

MEPEC Monthly News



Volunteer Appreciation Month



At MEPEC, our volunteers are the heart of everything we do!

From our Seniors Luncheons, where seniors come together to share meals and laughter, to our Library Volunteers, who keep our shelves organized and accessible, every helping hand makes a difference.

Our Parent Volunteers play a crucial role in organizing and running our Early Childhood Program, ensuring our little ones have a great start. Meanwhile, dedicated volunteers help facilitate our Monthly Book Club, Trivia Nights, and Art Hive, creating spaces for connection and creativity.

Behind the scenes, we have volunteers who diligently take attendance for every class, helping us gather the essential data we need to improve our programs. MEPEC wouldn't be the same without our volunteers.

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Health and Social Services

THE HIDDEN TREASURES OF MAPLE SYRUP

Written By [Maranatha W](#)

Spring is right around the corner, with our record-high snow slowly melting away and the sweet sounds of birds gathering on our trees. As my family and I prepare for the sugaring-off season, there are a few amazing things we've come to discover about our worldwide coveted Maple Syrup, making us further appreciate Quebec's own liquid gold.

Contains Antioxidants

Maple syrup contains [antioxidants](#) - compounds which help our bodies fight off free radicals known to be linked to certain health conditions. A study done by The Medical Journal Pharmaceutical Biology showed maple syrup to contain an impressive [24 antioxidants](#), while refined sugars, agave nectar and corn syrup contain very little. These antioxidants are crucial for reducing inflammation and the formation of certain chronic diseases, and darker, or grade B maple syrup was found to have more antioxidants than lighter-grade syrups. So, when given a choice, select the darker grade!

Supplies Vitamins and Minerals

In addition to antioxidants, one tablespoon of maple syrup contains multiple vitamins and minerals, scoring fairly high amounts of zinc and manganese. [Zinc](#) maintains a high level of white blood cells, playing a crucial role in fighting illness and improving immunity. One tablespoon of maple syrup contains [33%](#) of your daily dose of [manganese](#) - a mineral helping the metabolism of carbohydrates and fats, calcium absorption, blood sugar regulation, and brain and nerve function.

Has A Lower Score on the Glycemic Index

Contrary to the misconception, not all sugars are created equal! Artificial and refined sugars are rapidly metabolized by the liver, causing that quick "sugar high" and "sugar crash" that follow. On the [glycemic index](#), maple syrup scores around 54, while table sugar has a glycemic index of about 65, meaning maple syrup raises blood sugar more slowly than regular sugar. This prevents that major spike and crash that you would alternatively get from handfuls of Skittles and M&Ms.

Some Unique Findings To Continue Researching

A team at McGill University found [antimicrobial properties](#) when studying the effects of maple syrup with antibiotics. When using maple syrup in combination with ciprofloxacin and carbenicillin, they received the same antimicrobial effect with up to 90 percent less antibiotic.

Furthermore, in 2013, a new antioxidant, "Quebecol," was found in pure Maple Syrup. Named after Quebec, a [2015 study](#) showed it to have anti-cancer properties, killing cervical, ovarian, breast, and colon cancer cells, and behaving (with fewer adverse effects) than a common chemotherapy drug. These are exciting findings with more research to be done!

Final Thoughts as You Top Your Pancakes

Quebec produces [91% of Canada's maple syrup](#), and it's certainly shown to be a sweet alternative to other forms of sugar! Its level of antioxidants, vitamins and minerals, and lower glycemic index make it a healthier choice and a fantastic substitution for refined sugars in baking and sweetening our morning beverages and crepes.

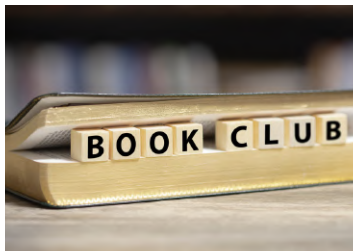
Regardless, it's still important to note that consuming any sugars in copious amounts causes spiked blood sugar and raised insulin levels, and too much could cause lowered insulin responses over time. Sugaring-off is only for a delightful season; all good things must come in doses. Even maple syrup.



