

# Down Home News



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



Canadian Heritage



Health Canada

OCTOBER 2021

## 2021 Thanksgiving Luncheon



\$15

Tuesday, October 12, 2021

Odd Fellows Hall in Inverness

There will be 2 sittings due to Covid:

11:30 a.m. & 1:00 p.m.

Menu: turkey, vegetables, salads, homemade bread, pumpkin pie

Limited seating, choose your preferred time when you sign up!

418-332-3851



## Health activity & capsules

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

### CHEP - via ZOOM

#### "Dementia education"

Presented by Alzheimer disease neurologist Dr Serge Gauthier, McGill Centre for Studies in Aging

DATE: Wed **Oct 13**, 2021  
TIME: 10:00 a.m. - 11:30 p.m.

Pls call or email Laurie health@mcddc.info to register.

### Living an Inspired Life

#### "A Languid Lunch"

Presented by Jo Visser  
What is keeping you from living an inspired life?

DATE: Wed **Oct 13 & 20**, 2021  
TIME: 12:00 noon - 1:30 p.m.  
PLACE: MCDC basement

Pls call or email Laurie health@mcddc.info to register.

### "An Inspired Life"

#### 8-week Program

Presented by Jo Visser  
"From Deep Inquiry to Daring Inspiration"

DATES: Wednesdays - **Oct 27, Nov 3, 10, 17, 24, Dec 1, 8, 15**  
TIME: 2:00 - 3:30 p.m.  
PLACE: MCDC basement  
PRICE: \$40

Pls call or email Laurie health@mcddc.info to register.

### Fall & Injury Prevention

Excellent program being led by 3 separate professionals - a Kinesiologist, a Pharmacist, and a Nutritionist.

- October 7:** Preventing falls at home (Municipal Hall)
- October 21:** What to do if you fall or witness a fall
- November 4:** Improving muscle strength: balance and stability program
- November 18:** Medication & falls
- December 2:** The role of nutrition in preventing Injury and falls.

Location: Kinnear's Mills  
Time: **2:00 - 3:30 p.m.** Call MCDC to register.



### Drop-In

1:30 - 3:30 p.m.



- Monday, Oct 4:** SENIORS's Day activities at Kinnear's Mills Old School
- Monday, Oct 11:** No Drop-In
- Monday, Oct 18:** Inverness
- Monday, Oct 25:** MCDC



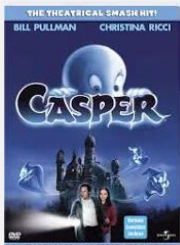
MEGANTIC  
ENGLISH-SPEAKING  
COMMUNITY DEVELOPMENT CORPORATION

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

# What's happening?

## Halloween Movie Matinee

### "Casper The Friendly Ghost"



DATE: **Tuesday Oct 26, 2021**  
TIME: 1:00 p.m.  
PLACE: Kinnear's Mills Old School  
Call MCDC/Jennifer to register.



Do you need to talk to someone?

Just pick up the phone and call us at MCDC. We're glad to chat and conversations remain confidential.

T : 418 332.3851  
Toll free : 1 877 332.3851

## BINGO!!!!!! & lunch



DATE: **Thursday Oct 14, 2021**  
TIME: 10 a.m. - 12:00 noon  
PLACE: Kinnear's Mills Old School  
Please call MCDC/Jennifer to register.



## School News



- ✓ Oct 12: Sec 4-5 Visit to Champlain College in Lennoxville.
- ✓ Oct 13: Sec 3 workshop with CJE on interviews do's and don'ts.
- ✓ Oct 26-27: Sec 1-5 workshops on alcohol & drugs, gambling, & screen use by Vijay Pillay.
- ✓ "I Volunteer" program volunteers are working on the battery recycling contest, Bus Buddies, etc.

## Church Services

### K.I.T. Pastoral Charge:

- Oct 3, 10:30 a.m. St. Andrew's Church, Inverness, with worship leader Mr. Ross Davidson.
- Oct 10, 10:30 a.m. Thanksgiving theme, Gamache & Nadeau chapel.
- Oct 17, 10:30 a.m. Candlish, Kinnear's Mills.
- Oct. 24, 10:30 a.m. St. Andrew's Church, Inverness, with worship leader Mr. Donald Neilson, QC
- Oct 31, 10:30 a.m. Gamache & Nadeau chapel.

### St. John the Divine Anglican Church:

- Oct 24, 2 p.m. Gamache & Nadeau chapel.

## Golden Girls via ZOOM



THANK YOU  
FOR BEING  
A FRIEND.

Add to your Agenda....  
DATES: **Thursdays Oct 7, 21, 28**  
TIME: 10:00 - 11:00 a.m.

Please call MCDC/Jennifer to register.



"We're All in This Together" is a web series designed especially for seniors. Each bi-weekly episode of the 18-episode web series features entertainment, activities and conversations designed to serve as a gentle reminder that we are, indeed, all in this together. Episodes can easily be found on [YouTube](#) and [Facebook](#) (search "We're All in This Together Quebec).

## Milestones

- ❖ Funeral service to be held for Bill Henderson at Candlish United Church in Kinnear's Mills on Sunday October 17, 2021. Visitation will be held prior to funeral service at 3:00 pm. Bill was the son of Winnie & John Henderson, formerly of Thetford Mines.
- ❖ Funeral service to be held for Jim Lachance at Candlish United Church in Kinnear's Mills on Saturday October 30, 2021. Visitation will be from 1:00 - 3:00 pm, funeral service at 3:00 pm. Jim was the son of Doreen & Real Lachance, who passed away in January 2021 due to covid-19.
- ❖ Birthday wishes going out to David Robinson, Ross Davidson, Lisa Dempsey, Edna Stewart, Peter Whitcomb, Patsy Fowler and to everyone else who will be celebrating their birthday in October.
- ❖ Mildred and David Robinson have moved from their home in Inverness to Thetford Mines. They are now living at the Hotellerie Nouvel Age, 2805 boul. Frontenac. Mildred is in room #6 and David #37. They welcome all visitors 418-423-4246. Wishing them best of luck in their new surroundings!



## grate • ful

feeling or showing an appreciation of kindness, thankful.

We are grateful for our community.