

Down Home News



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



Canadian
Heritage



Health
Canada

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



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

Movie Afternoon "Enola Holmes"



Date: **Wed Feb 11, 2026**

Time: 1:30 p.m.

Place: MCDC

Please call or email Jennifer
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

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

Anti-Inflammatory Foods and their Impact on Health *with Majorie 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



T : 418.332.3851 | Sans frais : 1.877.332.3851
www.mcdc.info

MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

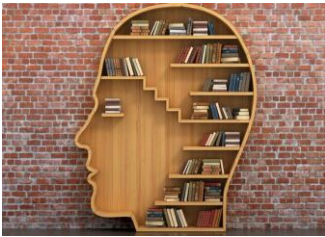
What's happening?

Video Bowling Afternoon



Date: **Wed Feb 18, 2026**
Time: 1:30 p.m.
Place: MCDC basement
Please call or email Jennifer
info@mcddc.info

MCDC Book Club



Date: **Fri Feb 20, 2026**
Time: 10:00 a.m.
Place: via ZOOM
Please call or email Jennifer
info@mcddc.info

BINGO Afternoon



Date: **Wed Feb 25, 2026**
Time: 1:30 a.m.
Place: MCDC
Please call or email Jennifer
info@mcddc.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

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.

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/tZEsdeivqjsrHNYGiwODLABU2S3-l7yPMUzw>
Please call or email Laurie
health@mcddc.info for extra info.

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



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

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 Eileena 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@mcddc.info