

Down Home News



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



Canadian Heritage



Health Canada

November 2024

Meet the Personnel from our Local CLSC and COOP

Learn about programs and services available that can help you remain at home longer.

Presentations by:

- Véronique Gosselin, Director from the Cooperative Homecare Services, Thetford Mines.
- Maxime Gagnon, Community Organizer, CLSC Thetford.
- Maude Laroche-Goulet, Social Worker, CLSC Thetford.

DATE: Thursday, Nov 14, 2024

TIME: 1:30 p.m.

PLACE: MCDC

Space is limited, please reserve your place with Laurie, health@mcdc.info or 418-332-3851



Health activity & capsules

Please call MCDC to register for each of the following health sessions:

Trivia Showdown



Date: **Wed Nov 6, 2024**

Time: **10:00 - 11:30 a.m. + lunch**

Place: Kinnear's Mills Mun. Hall

Please call or email Jennifer
info@mcdc.info

CHSSN - Services for Healthy Aging in the Right Place

Are you thinking about your future?
Plan now for Aging in Place.

With Jennifer Hobbs-Robert
Via live ZOOM

Date: **Wed Nov 20, 2024**

Time: **10:00 - 11:30 a.m. + lunch**

Place: Kinnear's Mills Mun. Hall

Please call or email Laurie
health@mcdc.info

Movie

"Summer Camp"



Starring:
Diane Keaton,
Alfre Woodard,
& Kathy Bates

Date: **Wed Nov 13, 2024**

Time: **1:30 a.m. - 3:00 p.m.**

Place: MCDC

Please call or email Jennifer
info@mcdc.info

"Love is in the Details"

A Guide to Assist You Prepare Your Legacy Notebook



In this presentation, we will review the important parts of putting together a legacy notebook for your family and loved ones in the event you are no longer able to care for yourself.....

An in-person presentation with Jennifer Hobbs-Robert

Thurs Nov 28, 2024
1:00 - 3:00 p.m.

MCDC basement. Space is limited.
Reserve with Laurie:
health@mcdc.info

Vaccinations against Covid 19 and flu are underway.

To make an appointment you can:

- Visit clicSanté website: <https://portal3.clicsante.ca>
- OR
- Call 1-877-644-4545 Mon-Fri: 8 a.m. - 8 p.m.
Sat-Sun: 8 a.m. - 6 p.m.

If you need help, please call MCDC.



MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

T : 418.332.3851 | Sans frais : 1.877.332.3851
www.mcdc.info

What's happening?

DOCUMENTARY "The Many Lives of Martha Stewart"



Date: **Wed Nov 27, 2024**
Time: **1:30 p.m.**
Place: MCDC

Please call or email Jennifer
info@mcdc.info

MCDC Book Club



Date: **Fri Nov 15, 2024**
Time: **10:00 a.m.**
Place: MCDC or via ZOOM

Please call or email Jennifer
info@mcdc.info

Church Services

K.I.T. Pastoral Charge:

- Nov 3, 10:30 a.m. Candlish, Kinnear's Mills
- Nov 10, 10:30 a.m. St. Andrew's, Inverness
- Nov 17, 10:30 a.m. Gamache & Nadeau Chapel.
- Nov 24, 10:30 a.m. Candlish, Kinnear's Mills
- Dec 1, 10:30 a.m. St. Andrew's, Inverness

Anglican Service:

- Nov 10, 10:30 a.m. Inverness
- Nov 24, 10:30 a.m. Inverness

Drop-In 1:30 - 3:30 p.m.



Nov 4	No Drop-in
Nov 11	MCDC
Nov 18	Kinnear's Mills
	Municipal Hall
Nov 25	Inverness



10:45 a.m.
Monday November 11, 2024
St. Pat's/ASJ High School
Gymnasium

Milestones



- Our condolences to Dixie & Louise Trepanier and their families on the passing of their father Lucien on Oct. 22nd.
- Sincere sympathies to Pat Fowler and daughter Ann Marie on the passing of Pat's son-in-law Malcolm Chivers on Oct 22nd in Ont.
- Birthday wishes going out to Janet Dempsey, Phyllis Robinson, Aline Visser, Bob Fowler, Bob Wallace and to everyone who will be celebrating their birthday in November.

MCDC'S XMAS MEET & GREET

Date: **Thurs Dec 5, 2024**
Time: **5:00 - 9:00 p.m.**
Place: Thetford Golf & Curling
Club

Please call or email MCDC to register
communications@mcdc.info



Congratulations to the 2024-25 recipients of McGill Community Leadership Bursaries



These bursaries provide financial support to students who are involved in their community, who speak both English and French and are pursuing studies in the health and social services field. This year's 2024-25 winners for Chaudière-Appalaches are: Daphney Vachon \$10,000; Miranda Maxwell \$5,000; Jade Poirier \$2,500; and Jessica White \$2,500. Congratulations to our deserving winners!



Time to turn back your clocks.....
by 1 hour
Sunday November 3, 2024
at 2:00 a.m.

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@mcdc.info