

# Down Home News



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



## February 2026

### Palliative Care and the Palliative Care Centre *"Les couleurs du vent"*



Join us for a presentation with Lyne Bergeron on this centre located on Mooney Street in Thetford that provides compassionate care for those near the end of life. We will learn about:

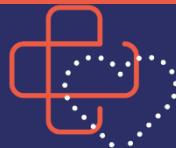
- This centre's beginning
- The compassionate care they provide
- The services they offer

Date: **Thur, Feb 19, 2026**

Time: 10:00 a.m.

Place: MCDC basement

Contact Laurie to register [health@mcdc.info](mailto:health@mcdc.info)



### Health activity & capsules

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

#### Movie Afternoon "Becoming Michelle Obama"



Date: **Wed Feb 4, 2026**

Time: 1:30 p.m.

Place: MCDC

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

#### Movie Afternoon "Enola Holmes"



Date: **Wed Feb 11, 2026**

Time: 1:30 p.m.

Place: MCDC

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

#### Craft Afternoon "Button Bowls"



Date: **Thur Feb 12, 2026**

Time: 1:30 p.m.

Place: Kinnear's Mills Municipal Hall

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

### Fun Family Game Afternoon

Free for everyone! Join us for a fun afternoon with family and friends. Activities include: Card games, board games, puzzles, etc.



DATE: **Mon Feb 9, 2026**

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

PLACE: MCDC basement

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

### Anti-Inflammatory Foods and their Impact on Health with **Marjorie Demers, Nutritionist**

- What is inflammation?
- Foods to choose more often
- Foods that increase inflammation

Date: **Tue Feb 24, 2026**

Time: 10:00 a.m.

Place: MCDC basement

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



**MEGANTIC  
ENGLISH-SPEAKING  
COMMUNITY DEVELOPMENT CORPORATION**

# What's happening?

## Video Bowling Afternoon



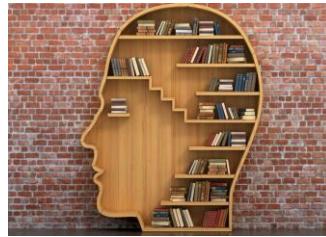
Date: **Wed Feb 18, 2026**

Time: 1:30 p.m.

Place: MCDC basement

Please call or email Jennifer  
info@mcdc.info

## MCDC Book Club



Date: **Fri Feb 20, 2026**

Time: 10:00 a.m.

Place: via ZOOM

Please call or email Jennifer  
info@mcdc.info

## BINGO Afternoon



Date: **Wed Feb 25, 2026**

Time: 1:30 a.m.

Place: MCDC

Please call or email Jennifer  
info@mcdc.info

## Drop-In Mondays

**1:30 - 3:30**



**Feb 2** MCDC  
**Feb 9** Kinnear's Mills Municipal Hall  
**Feb 16** Inverness IOOF Hall  
**Feb 23** No Drop-In

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

**February is  
"HEART HEALTH" MONTH**  
**Try....**

## CHURCH SERVICES

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

- Feb 1, 10:30 a.m. Candlish Kinnear's Mills.
- Feb 8, 10:30 a.m. IOOF Hall Inverness.
- Feb 15, 10:30 a.m. Gamache & Nadeau Chapel, Thetford.

### Anglican Church Services:

- No services in Thetford.



1. Taking a 10-minute walk daily.
2. Lifting a two-pound weight a few times a day.
3. Eating one extra fruit or vegetable a day.
4. Making breakfast count.
5. Drinking one less sugar-sweetened soda or latte.
6. Having a handful of nuts.
7. Sampling the fruits of the sea.
8. Breathing deeply.
9. Washing your hands often.
10. Counting your blessings!

Source: [www.health.harvard.edu](http://www.health.harvard.edu)

## SHARP videoconference

**"Financial subsidies to help you live comfortably in your home"**

Date: **Wed Feb 18, 2026**

Time: 10:00 a.m.

Place: via ZOOM from your home

Register at: <https://chssn-org.zoom.us/meeting/register/tZEsdievqjsrHNYGiwODLabU2S3-17yPMUzw>

Please call or email Laurie  
health@mcdc.info for extra info.

## MILESTONES

- Our most sincere condolences to the members of the Wallace family on the passing of Robert (Uncle Bob) Wallace on January 10, 2026. He was 93 yrs old.
- We wish to extend our sincere sympathies to Kim White on the passing away of her mother Joan Stevenson on January 23, 2026, at the age of 73 years. We also wish to extend our sympathies to Sarah, her grand-daughter, and members of the Stevenson family.
- Birthday wishes going out to Eileen Murphy, Denise Carrier, and Joan McCammon, as well as everyone who will be celebrating their birthday in February.
- Get well wishes going to Pauline Nutbrown for a speedy recovery.

**Valentine's Day Feb 14th**  
**"Show your love with**  
**a hug"**



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](mailto:communications@mcdc.info)