

# Down Home News



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



May 2023

## MCDC's ANNUAL GENERAL MEETING

The Board of Directors of MCDC extends a very warm invitation to our members, community partners and supporters to attend the Annual General Meeting and help us reflect on the past year and to welcome summer.



DATE: Thursday June 15, 2023  
MEETING: 5:00 p.m.  
SUPPER: 6:00 p.m. to welcome SUMMER  
PLACE: Old School Kinnear's Mills

Please r.s.v.p. to MCDC by June 12th  
418-332-3851



## Health activities & capsules

Please call MCDC or email [health@mcdc.info](mailto:health@mcdc.info) to register for each of the following health sessions:

### HEALTHY After 50



Andréanne Raby, Kinesiologist  
Exercises followed by brain games  
and lunch

DATE: **Tues May 9, 2023**  
TIME: 10:00 a.m. - 12:30 p.m.  
PLACE: IOOF Hall Inverness

Please call or email Laurie  
[health@mcdc.info](mailto:health@mcdc.info)

### FUNNY ANIMAL SHOW & LUNCH



DATE: **Wed May 10, 2023**  
TIME: 12:00 - 2:30 p.m.  
PLACE: MCDC

Please call or email Jennifer  
[info@mcdc.info](mailto:info@mcdc.info)

### BINGO



DATE: **Wed May 17, 2023**  
TIME: 1:30 p.m.  
PLACE: MCDC

Please call or email Jennifer  
[info@mcdc.info](mailto:info@mcdc.info)

### END OF LIFE EXPECTATIONS

Presentation and Lunch

By Ariane Plaisance, PhD - Community Health.

Minorities in Chaudière-Appalaches (like Anglophones) face certain end-of-life barriers. Ariane will be presenting her interesting findings and lead the discussion on this sensitive topic. She will guide us as how to open-up the subject with our loved ones!

DATE: **Wed May 24, 2023**  
TIME: 10:00 a.m. - 12:30 p.m.  
PLACE: MCDC

Please call or email Maureen  
[community@mcdc.info](mailto:community@mcdc.info)

### \*~~CHEP~~/SHARP - "Aging in Place While Lightsizing" via ZOOM

Decluttering your home and mind, with Marie Claude Giguere, Founder of Helping Seniors

DATE: **Wed May 17, 2023**  
TIME: 10:00 a.m.  
PLACE: via ZOOM

Please call or email Laurie  
[health@mcdc.info](mailto:health@mcdc.info)



T : 418 332.3851 | Sans frais : 1 877 332.3851  
[www.mcdc.info](http://www.mcdc.info)

MEGANTIC  
ENGLISH-SPEAKING  
COMMUNITY DEVELOPMENT CORPORATION

# What's happening?

## THANK YOU from the Masonic Lodge

The Masons' Sugar Party on April 22nd was very successful with over 60 people in attendance. Many door prizes were raffled, and a 50/50 draw was held. The funds raised will go towards the Xmas basket campaign in December 2023.

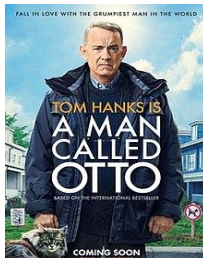
The Masons would like to thank all who participated in making it a successful event, with special mention to Rufus and Kent Jamieson who coordinated the "taffy on snow". The food was delicious, and a good time was had by all!!

## Milestones



- Happy 95th birthday to Mildred Robinson on May 1st. Greeting cards can be mailed to her at: CHSLD Rene Lavoie, #243 260 avenue Champlain Disraeli QC G0N 1E0
- Happy Birthday to Jan Lowry, and Vic Lowry as well as to everyone else who will be celebrating their special day in May.

## MOVIE CORNER



Date: **Wed May 3, 2023**  
Time: 1:30 p.m.  
Place: MCDC basement

Sign up with Jennifer  
info@mcdc.info



Date: **Wed May 31, 2023**  
Time: 1:30 p.m.  
Place: MCDC basement  
Sign up with Jennifer

T: 418-332-3851

Toll free: 1-877-332-3851

## SPRING CHOIR RECITAL

By the "Choeur de Thetford"



Date: **Sunday May 21, 2023**  
Time: 2:00 p.m.  
Place: Maison de la Culture  
5, rue de la Fabrique  
Thetford Mines

Admission: \$20 at the door,  
or through Ross Davidson.

## Drop-In Mondays

1:30 - 3:30 p.m.

May 1: NO DROP IN  
May 8: MCDC basement  
May 15: Kinnear's Mills Municipal Hall  
May 22: NO DROP IN  
May 29: Inverness IOOF Hall

Everyone is welcome; bring  
your favourite game.



## Sunday Services

- Sunday, **May 7th**, 10:30 a.m. St. Andrew's Inverness.
- Sunday, **May 14th**, 10:30 a.m. Gamache et Nadeau Chapel, Thetford.
- Sunday, **May 21st**, 10:30 a.m. Candlish Church, Kinnear's Mills.
- Sunday, **May 28th**, 10:30 a.m. St. Andrew's Inverness.

### ANGLICAN SERVICES:

Sundays, **May 14 & 28**, 2:00 p.m. Gamache et Nadeau Chapel, Thetford.

## Non-Medical Transportation *for members 60+*

Let the  
**\$hopping**  
Begin!

MCDC now offers Non-Medical Transportation to help seniors run errands in the Thetford Mines area.

- 3 hrs for errands
- 2 to 3 stops maximum
- Once every 2 weeks
- \$10 paid to driver by senior

Please call Jennifer to book  
418-332-3851

\* The CHEP (Community Health Education Program) is changing. Starting in May the program will be called SHARP - services for Healthy Aging in the Right Place. Health Canada funds this program through CHSSN and one of their priorities is to support seniors to live in the community as long as they desire. A new schedule of topics for 2023-24 will be made available soon.

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