# Down Home News



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

Canadian Heritage | Health Canada

## November 2026



## MCDC XMAS MEET & GREET

DATE: **Thur Dec 10, 2026**
TIME: 5:00 - 8:00 p.m.
PLACE: Studio Théâtre Paul Hébert
(corner rue St. Alphonse sud & rue Mooney, TM)
PRICE: $20/person - buffet supper

*Please bring a non-perishable item for the Masons Xmas Baskets. Thank you.*

**DEADLINE TO REGISTER: Fri Dec 4, 2026**
Please call or email Jennifer info@mcdc.info
**418.332.3851**

## Health activity & capsules

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

### CRAFT AFTERNOON
### Diamond Painting



Date: **Wed Nov 4, 2026**
Time: 1:30 p.m.
Place: KM Municipal Hall
Please call or email Jennifer
info@mcdc.info

### MOVIE AFTERNOON
### "Coat of Many Colors"




Date: **Wed Nov 18, 2026**
Time: 1:30 p.m.
Place: KM Municipal Hall
Please call or email Jennifer
info@mcdc.info

### VIDEO GAMES AFTERNOON

*Come practice your hand-eye coordination!*



Date: **Wed Nov 25, 2026**
Time: 1:30 p.m.
Place: MCDC
Please call or email Jennifer
info@mcdc.info

### DECORATE YOUR CHRISTMAS WREATH



Date: **Mon Nov 30, 2026**
Time: 9:30 a.m. - 12:30 p.m.
Place: Old School - Kinnear's Mills
Cost: $20 (incl. light lunch)

**MUST REGISTER BY NOV 13, 2026**
Pls call or email Kaylea
youthmentalhealth@mcdc.info

Bring plyers, hot glue gun, & scissors.
Pinecones, berries and bows will be provided.

### MENTAL HEALTH FAIR



Date: **Thur Nov 19, 2026**
Time: 4:30 - 8:00 p.m.
Place: ASJ High School gymnasium
Everyone is welcome!

For info call or email Kaylea
youthmentalhealth@mcdc.info

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

MEGANTIC ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

# What's happening?

## SHARP videoconference
### "Strength and Balance to Prevent Falls"
***by Debbie Cheong***

Date: **Wed Nov 18, 2026**
Time: 10:00 - 11:30 a.m.
Place: MCDC basement or
Via ZOOM from home

Coffee/muffins will be served

Please call or email Michou
health@mcdc.info

## Megantic Community Foundation (MCF) Annual General Meeting

Megantic Community Foundation

Date: **Wed Nov 18, 2026**
Time: 5:00 - 6:00 p.m.
Place: MCDC Conference Room

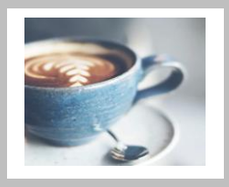
To attend the meeting, please call
Michelle Donovan at MCDC
**418-332-3851**

## Milestones




- Birthday wishes going out to Janet Dempsey, Phyllis Robinson, Bob Fowler, as well as everyone who will be celebrating their birthday in November.

## DROP-IN
## 1:30 - 3:30 p.m.



| | |
|---|---|
| **Nov 2** | MCDC |
| **Nov 9** | Kinnear's Mills Municipal Hall |
| **Nov 16** | Inverness IOOF Hall |
| **Nov 23** | NO DROP-IN |
| **Nov 30** | NO DROP-IN |



## Church Services

K.I.T. Pastoral Charge:

- Nov 1, 10:30 a.m. Candlish, Kinnear's Mills (Rev Tami)
- Nov 8, 10:30 a.m. St. Andrew's, Inverness
- Nov 15, 10:30 a.m. Gamache & Nadeau Chapel, Thetford (Rev Tami)
- Nov 22, 10:30 a.m. Candlish, Kinnear's Mills
- Nov 29, 10:30 a.m. St. Andrew's, Inverness

Anglican Church services: To be determined.



*Least We Forget*

Date: **Wed Nov 11, 2026**
Time: 10:45 a.m.
Place: ASJ High School gymnasium

Everyone welcome.

## Senior Wellness 55+
# LUNCH

Come to meet other English speaking seniors in the Beauce region, and see how MCDC can help you with health services.

Date: **Friday Nov 13, 2026**
Time: 11:30 a.m. - 1:30 p.m.
Place: Café Royal
12015 - 2e Ave
**Saint-Georges-de-Beauce**

Please call or email Jennifer
info@mcdc.info

## Stay Healthy This Flu Season



Get help to book an appointment

**Contact Michelle Mathieu (Michou)**
**health@mcdc.info**
**418-332-3851**
**OR**
**To book an appointment yourself visit: https://portal3.clicsante.ca/**

**The Society for the Protection of Animals in Thetford (SPA) would welcome used towels, sheets, blankets, etc. to provide bedding for their animals.**
**They can be dropped off at the SPA (large bin at the front door) at 768 rue Caouette, or with Maureen at MCDC.**



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