepare these meals on their own," says Sergakis. The fact that Mr. Sergakis produces organic products on his farm combined with the Executive Chef's traditional recipes make these meals a "must have".

The Manoir Pointe-Claire is located at 600 Boul. St-Jean. Call 514-695-2071.

The Manoir NDG is located at 6810 Saint-Jacques O. Call 514-489-6356. www.brasseriemanoir.com

*Promotions do not apply certain - restrictions and conditions apply

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