

# Down Home News

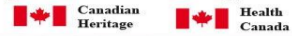


The Down Home News is a monthly publication by MCDC. We are located at 906 Mooney Street West, Thetford Mines G6G 6H2.  
Tel: 418-332-3851 / Fax: 418-332-3153 / E-mail: mcdc@bellnet.ca. / Website: <http://mcdc.info>



November 2018

This document is made possible thanks to the financial support of:



## 2018 FLU VACCINATION

### CHAUDIÈRE-APPALACHES:

**Thetford:** To get your flu vaccination this year, you **must** make an appointment. This can be done on-line by visiting <https://clicsante.ca/> and choosing the date, time, and location that best suits your needs. If for some reason you are unable to connect at that web site, please call **1-855-480-8094** to make your appointment. If you need assistance, please call MCDC and we will be happy to help you.

- Kinross's Mills:** Salle Municipale  
 • Wednesday, Nov 28 8:45 - 11:30
- Leeds:** Salle Amicale  
 • Friday, Nov 30 8:45 - 11:30
- St-Pierre de B.:** Salle Municipale  
 • Tuesday, Nov 27 8:45 - 11:30

### L'ÉRABLE:

- Plessisville:** Centre communautaire, 1745, avenue Fournier  
 Nov 5: 8:30 to 3:30 p.m.  
 Nov 21: 12:30 to 7:30 p.m.
- Inverness:** At the Fire Station, 333 chemin Gosford  
 • Monday, Nov 19 1:00 to 3:00 p.m.

- Laurierville:** Edifice Municipal, 140 rue Grenier  
 • Friday, Nov 2 1:00 to 3:00 p.m.

- Lyster :** Salle des Chevaliers de Colomb, 114, rue Isabelle  
 • Friday, Nov 2 9:00 to 11:00 a.m.

- St. Ferdinand:** Salle communautaire, 606 rue Principale  
 • Thursday, Nov 8 2:00 to 6:30 p.m.

### ALPHONSE-DESJARDINS:

- Laurier-Station:** with appointment only 418-380-2065/1-855-480-8094  
 CLSC, 135 rue de la Station  
 • November 1,2,5,7,10,14,16,20
- Ste-Agathe:** Thursday, November 1

### Reminder

Please bring your blue hospital card and your health insurance card. It would be preferable to wear loose clothing or short sleeves. The vaccination shot is offered free to seniors over 75. Age 60 – 74, visit the general clinics in the larger towns so as to get free service for this year. For the general population who are **not** at risk and therefore do not meet the free vaccine criteria the cost is \$20.



## Arts & Crafts Workshop



**Bow Making**  
 Tuesday, Nov 13, 2018  
 9:30 a.m. – 12 :00 noon



**Xmas Wreath Decorating**  
 Wednesday, Nov 14, 2018  
 9:30 a.m. – 12 :00 noon

**Price?** \$10/per participant  
**Where?** MCDC Wayne's Room  
 Call MCDC 418-332-3851 to register (seats limited)

**IF YOU HAVE A GLUE GUN, PLS BRING IT.**

## QUEBEC CITY SHOPPING TRIP FOR SENIORS TO PLACE LAURIER in Sainte-Foy



**\$15**

Date: Thursday, **November 22, 2018**

- 8:45 a.m. Former United Church parking lot, TM  
 9:15 IOOF Hall, Inverness  
 9:30 HLM, Ste-Agathe  
 3:00 p.m. Leaving Quebec to come home

Call MCDC 418-332-3851 to reserve your seat.



## COMMUNITY CALENDAR

- Saturday, Nov 3<sup>rd</sup>: MCDC Spaghetti Supper, Live Auction by auctioneer Len Small, and the Jason McCrea Band at the Kinross's Mills Community Hall, 4:00 – 10:00 p.m.
- Sunday, Nov 4<sup>th</sup>: Square dance at the Kinross's Mills Community Hall at 1:30 p.m. Music by Claude Lachance and Jamie Allan.
- Sunday, Nov 18<sup>th</sup>: Brunch at Les Fourneaux d'Inverness, 9:00 a.m. – 1:00 p.m.

