



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

Inside This Issue

GPK News	2
Caregivers Café	2
GPK Activity Calendar	3
HRR Review	4
HRR Activity Calendar	5
Mental Health	6
Community Activities	7
The Last Word	8

December brings a full calendar of activities, programs and resources designed to help you stay active, connected and supported throughout the month.

At our Greenfield Park Activity Centre, seniors aged 55+ are invited to join our **weekly Wednesday activities from 1:30–3:00 p.m.** December brings a festive program, including a special heart-health presentation with Dr. Christopher Labos (now full), a cozy virtual trip to the North Pole and our annual Christmas celebration filled with music, games and treats. Space is limited and registration is required—contact Tania at gpk@arc-hss.ca or (514) 213-3744.

A **Digital Skills Workshop—Discover Pinterest!**—will help participants learn how to save and organize recipes, crafts and ideas online. The class will take place on December 4 at 1:30 p.m. Registration is required.

Caregivers Café every Wednesday morning offers conversation, shared resources and supportive activities, from Laughter Yoga to a year-end health talk. It’s a warm space to pause, recharge and connect with others. See page 2 for details on all Greenfield Park-based activities.

Across **Chambly and Clarenceville**, our Senior Wellness programs offer weekly opportunities for movement, creativity, learning and social connection. See page 4 for complete details.

In **Chambly**, sessions take place every Wednesday from 1:30–3:00 p.m. This month’s highlights include a special road trip to Greenfield Park, an Essentrics workout followed by bingo and our traditional Christmas gathering with festive crafts.

In **Clarenceville**, seniors meet on Wednesdays from 1:30–3:00 p.m. at the Free Methodist Church. In addition to a coach bus excursion to Greenfield Park, we will have an exclusive screening of *Ageless*—an inspiring film showcasing vibrant aging—and a joyful holiday celebration before the winter break.

In **St-Jean**, registration is open for our winter **Kindaroo** session beginning January 20. This pre-literacy program for children aged 0–4 and their caregivers, supports early language development through songs, rhymes and stories.

ARC’s programs across the region will take a short holiday break and resume the week of **January 12, 2026.**

We wish you a month filled with connection, kindness and community.

FUN & FESTIVE FAMILY ACTIVITY IDEAS
for Holiday Season Traditions

CAROLLING
Round up your family and go out Carolling at night!

FAMILY RECIPE
Prepare a traditional or special family recipe together as a family, during the festive season.

UNIQUE ADVENT CALENDAR
Share an advent calendar with a difference. Each day could be filled with chocolate, wine, cheese, toys or small gifts.

FESTIVE LIGHTS
Spend a night visiting festive seasons lights in your local area.

FESTIVE DECORATIONS
Prepare and hang decorations and Christmas lights together!

MATCHING PYJAMAS
Wear matching Festive PJs, sweaters or T-shirts as a family.

What's new from the **GREENFIELD PARK OFFICE**



Are you 55 or older and living in or near Greenfield Park? Join us every Wednesday from 1:30 to 3:00 p.m. for engaging weekly activities designed to stimulate your mind, body and creativity! Location: 91 Churchill Blvd, Greenfield Park.

This December, we're excited to offer:

- December 3: **(FULL)** We're taking a short field trip down the road to the Cynthia-Coull Arena for a special presentation on heart health by the one and only Dr. Christopher Labos! Please note that coffee, tea and snacks will be provided in the afternoon.
- December 10: Get ready for another magical trip, this time from the comfort of our seats, all the way to the North Pole!
- December 17: Join us for our festive Christmas party filled with music, games, snacks and holiday cheer!

Space is limited and registration for all activities is **REQUIRED**. Contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Digital Workshop: Discover Pinterest - Your Online Idea Board! Looking for a simple way to save your favourite recipes, craft ideas and home tips? Pinterest makes it easy! Think of it as your personal scrapbook - all online. You can browse thousands of ideas, save what you love and come back anytime to find them again. Whether you enjoy cooking, gardening or planning your next trip, Pinterest helps you stay inspired and organized. It's free, easy to use and full of great ideas from people who share your interests. Join us on December 4 at 1:30 p.m. at 91 Churchill Blvd, GPK. Register now with Tania at gpk@arc-hss.ca or (514) 213-3744.

Join us for a simple way to save your favourite recipes, craft ideas and home tips? Pinterest makes it easy! Think of it as your personal scrapbook - all online. You can browse thousands of ideas, save what you love and come back anytime to find them again. Whether you enjoy cooking, gardening or planning your next trip, Pinterest helps you stay inspired and organized. It's free, easy to use and full of great ideas from people who share your interests. Join us on December 4 at 1:30 p.m. at 91 Churchill Blvd, GPK. Register now with Tania at gpk@arc-hss.ca or (514) 213-3744.



