

Down Home News



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



Canadian
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Health
Canada

February 2025

FEBRUARY IS HEART HEALTH MONTH



TAKE CARE OF YOUR HEART...

- Eat a healthy diet
- Keep active - every step counts
- Get a good night's sleep
- Have a regular check up with a doctor



Health activity & capsules

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

MOVIE Afternoon "RESPECT"



Date: **Wed Feb 5, 2025**
Time: 1:30 - 3:00 p.m.

Place: MCDC

Please call or email Jennifer
info@mcdc.info

Documentary "Cirque du Soleil"



Date: **Wed Feb 12, 2025**
Time: 1:30 p.m.

Place: MCDC

Please call or email Jennifer
info@mcdc.info

Puzzle Afternoon



Date: **Wed Feb 19, 2025**
Time: 1:30 - 3:00 p.m.

Place: MCDC

Please call or email Jennifer
info@mcdc.info

MENTAL HEALTH FAIR For parents & community



Date: **Thur Feb 6, 2025**
Time: 4:30 - 8:00 p.m.

Place: Room of Champions

St. Pat's/ASJ High School

For info please call or email Kaylea
youthmentalhealth@mcdc.info

INDIGENOUS DROP-IN

All Indigenous people are welcome.
This is a family friendly event so
please bring your children. Light
refreshments will be provided.

Date: **Sat Feb 8, 2025**

Time: 1:00 p.m.

Place: MCDC basement

Please call or email Kaylea
youthmentalhealth@mcdc.info



MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

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

What's happening?

Puzzle Afternoon

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



- Feb 3 MCDC
- Feb 10 Kinnear's Mills Municipal Hall
- Feb 17 Inverness IOOF Hall
- Feb 24 No Drop-In

Everyone welcome!

Milestones



- Birthday wishes going out to Denise Carrier, Joan McCammon, and everyone celebrating their birthday in February.

Robbie Burns Dance



Everyone is invited to a square dance in honour of our Scottish ancestry:

Date: Sat Feb 1, 2025
Time: 7:00 p.m.
Place: Kinnear's Mills Old School

Music by James Allan and Courtney Drew.

Church Services

K.I.T. Pastoral Charge:

- Feb 2, 10:30 a.m. IOOF Hall, Inverness
- Feb 9, 10:30 a.m. Gamache & Nadeau Chapel, Thetford
- Feb 16, 10:30 a.m. Candlish, Kinnear's Mills
- Feb 23, 10:30 a.m. IOOF Hall, Inverness

Anglican Services:

- No church services in either Thetford or Inverness in February.

FAMILY MOVIE NIGHT "Moana 2"



Date: To Be Determined
Time: 6:30 p.m.
Place: MCDC
Please call or email Kaylea
youthmentalhealth@mcddc.info

SHARP/CHSSN videoconference via ZOOM

"Post-caregiving grief: resources for supporting caregivers in their journey"

Date: Wed Feb 19, 2025

Time: 10:00 a.m.

Interested participants will receive the link to register and watch from home

Please call or email Laurie
health@mcddc.info

THANK YOU from the Odd Fellows

Odd Fellow Lodges of Leeds 54 and Inverness 51 held their Annual Games Night at the IOOF Hall of Inverness on Jan 25, 2025. The following sponsors generously donated gifts for the winners of the ticket draw:

- \$100 gift certificate from MCDC won by Ginette Demers of Thetford Mines.
- \$50 gift certificate from Resto La Pizzeria du Boulevard in Thetford won by Kitty Small.
- \$25 gift certificate from Multi-Mecanique AS Inc of Inverness won by Eric Robinson.

Don Campbell of Ste-Agathe had also donated the following:

- 1 pair of Cineplex Entertainment passes won by Don Beattie
- 1 pair of Cineplex Entertainment passes won by Martin Patterson.
- 1 pair of Cineplex Entertainment passes won by Dianna Beattie.

On behalf of the members of both IOOF Lodges, thank you very much to all the people who supported us during this Annual Fundraiser and to all those who participated. All the funds from the ticket sales and the evening's activities will be distributed to local organizations in support of the community. We could not have done this without your support - Thank you all again!!!!

NO BAKE "ENERGY BALLS" A fun morning + lunch!



**Come together to share in making this recipe
- just what we all need at this time.....
SOME ENERGY**

Date: Wed Feb 26, 2025

Time: 10:00 - 11:30 p.m. + lunch

Place: IOOF Inverness

Please call or email Jennifer
info@mcddc.info

If access to health and social services In English is limited because of a language barrier, we invite you to contact MCDC. One of our staff or trained volunteers will be able to act as a liaison or interpreter, in total confidentiality.

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