

Down Home News

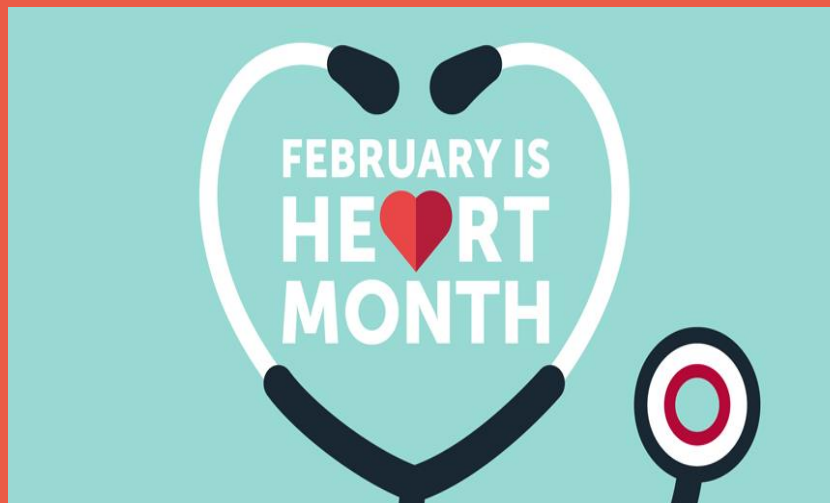


This document is made possible thanks to the financial support of:



FEBRUARY 2022

February is Heart Month



Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control. Here are some of the high risk factors:

- Eating a diet high in saturated fats, trans fat, and cholesterol;
- Not getting enough physical activity;
- Drinking too much alcohol;
- Cigarette smoking.

The time is now to make some changes.

Source: <https://www.ottawaheart.ca/>



Health activities & capsules

Please call MCDC or email health@mcdc.info to register for each of the following health sessions:

Cannabis and Older Adults 101

Therapeutic benefits, side effects, risks, and more.

Date: **Tuesday February 8, 2022**

Time: 10:00 - 11:30 a.m.

Please register at www.tinyurl.com/CCSCannabis or coordination@ccs-montreal.org

Healthy Lifestyle Via ZOOM

Exercise Group with **Andréanne Raby, Kinesiologist**

All you need is comfortable clothing

Date: **Wednesday, Feb 9 & 23, 2022**

Time: 10:00 - 10:30 a.m.

Call Laurie to register, or health@mcdc.info

CHSSN - CHEP SESSION

"Belonging & Well Being"

The positive implications a sense of belonging can have on our health and well-being as we age.

Date: **Wednesday, Feb 16, 2022**

Time: 10:00 - 11:30 a.m.

Sign up with Laurie health@mcdc.info



SENIORS ACTION QUEBEC

Advanced Medical Directives and Living Wills

"What They Are and How to Make Them"

With Richard Goldman, Lawyer at Éducaloi.



Tuesday, February 8, 2022

10:00 am to 11:30 am



via ZOOM

Please register by February 7, 2022, by emailing:

info@seniorsactionquebec.ca

(Please notify Laurie that you have registered)

BINGE-READY

Join us on ZOOM for a comedy series every Thursday morning starting February 3, 2022, at 10 a.m.

Starring Jane Fonda & Lily Tomlin. The ladies learn that their husbands have fallen in love and want to get married. What follows is hilarious. Sign up with Jennifer info@mcdc.info



T : 418 332.3851 | Sans frais : 1 877 332.3851
www.mcdc.info

MEGANTIC ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

What's happening?

Comedy via ZOOM



WITH BOB SAGET

DATE: **Wednesday Feb 2, 2022**

TIME: 1:00 p.m.

Call Jennifer to register or
info@mcddc.info



Movie Matinee "March of the Penguins"

Via ZOOM

Wed. Feb 16, 2022
AT 1:00 p.m.

Call Jennifer to
register



T: 418-332-3851
Toll free: 1-877-332-3851

Grand Ole Opry Classics on ZOOM!!!



DATES: **Wednesday Feb 23, 2022**

TIME: 1:00 - 2:30 p.m.

Call Jennifer to register or
info@mcddc.info

"Guess the Movie" Trivia Game via ZOOM



Test your movie knowledge in
this Trivia Game

DATE: **Wednesday Feb 9, 2022**

TIME: 1:00 p.m.

Call Jennifer to register or
info@mcddc.info

Milestones



- Happy Birthday to Ruth Morrison, Denise Carrier, Leo Thomas and special mention to Eileena Murphy on her 90th birthday, as well as to everyone else who will be celebrating their birthday in February.
- Feb 14th "HAPPY VALENTINE'S DAY" to everyone - tell someone how much you love them!

Check out MCDC's Facebook page

[https://www.facebook.com/
mcddc.thetfordmines/](https://www.facebook.com/mcddc.thetfordmines/)

& Website

<https://www.mcddc.info/en/>

Coopérative de services à domicile dans la MRC de Thetford



418-334-0852

One stop shopping to obtain a variety of services to help people remain in their home in safety and comfort. For example:

- house cleaning
- assistance with going to bed and getting up
- bathing
- respite for caregivers
- equipment rental

If language is a barrier to access this service, please contact MCDC. We will be happy to assist you in total confidentiality.



February 4 - 20, 2022

GO TEAM CANADA!!



GROUNDHOG DAY – February 2, 2022

If the groundhog sees its shadow, folklore says winter will last for six more weeks, whereas if no shadow is seen, it is a sign of an early spring! Let's hope.

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@mcddc.info