Caregivers Café—Connection and Support This December

December's short days and holiday pressures can leave caregivers feeling tired or overwhelmed. Caregivers Café offers a weekly space to connect, recharge and find support. Join current and former caregivers for conversation, helpful resources and activities that boost well-being.

This month at the Café:

December 3 – Holiday Stress Tips

Share your best strategies for reducing stress and navigating the holidays. We'll brainstorm practical ideas, self-care tips and ways to stay grounded this season.

December 10 – Laughter Yoga with Sylvie Dagenais-Douville

Experience the mood-boosting benefits of Laughter Yoga through gentle movement, breathing and plenty of laughter. A fun, relaxing session just for caregivers.

December 17 – Year-End Health Talk with Penny Fleming, RN

Celebrate our final Café of 2025 with Penny and Pepper. We'll reflect on the year, share highlights and enjoy a caregiver-focused health presentation.

Caregivers Café meets every Wednesday from 10:00–11:30 a.m. at our Activity Centre in Greenfield Park. We return on January 14 with new programming for 2026. Make space for yourself—let us support you in the year ahead.

Contact Christine for more information at caregivers@arc-hss.ca or (514) 608-9600





December 2025 Greenfield Park

To register for an activity :
info@arc-hss.ca / (514) 604-9455

Locations / Notes:

ARC Activity Centre
91 Churchill,
Greenfield Park

GPK Legion
205 Empire,
Greenfield Park

Cynthia Coull Arena
195 Empire,
Greenfield Park

Virtual via ZOOM
(email info@arc-hss.ca
for link)

Please note:
Classes will resume on
the week of
January 12th, 2026.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	2	3 Caregivers Café 10:00 - 11:30 am Senior Wellness 1:30 - 3:00 pm	4 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Digital Skills Workshop 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	5	6
7	8 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	9	10 Caregivers Café 10:00 - 11:30 am Senior Wellness 1:30 - 3:00 pm 10:00 am- 12:00 pm Social Cooking (Holiday gathering)	11 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	12	13
14	15 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	16	17 Caregivers Café 10:00 - 11:30 am Senior Wellness 1:30 - 3:00 pm	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

HAUT-RICHELIEU-ROUVILLE

Review



Join us for another wonderful month of connection, wellness and engaging activities!

Senior Wellness Activities in Chambly take place on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30-3:00 p.m. For more information or to register, please email [Therese](mailto:Therese@arc-hss.ca) or call (514) 605-9500. Here's what's coming up this month:

December 3 - Road trip! (**FULL**) Meet at Randell Hall at 12:30 p.m., where a coach bus will pick us up and take us to Greenfield Park where ARC is hosting Montreal cardiologist Dr. Christopher Labos for an exclusive presentation on heart health. Please note that coffee, tea and snacks will be provided in the afternoon but participants should bring any water, food and medications they may need while travelling. We will get back to Randell Hall at around 4:00 p.m.

December 10 - We will start with an *Essentrics* workout, low-impact movements designed to improve mobility, strength, posture and flexibility - and then we'll play Bingo!

December 17 - Join us for our traditional Christmas party and try your hand at a few Christmas crafting options.

Our Senior Wellness program will take a Yuletide break, returning on January 14, 2026.

Kindaroo – St-Jean

Registration is open for our winter Kindaroo session, from January 20 to March 31. Kindaroo is a 10-week pre-literacy program for children aged 0–4 and their parents or caregivers, sharing songs, rhymes and stories designed to support language development and bonding. Sessions take place on Tuesday mornings at the Adélarde-Berger Library (180 Laurier Street in St-Jean-sur-Richelieu) from 10:30 to 11:15 a.m. To sign up, please use the [registration form](#) or contact Therese at stjean@arc-hss.ca.

Senior Wellness Activities – Clarenceville

Join us every Wednesday from 1:30 to 3:00 p.m. for engaging activities designed to support the physical, cognitive and emotional well-being of English-speaking seniors aged 55 and over. We meet in the lower level of the Free Methodist Church (1076 Front Street North, Clarenceville). Wheelchair accessible.

For more information or to register, please contact Céline at hrr@arc-hss.ca or (514) 980-8900.

December 3 - Road trip! (**FULL**) Meet us at the Clarenceville Community Centre (Centre des Loisirs, 1A Tourangeau Street) at 11:30 a.m. where a coach bus will pick us up and take us to Greenfield Park where ARC is hosting Montreal cardiologist Dr. Christopher Labos for an exclusive presentation on heart health. Please note that coffee, tea and snacks will be provided in the afternoon but participants should bring any water, food and medications they may need while travelling. We will get back to Clarenceville at around 5:00 p.m.

