

Down Home News



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Canadian Heritage



Health Canada

DECEMBER 2020



MCDC Celebrates 20 years (2000 – 2020)

WHEN? Wednesday December 15, 2020
5:00 - 6:00 p.m.

Join our Christmas **Meet & Greet** via Zoom

- Share some stories of growing pains at MCDC
- Enjoy a light supper delivered by MCDC
- And WISH EVERYONE A MERRY CHRISTMAS & HAPPY NEW YEAR!
Call MCDC today to sign up 418-332-3851



Have a Holly Jolly Christmas

CHEP Videoconference "Medical Emergencies in Seniors & How to Handle Them"

Via Zoom



DATE: **Wed Dec 2, 2020**
TIME: 1:00 - 2:30 p.m.

Please call MCDC 418-332-3851 to register.

Cummings Video "The Daily Dozen"

Via Zoom

A series of 12 exercises that you can do every day to keep your joints supple and strengthen muscles. These exercises are gentle and effective. Wear comfortable clothing and have a chair nearby.

DATE: **Wed Dec 9, 2020**
TIME: 10:00 - 11:00 a.m.

Please call MCDC 418-332-3851 to register.

Megantic Community Foundation (MCF)

MCF's Annual Report was presented at their AGM held on Nov. 24, 2020, via Zoom. Summaries of the Bursary Program, fundraising, donations, transportation & accompaniment program, and misc. volunteer services were provided. Board Members of MCF include: Brenda Trenfield, Peter Whitcomb, Aline Visser, Ann Marie Powell, Jan Lowry, Nadine Ratté, Michelle Mathieu, Sheilagh Brown, Michelle Donovan, Maureen Small.

Introducing Holly Laroche



We are so pleased to introduce you to Holly Laroche, who joined the MCDC team in early November 2020 as our new Volunteer & Drop-In Coordinator replacing Jennifer Nutbrown. Jennifer will be assuming responsibility for the Library, Book Club, Movie Club, and the variety of MCDC's social activities. Her office is now in the Library.... Stop by and say hello!

Holly will be responsible for the Volunteer Transportation program, the Drop-In, the Caregivers, and the Buddy program. She is originally from Lennoxville and has made St-Jean-de-Brébeuf her home for the past 15 years with her family. She will be a complimentary addition to the MCDC team. Please join us in extending a very warm welcome to her.

Welcome Holly!

Intergenerational Xmas Party

Grade 6 will be
joining MCDC members...
via Zoom



Date: **Wednesday December 9, 2020**
Time: 1:30 - 3:00 p.m.

**Please call MCDC
418-332-3851 to register.**



What's happening?

School News



Dec 9: 1:00 - 2:05 p.m. Grade 5/6 Drop-In Christmas party via Zoom.

Dec 9: Room 233 Sec 3, Writing your CV & Job Interviews, with CJE.

Dec 17 - Jan 7: Elementary section closed.

Dec 17 - Jan 11: High School sect. closed.

MASONS' CHRISTMAS BASKET CAMPAIGN 2020



The holiday season is upon us and the Masons' Christmas Basket Campaign is in full swing from **December 1st to December 16th**. Donations of non-perishable food items and toiletries will be greatly appreciated. You may drop off your items at MCDC or at ASJ High School during the above-mentioned dates. If you need someone to pick-up items, please call MCDC and it will be organized

Thank you in advance for your generosity towards this worthy cause. Our thoughts are with those people in our community who need a helping hand at this difficult time of the year.

Christmas Season Services



Covid-19 has put its damper on our community's annual Christmas Services. It is disappointing for all concerned. We must stay positive nonetheless, hoping for a vaccine to protect us and grateful that we are blessed with excellent health care and public officials who have made restrictions to keep us safe and healthy. Check out Rev. Barbara on Facebook under "Kit Pastoral Charge" for news and worship services. God bless!

Food Bank... "La Vigne"

In these difficult times many more people need to access the local Food Bank. EVERY DONATION COUNTS.

La Vigne: balavigne@c gocable.ca
<http://www.banquealimentairelavigne.com/nous Contacter/>

Holiday schedule:
Closed December 24-25,31
as well as January 1, 2021.



MCDC's Improved Library Space



The MCDC Library has added new bookcases (full of good books), DVD's, and board games to borrow. Open Mon-Friday, 8:30 - 4:30 p.m. Please call us first to organize a time.

"THE GOLDEN GIRLS"



7 YEARS OF LAUGHTER
watch the episodes via ZOOM
with MCDC

STARTING IN JANUARY 2021

Every Tuesday 1:00 - 2:00 p.m.

Call MCDC to register

418-332-3851



Milestones

- ✝ Our deepest condolences to the family of Tommy Stevenson who passed away suddenly on Oct 31st.
- Birthday wishes going out to Rev. Barbara Fotheringham and to everyone else who will be celebrating their birthday In December.
- Happy 90th Birthday to Lody Henderson Evans; you may send a greeting card to her at:
137 Embelton Crescent, Pointe Claire, QC H9R 3N1
- Get well wishes going out to George Small for a speedy recovery from hip surgery.

Merry Christmas & Happy New Year!

**Best wishes from the MCDC Board of Directors,
the MCF Board of Directors, and the Staff!**



All members of the English-speaking community of Chaudière-Appalaches and l'Érable are invited to become members of MCDC. Membership is free and it is a great way to get involved and show your support for your community. Please call 418-332-3851 or email communications@mc dc.info