

Down Home News



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Health
Canada

November 2023

MCDC'S CHRISTMAS MEET & GREET



Join us for an evening of festive vibes and friendly chit-chat to kick the holiday season into gear. There will be good music, an awesome buffet supper, door prizes, and a 50/50 raffle. A cash bar will be available.

Date: **Wed December 6, 2023**
Time: 5:00 - 8:30 p.m.
Place: Thetford Golf and Curling Club, 1 chemin du Golf, Thetford
Admission: Free

Please call or email MCDC 418-332-3851 or communications@mcdc.info

→→→ PLEASE BRING A NON-PERISHABLE ITEM FOR THE MASONS' XMAS BASKET CAMPAIGN! ←←←



Health activity & capsules

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

Yoga & Mindfulness "8-week series"



Dates: **Mon Nov 13, 20, 27, Dec 4, 2023**
Time: 10:00 a.m. followed by lunch
Place: Kinnear's Mills Municipal Hall

Please call or email Laurie
health@mcdc.info

SHARP Videoconference "Fall Prevention"

Date: **Wed Nov 15, 2023**
Time: 10:00 a.m. – 11:30 a.m.
Place: MCDC basement
with muffins & coffee

Please call or email Laurie
health@mcdc.info

BINGO



Date: **Wed Nov 8, 2023**
Time: 1:30 p.m.
Place: MCDC

Please call or email Jennifer
info@mcdc.info

FRAUD PREVENTION presentation with Pamela Ann Belanger from the Sûreté du Québec



Date: **Mon Nov 6, 2023**
Time: 11:00 a.m. (followed by lunch & Drop-In)
Place: MCDC

Please call or email Laurie
health@mcdc.info

Dinner & Show Live show from a zoo - seeing animals in their natural habitat!



DATE: **Wed Nov 22, 2023**
TIME: Lunch at 12:00 noon; movie at 1:30 p.m.
PLACE: MCDC

Please call or email Jennifer
info@mcdc.info

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

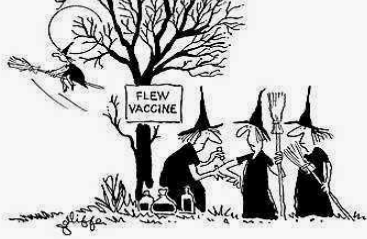
MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION



What's happening?

FLU SHOTS + COVID VACCINATIONS

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<https://portal3.clicsante.ca/>
to make an appointment
OR
call MCDC 418-332-3851
for assistance



"Life on Our Planet" Disney Documentary

Date: **Wed Nov 15, 2023**
Time: **1:30 p.m.**
Place: **MCDC**

Please call or email Jennifer
info@mcddc.info



Time to turn back your clocks...
by 1 hour
Sunday, Nov 5, 2023
at 2:00 a.m.



REMEMBRANCE DAY

Lest We Forget

November 10, 2023
10:45 a.m.
ASJ High School

MOVIE AFTERNOON



"The Peanuts Movie"

Date: **Wed Nov 29, 2023**
Time: **1:30 p.m.**
Place: **MCDC**

Please call or email Jennifer
info@mcddc.info



Milestones

- Happy Birthday to Phyllis Robinson who turns "90" on November 6th. Congratulations Phyllis on 90 gold years of living!
- Happy Birthday to Janet Dempsey, Grace Cox, Aline Visser, Bob Fowler, and Bob Wallace as well as to everyone else who will be celebrating their special day in November.

CPR Course

BASIC FIRST AID AND CARDIOPULMONARY RESUSCITATION CERTIFICATION (CPR) COURSE

This course will provide you with the knowledge and skills to respond to emergency situations.

Date: **Thrs Nov 23, 2023**
Time: **9 a.m. - 5 p.m.**
Place: **Municipal Hall, Kinnear's Mills**

Please call or email Laurie health@mcddc.info
Deadline to register: Thrs Nov 16, 2023

SPACES ARE LIMITED, REGISTRATION IS REQUIRED
COST: \$20

Sunday Services

K.I.T. PASTORAL:

- Sunday, **Nov 5**, 10:30 a.m. St. Andrew's Inverness.
- Sunday, **Nov 12**, 10:30 a.m. Gamache et Nadeau Chapel, Thetford.
- Sunday, **Nov 19**, 10:30 a.m. Candlish Church, Kinnear's Mills.
- Sunday, **Nov 26**, 10:30 a.m. St. Andrew's Inverness.

ANGLICAN SERVICE:

- Sunday, **Nov 12**, 2:00 p.m. Gamache et Nadeau Chapel, Thetford.

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

Nov 6: **MCDC**
Nov 13: **Kinnear's Mills Municipal Hall**
Nov 20: **Inverness IOOF Hall**
Nov 27: **NO DROP-IN**

Everyone is welcome. Bring your favourite game.

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