December 10 - We're thrilled to present an exclusive screening of *Ageless*, an inspiring film featuring real stories from remarkable individuals who prove that passion and purpose have no age limit. In English with French subtitles.

December 17 - Join us for holiday fun and games before we take our Yuletide break.

ARC 55+ COMMUNITY
2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4
WEDNESDAYS
1:30-3:00
COME AND JOIN US!
✓ weekly social gathering
✓ activities designed to stimulate physical, cognitive and mental wellbeing
✓ snacks and coffee
514-605-9500
stjean@arc-hss.ca
Quebec CHESN

ARC New this Fall!
KINDAROO!
Hop on a delightful parent-child literacy adventure filled with lively rhythms, playful stories, and bouncy rhymes!
Tuesday mornings
Starting Jan. 20
10:30-11:15 AM
ADELARD-BERGER LIBRARY
180 LAURIER
ST-JEAN-SUR-RICHELIEU
stjean@arc-hss.ca (514) 605-0500
Bright Beginnings
A literacy class for children ages 0-5

Céline von Engelhardt is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR).
For information, please feel free to reach out to her at (514) 980-8900 or hrr@arc-hss.ca.



December 2025

St-Jean | Clarenceville | Chambly

Locations / Notes:

Chambly
 2000 Bourgogne,
 Chambly

Clarenceville
 Free Methodist Church
 1076 Front St. North
 Clarenceville

Cynthia Coull Arena
 195 Empire,
 Greenfield Park

Virtual via ZOOM
 (info@arc-hss.ca for link)

Please note:
 Classes will resume on
 the week of
January 12th, 2026.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Virtual Drawing 2:00 -3:30 pm (Zoom)	2	3 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	4 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	5	6
7	8 Virtual Drawing 2:00 -3:30 pm (Zoom)	9	10 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	11 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	12	13
14	15 Virtual Drawing 2:00 -3:30 pm (Zoom)	16	17 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Have you ever been to a party or experienced a difficult life change, such as a job loss or break-up, and felt unwell in the following days? You may be experiencing what has become known as an emotional hangover. Similar to an alcohol hangover, an emotional hangover refers to when you wake up the next morning feeling physically and emotionally drained. Emotional hangovers are especially common after the Christmas holidays due to all the physical, emotional and financial strains. Symptoms typically last a day or so, but may persist for a week or more. While these can feel debilitating, there are healthy ways to cope with one and work towards a speedy recovery.

Common symptoms of an emotional hangover include:

- Muscle tension
- Headaches or other physical ailments
- Feelings of guilt or remorse
- Sadness
- Fatigue
- Irritability
- Feeling drained or burned out

What causes an emotional hangover?

An emotional hangover is usually caused by experiencing a significant or prolonged emotional event and increased social interactions, such as a break-up, an accident, a wedding or celebrating holidays. It is important to note that an emotional hangover can occur after either a negative or positive event—any event that is emotionally taxing for an individual can result in an emotional hangover.

When to Seek Professional Help

If you are struggling to cope with emotional burnout or are dealing with difficulties from emotional situations, speak with your family physician, call info-sociale at 811 to get paired with a therapist in the public health system or the psychosocial department of your CLSC.

To read more about emotional hangovers, please click on the link [here](#).

Here are six tips for curing an emotional hangover:

1. **Get active:** Research shows that engaging in regular exercise can help an individual better respond to and manage stress, as well as build emotional resilience.
2. **Try journalling:** Releasing negative thoughts onto paper helps to alleviate certain symptoms of an emotional hangover, as it allows you to process the aftermath of highly emotional and taxing events.
3. **Eat a good meal:** After a particularly stressful event, it can be tempting to fill your body with junk food or comforting unhealthy snacks. But, in times like these, it's important to eat a healthy, nutritious meal with plenty of water to combat dehydration.
4. **Seek support:** Talking to a friend or loved one can be beneficial in overcoming an emotional hangover.
5. **Spend time with yourself:** During this time, it is important to recharge your emotional battery and take time to enjoy solo activities.
6. **Look forward:** Create new events or milestones to look forward to, no matter how small.



Therese Callahan is ARC's Outreach Program Coordinator and oversees the mental wellbeing initiative. For information, please feel free to reach out to her at (514) 605-9500 or outreachqpk@arc-hss.ca.

Community Activities

Seniors Action Quebec: Thriving as We Age—Financial, Physical and Caregiving Wellness for Seniors. Presentations about the multiple dimensions of healthy aging addressing critical topics affecting seniors and families, including tax inequities facing single seniors, whether lifelong singles or those who find themselves single through the death of a spouse or divorce strategies to prevent caregiver burnout; maintaining physical strength and mobility; and accessing government support for aging in place. December 2 from 9:00 a.m. - 1:00 p.m. online (via Zoom) and in-person at the SANAAQ Cultural and Community Centre, room 2. Click [here](#) for all the info.

