

Down Home News



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



June 2023

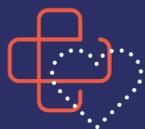
MCDC's ANNUAL GENERAL MEETING

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



DATE: Thursday June 15, 2023
MEETING: 5:00 - 6:00 p.m.
SUPPER: 6:00 p.m.
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 to register for each of the following health sessions:

HEALTHY After 50



Andréanne Raby, Kinesiologist
Exercises followed by brain games
and lunch

DATE: **Tues June 6, 2023**
TIME: 10:00 a.m. - 12:30 p.m.
PLACE: IOOF Hall Inverness

Please call or email Laurie
health@mcdc.info

YOGA & MINDFULNESS SESSION

Led by Charlie Maud Gingras &
Megann Baril

Date: **Mon June 5, 12, 19, & 26, 2023**
Time: 10:00 a.m.-12:00 noon
(lunch provided)
Place: Municipal Hall, Kinnear's Mills

Please call or email Laurie
health@mcdc.info

DINNER & SHOW "Statler Bros Last Concert"



DATE: **Wed June 7, 2023**
TIME: 12:00 noon
PLACE: MCDC

Please call or email Jennifer
info@mcdc.info

MCDC'S SUMMER PICNIC



Wed June 28, 2023
11:00 a.m. - 3:00 p.m.
Behind Old School in Kinnear's Mills.
Boxed lunches & lawn games provided.
Bring a lawn chair!!

*~~CHEP~~/SHARP - "Men's Health" Taking the Fear out of Prostate Screening

DATE: **Wed June 21, 2023**
TIME: 10:00 a.m. (coffee & muffins at 9:45 a.m.)
PLACE: MCDC basement or via ZOOM

Please call or email Laurie health@mcdc.info



MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

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

What's happening?

WELCOMING NEWCOMERS!

If you know of English-speaking newcomers to our region, do not hesitate to encourage them to contact MCDC. We look forward to welcoming them.

T: 418-332-3851

Toll free: 1-877-332-3851

Milestones



- **Happy Birthday to Alice Renaud, Everett Learmonth, Donna Thomas, Carmen Huppé, as well as to everyone else who will be celebrating their special day in June.**

MOVIE CORNER

THE NEW PETER PAN & WENDY



Date: **Wed June 14, 2023**

Time: 1:30 p.m.

Place: MCDC basement

Sign up with Jennifer
info@mcddc.info

CONGRATULATIONS TO THE GRADUATES



Congratulations to the 2023 A.S.J. High School graduating class:

Lorie Bolduc, Andrew Bouchard, Maïka Gagnon, Juliette Gignac, Daphné Gosselin, Nathan Landry, Kevin Monaghan, Kymani Morgan, Bobby White, and Elyse Wright.

SUMMER SQUARE DANCES

Sunday June 4: 1:30 p.m.
"Kinnear's Mills Old School"

Saturday July 22: 7:30 p.m. "The Bluff Dance Hall" Inverness

Sunday August 20: 1:30 p.m.
"Model School" Leeds Heritage Site

Music by Courtney Drew, fiddle,
and James Allan, keyboard.

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

June 5: MCDC

June 12: Kinnear's Mills Municipal Hall

June 19: Inverness IOOF Hall

June 26: NO DROP-IN

Everyone is welcome; bring
your favourite game.

Sunday Services

K.I.T. PASTORAL:

- Sunday, **June 4th**, 10:30 a.m. Gamache et Nadeau Chapel, Thetford.
- Sunday, **June 11th**, 10:30 a.m. Candlish Church, Kinnear's Mills.
- Sunday, **June 18th**, 10:30 a.m. St. Andrew's Inverness.
- Sunday, **June 25th**, 10:30 a.m. Gamache et Nadeau Chapel, Thetford.

ANGLICAN SERVICES:

Sundays, **June 11**, 2:00 p.m. Gamache et Nadeau Chapel, Thetford.

Community Health Capsule



Skin cancer prevention:

- Avoid the sun during the middle of the day - *sun exposure accumulated over time may cause skin cancer.*
- Wear sunscreen year round - *SPF of at least 30, even on cloudy days.*
- Wear protective clothing - *including a hat and sunglasses.*
- Avoid tanning lamps and beds
- Become familiar with your skin so that you'll notice changes - *including the soles of your feet and the spaces between your toes.*



As of June 19, 2023, MCDC's address will be changed/shortened to:

906, Mooney Street (the "West/Ouest" will NO LONGER exist).

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