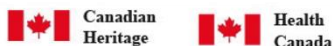


Down Home News



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



FEBRUARY 2024

February is Heart Health Month

Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control. Here are some of the high risk factors:

- Eating a diet high in saturated fats, trans fat, and cholesterol;
- Not getting enough physical activity;
- Drinking too much alcohol;
- Cigarette smoking.

The time is now to make some changes.

Source: <https://www.ottawaheart.ca/>



Health activity & capsules

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

Lunch & Comedy Matinee Betty White's "Off Their Rockers"

DATE: **Wed Feb 7, 2024**
TIME: 12:00 noon - 3:30 p.m.
PLACE: MCDC

Pls call or email Jennifer
info@mcddc.info

Valentine's Day BINGO



DATE: **Wed Feb 14, 2024**
TIME: 1:30 - 3:30 p.m.
PLACE: MCDC

Pls call or email Jennifer
info@mcddc.info

SHARP videoconference via ZOOM

Thinking about supports and services,
what can the CLSC offer to help me
maintain my independence as I age?

DATE: **Wed Feb 21, 2024**
TIME: 10:00 a.m.
PLACE: via ZOOM

Pls call or email Laurie
health@mcddc.info

THANK YOU From the Odd Fellows

The Games Night was a great success. The 50/50 ticket winner was Pauline Davidson who donated her \$85 back to the Odd Fellows; the evening yielded a total of \$1072 which will be re-distributed back into the community. The winners of the raffle ticket draw were: Kenny Powell - \$100; Mario Ouellet - \$50 at Pizza du Boulevard; Ashley Powell, Frankie Campbell, Bob Fowler, Maureen Laflamme, Wilfred Patterson - Cineplex Odeon passes. Special thank-you to Helen Jamieson for making up the raffle tickets - always appreciated. Thank you from the Inverness 51 and Leeds 54 lodges to all the fine folks who supported this activity!



Seniors Action Quebec Webinar

"Understanding and Navigating
the Journey of Caring for a Person
Living with Dementia"

DATE: **Tues Feb 20, 2024**
TIME: 10:00 a.m.

Please register by sending an email
to: ruthkathleenpelletier@gmail.com



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

**MEGANTIC
ENGLISH-SPEAKING**
COMMUNITY DEVELOPMENT CORPORATION

What's happening?

Movie Corner

Sister Act #1

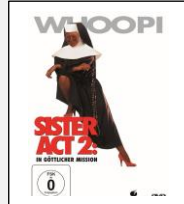


DATE: **Wed Feb 21, 2024**
TIME: 1:30 - 3:30 p.m.

Pls call or email Jennifer
info@mcdc.info



Sister Act #2



DATE: **Wed Feb 28, 2024**
TIME: 1:30 - 3:30 p.m.

Pls call or email Jennifer
info@mcdc.info

Church Services

K.I.T. Pastoral Charge:

- Feb 4, 10:30 a.m. St. Andrew's Inverness (Rev Blizzard).
- Feb 11, 10:30 a.m. Gamache & Nadeau chapel.
- Feb 18, 10:30 a.m. Candlish, Kinnear's Mills (Rev Blizard).
- Feb 25, 10:30 a.m. St. Andrew's Inverness.

Anglican Services:

- Feb 11, 2:00 p.m. Gamache & Nadeau chapel.

Milestones



- ❖ Birthday wishes going out to Denise Carrier and Joan McCammon, as well as to everyone who will be celebrating their birthday in February.
- ❖ Congratulations & good luck to Alain Vachon (Heather Learmonth's son) and Samuel Gagné as they become the new owners of Mr. Caron's garage in Inverness.

Robbie Burns Dance



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

DATE: **Saturday Feb 3, 2024**
TIME: 7:30 p.m.
PLACE: Kinnear's Mills Old School
ADMISSION: \$15
Come and enjoy authentic Scottish cooking, music, and dance. Music by James Allan and Courtney Drew.

Drop-In Mondays

1:30 - 3:30 p.m.



February 5: MCDC
February 12: Kinnear's Mills Municipal Hall
February 19: Inverness IOOF Hall
February 26: No Drop-In

Odd Fellows Fund Raising Project for the Thetford Women's Shelter Stained Glass Prizes shown below

Night-lite



Night-lite



Tickets are available from the members of the Odd Fellows, as well as:

- MCDC 418-332-3851
- Brenda Trenfield 418-338-5442
- Huguette Blais 418-332-8780

Cost: 1 for \$2, 3 for \$5, 7 for \$10

CLSC's Telephone Numbers



CLSC Frontenac	418-338-3511
CLSC Disraeli	418-449-3513
CLSC East Broughton	418-427-2015
CLSC Adstock	418-422-2024
CLSC Charny	418-380-8993
CLSC Lévis	418-835-3400
CLSC Laurier Stn.	418-728-3435
CLSC Plessisville	819-362-6301

*Good decisions come from experience....
Experience comes from making bad decisions!*

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 us 418-332-3851 or email communications@mcdc.info