

# Down Home News



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



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May 2025

## ANNUAL GENERAL MEETING

The Board of Directors of MCDC would like to invite you to this year's AGM taking place on:

Date: **Thur June 5, 2025**  
Meeting time: 5:00 p.m.  
Supper: 6:00 p.m.  
Place: Kinnear's Mills Municipal Hall

You can participate either in person or by ZOOM. When registering at [info@mcddc.info](mailto:info@mcddc.info) or 418-332-3851, please confirm how you will be taking part in the event.



### Health activity & capsules

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

#### MOVIE: "Mother's Day"



Date: **Wed May 7, 2025**  
Time: 1:30 p.m.  
Place: MCDC

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

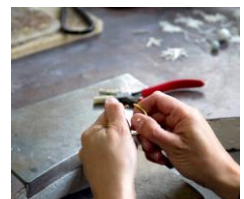
#### SPRING BINGO



Date: **Wed May 14, 2025**  
Time: 1:30 p.m.  
Place: MCDC

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

#### BRACELET & EARRING MAKING



Date: **Wed May 21, 2024**  
Time: 1:30 p.m.  
Place: Kinnear's Mills  
Municipal Hall

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

#### Community Health Capsule



Dark chocolate is a beneficial snack, especially during stressful times. It helps reduce stress, improve concentration, and boost blood circulation to the brain, which can enhance memory. Rich in polyphenols, dark chocolate has been linked to better cognitive abilities. Eating dark chocolate (70% cocoa) may also improve memory and mood.

#### SHARP videoconference via ZOOM

*DRIVING SAFELY: Assessments, accommodations, and knowing when it is time to stop!*

Date: **Wed May 21, 2025**  
Time: 10:00 - 11:30 a.m.  
Place: MCDC Basement & via ZOOM  
Coffee & muffins available  
Please call or email Laurie  
[health@mcddc.info](mailto:health@mcddc.info)



T : 418.332.3851 | Sans frais : 1.877.332.3851  
[www.mcddc.info](http://www.mcddc.info)

MEGANTIC  
ENGLISH-SPEAKING  
COMMUNITY DEVELOPMENT CORPORATION

# What's happening?

## Documentary: "My Octopus Teacher"



Date: **Wed May 28, 2025**  
Time: 1:30 p.m.  
Place: MCDC  
  
Please call or email Jennifer  
info@mcddc.info

## Coming soon to MCDC.....



"PAIR" program  
(a medical alert  
system/service)

+

## "FIRE PREVENTION INFO"

Presentation by the  
MRC des Appalaches!

## Church Services

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

- May 4, 10:30 a.m. Candlish, Kinnear's Mills
- May 11, 10:30 a.m. St. Andrew's Inverness
- May 18, 10:30 a.m. Gamache & Nadeau chapel
- May 25, 10:30 a.m. Candlish, Kinnear's Mills

### Anglican Service

- May 25, 2:00 p.m. Gamache & Nadeau chapel

## Milestones



- Special 85th birthday for Vic Lowry on May 14th. You can shower him with birthday cards which can be sent to his home address: 401 Lowry Street, Kinnear's Mills, QC G0N 1K0
- Birthday wishes going out to Jan Lowry, as well as to everyone who will be celebrating their birthday in May.

## Drop-Ins

**1:30 - 3:30 p.m.**



May 5	MCDC
May 12	Municipal Hall, KM
May 19	NO DROP-IN
May 26	IOOF, Inverness

**T : 418 332.3851**  
**Sans frais : 1 877 332.3851**

## Moving?

To change your address with the Quebec government, visit:

## SQCA

Service quebecois  
de changement  
d'adresse

<https://www.adresse.gouv.qc.ca/inscrire/FormulaireChangementAdresse.aspx?Etape=0&Lng=en>

## Coopérative de services à domicile dans la MRC de Thetford

**418-334-0852**

One stop shopping to obtain a variety of services to help people remain in their home in safety and comfort. For example:

- house cleaning
- assistance with going to bed and getting up
- bathing
- respite for caregivers
- equipment rental

If language is a barrier to access this service, please contact MCDC. We will be happy to assist you in total confidentiality.



## ASJ High School St. Patrick's Elementary 2025 Golf Tournament

Date: **Sat June 7, 2025**  
Time: 11:00 a.m.  
Place: Thetford Golf Club

Formula: Best of 4 balls	Golfing only: \$35 - \$55
Cocktails: 4 - 6 p.m.	Supper only: \$45
Burger bar: 6 p.m.	Golf & supper: \$65 - \$85

Visit the ASJ/St. Patrick's Facebook page to register.  
**Deadline: May 28th.**

**ENJOY THE  
VICTORIA DAY  
LONG WEEKEND  
MAY 16-19 '25**



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](mailto:communications@mcddc.info)