Maranatha Weeks is a Mom, Nurse and Writer living in Mont-Saint-Hilaire, Quebec. Graduating from John Abbott College in 2013, Liverpool School of Tropical Medicine in 2014, and Aspen University in 2018, she obtained her Bachelor of Science in Nursing with a Diploma in Tropical Nursing. Maranatha has spent her career pursuing overseas missions, aiding the aftermath of disasters in Ecuador, Haiti, and Bangladesh, and during the 2017 war for Mosul, Iraq. In 2018, she wrote her first novel, "On the Plains of Nineveh: A Nurse on the Front Lines of Mosul," following her experience nursing in Iraq. Married and with five children, she currently resides closer to home as a full-time Mama and part-time Nurse Writer.

MEPEC's General Activities

Please note that all our activities are gender inclusive and all age groups are welcome, regardless of target audience. We encourage diversity and equal access to all our programs, activities and events.



BOOK CLUB

Every last Wednesday of the month, the book club meets at 6:30 PM.

The next gathering will be on **April 30th, 6:30 PM TO 8:00 PM** in our Community Space. The book of the month is *"After She Wrote Him"* By Sulari Gentill.

To participate, please register [HERE](#).



ONLINE TRIVIA NIGHT

Test your knowledge at MEPEC's Trivia Night on **April 8th, 7:00-8:30 PM**.

Bring your friends, have fun, and compete for bragging rights. Don't miss out—register now!

To register, click [HERE](#).



ART HIVE: CALLIGRAPHY WORKSHOP

Join us for a relaxing and creative Calligraphy Workshop where you'll learn the basics of beautiful lettering. Whether you're a beginner or looking to refine your skills, this workshop will guide you through essential techniques to create stunning hand-lettered pieces.

April 3rd, 1:00-3:00 PM.

To register, click [HERE](#).



BILINGUAL CONVERSATION GROUP

If you would like to improve or maintain your skills in either French or English, then this group is for you. The group will discuss various topics of interest together over coffee. Part of the discussion will be conducted in French and part in English.

Join our educational and fun Bilingual Conversation group every Wednesday from 10 AM-11:30 AM at our Community Space. To participate, click [HERE](#).

MEPEC's Family Activities



SPROUTS

Sprouts focuses on social interactions among young children and their parents through creative expression and play. Sprouts is an excellent way to familiarize children with the concept of time, early literacy, language, gross motor, and fine motor development.

Every Tuesday from 8:30-10:00 AM and 10:30 AM-12:00 PM.
Cost: 10\$. Waitlist.



SPROUTS MOVE

MOVE-ing is important for young children for a variety of reasons, it helps to develop large muscle groups, improve coordination and balance, and promote cardiovascular health. Gross motor activities are also a great way to release energy and reduce stress. And of course, they're just plain fun!

Every Monday from 9:30-10:30 AM. Cost: \$10. Waitlist.



ECO KIDS

In summer, join our Eco-Kids planned outings! Take a break from your routine and build connections with other families while exploring local parks.

Beginning April 25th.
Register [HERE](#).



LITTLE BEATS

Calling all little Beethoven's and Mozart's for this introduction to music class. Toddlers will learn about melody, rhythm, tempo, dynamics, movement and much more using fun, unique and educational musical materials. Incorporating music into routines and play in the early years has a positive influence on your child's early development.

Every Monday from 9:30-10:30 AM, Cost: \$10.
Register [HERE](#).

MEPEC's Family Activities



FAMILY BOOTCAMP

The Family Bootcamp with Chrystal, our beloved yoga and fitness instructor, is perfect for families looking to grow stronger together, both physically and emotionally!

Join us on **Saturday mornings from 9:30-10:30 AM** at Mount Bruno United Church.

Please note that there is a cost of \$40 for the entire family, for a duration of 10 weeks! Register [HERE!](#)



SPROUTS DROP-IN OUTINGS

Open to all! A few times a month, our Spouts family gather together for an organized outing!

To view our upcoming outings and to register, visit our [website](#).

Fridays from 11:00-12:30 AM.



SCIENCE WITH DADS

Calling all Super Dads to participate in Dad and Me Activities! We have some activities lined up for you and your little ones throughout these next months.

Our Science with Dad activity will be taking place this Spring! It's always a fun time with Dad!