## SENIORS DROP-INS

- Monday, November 12<sup>th</sup>: Thetford (MCDC)
- Monday, November 19<sup>th</sup>: Ste. Agathe **HLM**
- Monday, November 26<sup>th</sup>: Kinross's Mills



Sunday, Nov 4, 2018  
 at 2:00 a.m.

## COMMUNITY HEALTH CAPSULE

### November – ABOUT CROHN'S & COLITIS

THE FOLLOWING SYMPTOMS MAY BE SIGNS OF CROHN'S DISEASE OR ULCERATIVE COLITIS:

- Abdominal pain, cramping
- Diarrhea (bloody stools with colitis)
- Nausea and vomiting
- Diminished appetite and weight loss
- Fever
- Anemia
- Fatigue

See your doctor if you are experiencing these symptoms.

Source: <http://crohnsandcolitis.ca/About-Crohn-s-Colitis/Sians-Svmptoms>

## SCHOOL NEWS



- Nov 7<sup>th</sup>: Last day to order Cookie Dough for students' fund raising project.
- Nov 15<sup>th</sup>: Report card night
- Nov 19<sup>th</sup>: Gordie Productions

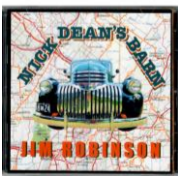


Pictured here are the St. Patrick's Elementary grades 5-6 students who got their babysitting certification from St. John's Ambulance on October 13<sup>th</sup>. Congratulations!

### Breakfast Program Needs 2 VOLUNTEERS

When? Every 2<sup>nd</sup> Wednesday,  
7:30 - 8:30 a.m. at  
St. Patrick Elem. School.  
Call today 418-335-5366 #8701  
It really is fun!!

### Remembrance Day ceremony at school gymnasium (Details to follow)



### NICK DEAN'S BARN

Jim Robinson's latest CD is available at MCDCC for \$20. Call Maureen 418-332-3851



## MILESTONES

- ✚ Sincere condolences to Margaret Flesch, her family, and members of the Humphrey family on the passing of her spouse John Humphrey.
- ✚ Happy Birthday to Aline Visser, Bob Fowler, Grace Cox, Janet Dempsey, Lorna Campbell, and Marion Wright who will be celebrating their birthdays in November.



## MCDCC'S Annual Christmas Meet and Greet

Join us for an evening of relaxation and friendly chatter to kick the holiday season into gear! There will be good music, light refreshments, door prizes and Christmas caroling! The cash bar will be available.

WHEN: **Thursday, December 13, 2018**  
TIME: 5:00 – 7:00 p.m.  
WHERE: Studio Théâtre Paul Hébert  
800 St. Alphonse (corner Mooney St.)  
Thetford Mines  
ADMISSION: Free

## Megantic Community Foundation (MCF)



The community is invited to attend **MCF's Annual General Meeting**

When: Wednesday, **Nov. 28, 2018**  
Time: 5:00 p.m.

Where: MCDCC Community Resource Centre  
Show your involvement in our community and be informed on the financial workings of the organization.  
No r.s.v.p. necessary

For additional information, contact Valérie Lehoux at MCDCC 418-332-3851 / 1-877-332-3851

## English movies are BACK IN TOWN!!



"New Ownership" of  
Le Pigalle Theatre  
137 Notre Dame est,  
Thetford Mines

Next showing.....  
"BOHEMIAN RHAPSODY"  
(based on the group Queen)  
Sunday, Nov 11, 2018, 1:00 p.m.

## A word of thanks from the NUTBROWN FAMILY

Our hearts are full of gratitude when we express our many thanks to family members, friends, and neighbours for their acts of kindness and sympathy, i.e. food, flowers, donations to the church, cards, visits and kind words spoken to our family regarding the recent passing of a wonderful husband, father, grandfather and great-grandfather, Ulric Nutbrown.

He was and always will be our strength!

Pauline and family.

## MCDCC MEMBERSHIP

All members of the English-speaking community of Chaudière-Appalaches and l'Érable are invited to become members of MCDCC. Membership is free and it is a great way to get involved and show your support for your community. For additional information, please call us at 418-332-3851 or 1-877-332-3851 or visit our website at <http://mcdc.info>