Hope & Cope - Men's Club in-person: December 2 at 4:00 p.m. (bilingual activity). This group offers a safe, supportive space where men coping with a cancer diagnosis can confide in each other, learn and connect. The group meets every first Tuesday of the month. Click [here](#) for more info.

Santa Claus arrives at the Saint-Lambert Village Square, 575 Victoria Ave., on December 5 from 6:00 - 8:30 p.m. Bring family and friends and enjoy entertainment, horse-drawn carriage rides, inflatable games, snacks and hot drinks.

Autonomous Writing Club: December 6 from 1:00 - 3:30 p.m. An English autonomous writing club led jointly by all the participants, providing a space to share writing projects, receive positive criticism and boost creativity. Maximum of 12 people. Brossard Library, 7855 San Francisco Blvd. For information and to register: Michèle Tibblin: (450) 923-6311, ext. 6280 or michele.tibblin@brossard.ca.

Phoenix Programs Christmas Community Lunch: December 9 at the Royal Canadian Legion Branch #94, 195 Empire St., Greenfield Park from 11:30 a.m. - 1:00 p.m. \$15/person full Christmas meal with all the fixings and performance by St. Jude Elementary School. Tickets can be purchased at the weekly community lunch or by email.

Old Saint-Lambert Christmas Farmers' Market at the Multi-purpose Centre, 81 Hooper St., on December 13 and 14 from 10:00 a.m. - 4:00 p.m. A great opportunity to stock up on eco-responsible provisions created by some of the region's finest food artisans. A unique outing not to be missed with family and friends!

Are you a lifelong learner? **The South Shore Literacy Council is offering a Lifelong Learning Workshop** on December 16 from 2:00 - 4:00 p.m. at 330 Gladstone St. in Greenfield Park. Expand your knowledge, explore new ideas and connect with others who love to learn. Call (450) 671-4375 or click [here](#) for more info.

Mission Nouvelle Generation, located at 1423 Provencher Blvd., Brossard, is looking for volunteers for its annual Christ-

mas basket distribution. Help is needed in the evenings from 3:00 - 8:00 p.m. on December 17 and 19. The Mission operates in both French and English and offers support to all South Shore families. Register online through the [website](#) under 'volunteers'.

Bells & Carols Christmas Concert with The Village Ringers and The Montreal Welsh Male Choir December 18 at 7:30 p.m. at the Saint-Lambert United Church, 85 Desaulniers Blvd. Tickets are \$20, only payable in cash at the door.

Tai Chi/Qigong Classes: Movement disciplines for the body, mind and soul. Cynthia-Coull Arena, Greenfield Park on Mondays at 12:30 p.m.; Saint-Bruno United Church - Mondays at 4:30 p.m. and 5:30 p.m. and Wednesdays at 6:30 p.m.; Zoom sessions - Mondays and Fridays 10:30 a.m. and 2:00 p.m. Contact Sandra at taichirivesud@gmail.com or www.taichi-qigong.ca for more info and to register. Your first visit is complimentary.

Qigong with Sandra & Gentle Yoga for all with Linda: Mondays (new location) 330 Gladstone St., Greenfield Park. Qigong 1:00 - 2:15 p.m. followed by Gentle Yoga 2:30 - 3:30 p.m. * bring your own mat * For information about Qigong Monday sessions, contact Sandra Mitchell at (450) 466-7200 or email taichirivesud@gmail.com. For Gentle Yoga sessions, contact Linda Zsar at (438) 368-9606 or email linda.zsar@hotmail.com.

Strength and stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgogne Ave., Chambly. Saturday mornings from 8:00 - 9:00 a.m. The cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, email Devon at devon.phillips@videotron.ca.

Arthritis South Shore: Adaptive exercises and adaptive dance. Click [here](#) to consult the calendar for dates, times and zoom links.

AmiQuebec: Mental Health AMI-Quebec helps families manage the effects of mental illness through support, education, guidance and advocacy. All free of charge. For more information click on the [calendar](#).

Volunteers needed at Our Harbour. Our Harbour is an anglo-phone non-profit based on the South Shore that provides supportive, long-term housing to adults with mental health conditions. Volunteers perform a range of services - working closely with residents, apartment maintenance, fundraising, board and governance, leading resident activities...the list goes on. Visit the volunteer page on the [website](#) to submit an application form, or contact the volunteer coordinator at (438) 373-6897 for any questions.