Join us **April 26th, 10:00-11:30 AM**. Register [HERE](#).



HOMESCHOOL GROUP

Join MEPEC's Homeschool Group, which will be held in our community space **every Friday from 9:30-11:00 AM**.

Let's learn together and develop our reading, mathematics and social skills through playful and hands-on activities! All activities will be geared towards children aged 5 to 8 years old.

Places are limited, and younger siblings are welcome. For more information, please contact Afiya Roberts at afiya.roberts1@gmail.com.

MEPEC's Seniors Activities



SHARP HIGH TEA

Join us for a delightful Seniors High Tea on **May 15th**. Enjoy an afternoon of tea, treats, and engaging conversation. We are thrilled to have Cathy Prosser as our guest speaker, sharing her insights and experiences.

Don't miss this wonderful opportunity to connect and celebrate together!

Registration opens end of April!



SENIORS' SNEAKERS: OTTERBURN PARK AND SAINT BRUNO

Did you know that regular movement in seniors improves muscle ability, memory, confidence, sleep, mood and balance? Seniors Sneakers Otterburn Park is a low-intensity exercise program with chairs. Seniors Sneakers Saint Bruno is a moderate-intensity exercise program.

There are still a few spots in our Monday classes. Register [HERE](#).



KNITTING AND CROCHET GROUP

Knitting uses fine motor skills that are responsible for reducing stress and improving dexterity, social connections, self-esteem, and brain activity.

Convinced to join The Knitting group yet?! Join this weekly free meet-up every Tuesday from 1:30-2:30pm. **Stay tuned for the start date and registration period.**



STAY TUNED FOR OUR SENIOR WALKING GROUP!

Every week the Senior's Walking Group walk in different locations throughout the Vallée-du-Richelieu area. The group meets at a set meeting point and walk for about an hour.

This activity is free and open to every one.

The walking group will begin in June 2025!

MEPEC's Information Hub

APRIL 22ND IS EARTH DAY! WHAT CAN YOU DO TO BE SUSTAINABLE THIS YEAR?

Every April 22nd, Earth Day serves as a global reminder of the importance of environmental conservation and sustainability. It's a day to reflect on our impact on the planet and take meaningful steps toward a greener future.

WAYS TO BE MORE SUSTAINABLE

- **Reduce Waste:** Opt for reusable bags, water bottles, and containers to minimize single-use plastics. Composting food scraps and recycling properly can also help reduce landfill waste.
- **Conserve Energy:** Turn off lights and electronics when not in use, invest in energy-efficient appliances, and consider switching to renewable energy sources like solar panels.
- **Choose Sustainable Transportation:** Walking, biking, carpooling, or using public transit can reduce emissions and lower pollution levels. If you drive, maintaining your vehicle and choosing fuel-efficient models can help minimize environmental impact.
- **Support Sustainable Brands:** Look for eco-friendly certifications, choose locally sourced goods, and support businesses that prioritize ethical and sustainable practices.

This Earth Day, take a pledge to adopt at least one sustainable habit. Small changes lead to significant impacts, and together, we can work toward a healthier planet for future generations.



SPRING REGISTRATION IS NOW OPEN AT MEPEC!

Spring is in the air, and so are new opportunities to learn, connect, and grow with MEPEC!

Our spring programs are now open for registration, offering a variety of activities for all ages. Whether you're looking for engaging workshops, community events, or enriching classes, there's something for everyone.

Spots are limited, so be sure to register early! Visit our website or contact us for more details on how to sign up. We can't wait to welcome you this season!

REGISTER NOW

Family & Early Childhood

MEPEC FAMILY DAY BRINGS THE COMMUNITY TOGETHER

This past Sunday, MEPEC's Family Day proved that not even a rainy day in Beloeil could dampen our spirits! While the weather may have been gloomy outside, the SOPIAR - Centre Aquatique de Beloeil was alive with energy, laughter, and community spirit as we welcomed over 120 attendees for a day of family fun and connection.

From the moment families arrived, they were greeted with smiles—and some very special guests! Chase from Paw Patrol, Elsa, and Bluey were on hand to welcome everyone setting the stage for an unforgettable event. Thank you to Mascottes à Rabais and to Émile, Thierry, Alex and Lukas for providing smiles and hugs!

Attendees enjoyed free access to the pools, creating a perfect escape from the rainy weather. To keep everyone warm and cozy, Marie Pier Doyon from La Bavarde served up delicious free coffee, lattes, and hot chocolate, while Bar à Croissant provided an assortment of fresh croissants and cookies for all to enjoy.

The event was also an opportunity to engage with wonderful local partners, including Maison de la Famille de la Vallée du Richelieu, Scattered, La Mère à Boire, the youth from the Young Voices of Quebec Podcast, Riley and Naima, who helped make the day even more special. Families had the chance to participate in interactive workshops, including music sessions with Jessica Ford, an engaging aromatherapy experience for families led by Nordia, and valuable lunchbox tips presented by Monique Daigneault.

Adding to the excitement, the hosts of Young Voices of Quebec were on-site, going live and capturing the voices of families in attendance. Stay tuned for an upcoming episode featuring highlights from MEPEC Family Day!

A special thank you to our professional photographer, Maggy Fontaine, for capturing the magic of the day through her lens. Additionally, we are grateful to Valérie Burnham from Valérie Kinésithérapie and Haies Prestige for their generous gift certificate donations.

A huge thank you to our members, our team, and all our partners who helped make this event such a success. Your enthusiasm and participation truly brought warmth and joy to the day.

We can't wait to see you at our next MEPEC event!



Family & Early Childhood

PARENTEENFOCUS PRESENTS

PREPARING FOR THE TRANSITION INTO ADOLESCENCE

*Les ateliers se dérouleront en anglais, mais les
participants bilingues sont les bienvenus!*

Dear Parents of grade 5+6-ers!

Rolling eyes?! Answering back?! Slamming doors?! OH YES! The joys of transitioning into adolescence! Parents are often astonished at how quickly – sometimes even overnight! – this important developmental phase arrives – bringing changes that are often awkward, unpleasant, and understandably challenging as both sides try their best to adapt – where's that manual again?!

Please join us on April 15 at 7pm for our first of 3 FREE online workshops where we will explore how to navigate these hormonal waters together – see attached poster for all the details.

RSVP required – [SIGN UP HERE](#)

Pre-teen Developmental Stages & Needs

April
15



Mutually Changing Roles & Responsibilities

April
29



May
13



Keeping communication safe, open and constructive

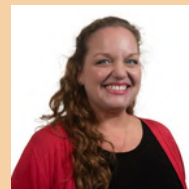
High School Here we Come!
Concrete ways parents &
teens can prepare for
the BIG LEAP - together :)



For Parents of children in
Grades 5 & 6!

FREE PARENT WORKSHOPS!

April 15 + 29 + May 13, 2025
7:00PM – 8:15pm
Online



Created & Facilitated by :
Karen Delage
Family Life Educator

With over 30,000 hours of experience working with families in difficulty at the DPJ (Youth Protection), Karen specializes in offering prevention-based education and concrete tools & support to parents and teens as they transition into adolescence.

Youth & Education

MEPEC'S PODCAST DEBUT!

On March 15th, we had an absolute blast recording Young Voices of Quebec with Arielle, Sam from Scattered, and our amazing youth speakers!

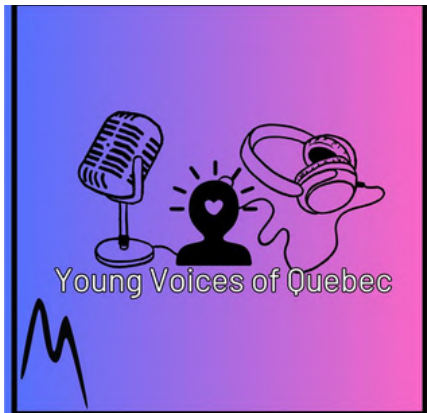
Our Youth speakers recorded 3 out of 5 episodes, diving into topics that truly matter to English-speaking youth in Quebec. In between takes, we shared laughs, swapped bucket list dreams, and even debated our favorite songs, all while enjoying some well-earned pizza. The energy was incredible, and the creativity was flowing! To keep the momentum going, we mapped out our next recording sessions happening every week so stay tuned!



Episodes are dropping every Friday!

You can listen to all episodes here: [LISTEN NOW!](#)

Can't wait to see what's next!



Seniors Wellness

MEPEC'S SENIOR LUNCHEONS: A CELEBRATION OF COMMUNITY AND DEDICATION

At MEPEC, our Senior Luncheons have quickly become one of our most beloved and anticipated programs, and it's all thanks to the incredible dedication of our volunteer team. Since the program's debut in October 2024, our five amazing volunteers — Pamela Booth-Moorison, Vallerie Robillard, Peggy Baldock, Mary Ann Shannon, and Paula Fortier — have been at the heart of its success. Their hard work and creativity have brought warmth, joy, and connection to our senior members, making each luncheon a memorable event.

Completely volunteer-run, this program is a testament to the power of community spirit. Our volunteers meet monthly to carefully plan every detail of the upcoming luncheon. They discuss the type of food to serve, brainstorm engaging activities, choose fun themes, and perfect the presentation. Their meticulous planning even extends to selecting the perfect centerpieces, ensuring every event feels special and welcoming.

With support from MEPEC staff, the volunteers also help identify presenters who cater to the diverse interests of our senior members. So far, we've been fortunate to welcome a variety of knowledgeable and talented guests, including a pharmacist, nutritionists, a sports therapist, a musician, and presenters on important topics like celiac awareness and elder abuse. These presentations provide invaluable information on health and social services, enriching the lives of our participants.

Our Senior Luncheons are made possible through funding from the New Horizons for Seniors Program, which supports initiatives that enhance the well-being of seniors across Canada. Thanks to this support, we've hosted six amazing luncheons since the program began, with each one drawing a crowd of 20 or more members. Held every third Thursday of the month from noon to 2:30 PM, the luncheons have become so popular that registration often fills up within minutes of invitations being sent out.

The success of these events wouldn't be possible without the dedication and passion of our senior volunteers. From confirming catering and participants, purchasing materials, setting up the venue, planning activities, welcoming guests, and ensuring the smooth running of the event, they handle it all with grace and enthusiasm. Their attention to detail and commitment to creating a warm, enjoyable atmosphere make each luncheon a true celebration of community.

MEPEC is incredibly proud and grateful to have such a phenomenal team of volunteers who work tirelessly to support our mission and bring people together. Our Senior Luncheons will take a break for the summer but will return in the fall 2025!



DISCOVER SHARP SESSIONS ON YOUTUBE!

Did you know that CHSSN has a YouTube channel with all the recorded SHARP sessions? Explore a variety of topics, including resources for caregivers, alternative living arrangements for aging in the community, home adaptations for aging in place, safer sex for older adults, and much more! Check it out and learn more about the topics that matter to you.

WATCH HERE: [SHARP VIDEO SERIES](#)



Employment

RECAP: NAVIGATING THE JOB SEARCH WITH YES MONTREAL

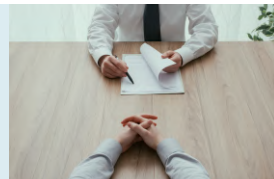
Our recent virtual career development workshop, hosted in collaboration with YES Montreal, was a great success! Job seekers participated in this interactive session, gaining valuable insights into job search strategies while engaging in one-on-one discussions, sharing experiences, and asking questions.

Stay tuned for more opportunities to enhance your career development!

The workshop was divided into three key modules:

CV and Interview Tips

Participants learned how to craft an effective CV optimized for Applicant Tracking Software (ATS), which is commonly used by job platforms like Indeed, Jolibillico, and Job Bank to screen applications. The session also covered essential interview strategies, including how to handle common questions and present oneself confidently in an interview setting.



Transferable Skills and Finding the Right Fit

This module focused on understanding soft, hard, and transferable skills, and how to showcase them effectively in a job search. Participants explored various assessment tools and techniques to determine their ideal professional fit based on skills, competencies, work values, and personal interests.

The Power of Networking

The final module emphasized the significance of networking in career advancement. Attendees gained insights into the hiring pyramid and how employers make hiring decisions. Practical networking strategies were also shared to help job seekers build meaningful professional connections.



ARE YOU LOOKING FOR A SUMMER JOB? GET STARTED EARLY BY EXPLORING THESE POSSIBILITIES:

Summer is the perfect time to gain experience, earn some cash, and explore new opportunities. Whether you're looking for your first job or trying something different, the right summer gig can help you build skills, meet new people, and boost your confidence.

GET STARTED ON A PLAN

Think about what excites you—do you enjoy working with people, being outdoors, or doing something creative? From retail and restaurants to internships and freelance work, there's something for everyone.

SPEAK TO A MEPEC EMPLOYMENT COUNSELLOR

We understand the numerous challenges English speakers face when accessing Employment services in our region and we are here to help, accompany, and support you in your employment journey.

TAKE ACTION AND STAY OPEN MINDED

Opportunities won't always come knocking, so be proactive! Apply online, visit local businesses, and ask around—sometimes the best jobs come from word of mouth.

Job Board

NEW POSITIONS NEAR YOU

In this new section of our newsletter, we want to promote our fellow partners' job opportunities.

This helps our partners find appropriate candidates and helps our members find local partnership job opportunities in one place.



Corporation de Développement Communautaire, Job Board and Offers (multiple)

To visit their job offers, click [HERE](#).



Educaloï, Multiple Positions

To view their open positions, click [HERE](#).



YES Emploment + Entrepreneurship, Multiple Positions

To view their job board, click [HERE](#).



AMI Quebec, Care Champion in Schools

To view the job position, click [HERE](#).

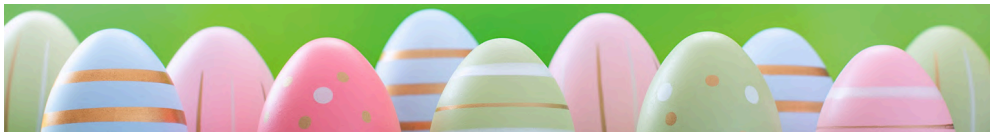


ARC, Administrative Assistant

To view the job position, click [HERE](#).

Arts & Culture

APRIL IN QUEBEC: CELEBRATING EASTER WITH THE FAMILY



Easter in Quebec is a time of joy, renewal, and cherished traditions. For many, it is a deeply meaningful religious celebration, while for others, it is a festive occasion that brings families together. Whether you observe Easter through faith, food, or fun activities, there are many ways to embrace the spirit of the season. Here are some wonderful ways to celebrate Easter with your loved ones!

Traditional Quebec Easter Foods

No Easter celebration in Quebec is complete without delicious treats. Sucre à la crème (a creamy fudge-like dessert) and hot cross buns are classic staples.



Attend an Easter Service

Many churches in Quebec hold special Easter Masses, processions, and sunrise services. These gatherings offer a sense of community, reflection, and hope.

Enjoy an Easter Egg Hunt

Parks, sugar shacks, and even some historical sites organize egg hunts for children. You can also create your own fun by hiding chocolate eggs in your backyard or around the house for an exciting adventure!



MEPEC BOOK CLUB

The book for April is: *After She Wrote Him* by Sulari Gentill.

The book club is an enjoyable social activity and an opportunity to expand your literary horizons!

Every last Wednesday of the month, the book club meets in the MEPEC community space to discuss a new book that the group has chosen, or suggest a theme, and members get to select novels that respect the chosen theme.

The next meetup will be on **April 30th from 6:30-8:00 PM**.



OPENING HOURS:

**TUESDAYS,
WEDNESDAYS &
THURSDAYS
1:30 PM TO 3:30 PM**

Our library is filled with books about love, success, journeys and possibilities. We invite you to have a visit and borrow a great read!

Partners' Activities and Services



AMIQUEBEC SUPPORT GROUPS

AMI-Québec warmly welcomes everyone! April is packed with free workshops offered by Ami-Québec. Join online!

Click [HERE](#) to view their full online schedule with additional details on workshops. Support groups begin at 6:30 PM virtually.



SOUTH SHORE LIFE-LONG LEARNING GROUP

The South Shore Life-long Learning Group now meets every **Tuesday, at 2:30pm** at 330 Gladstone, Greenfield Park. A variety of speakers will discuss: Climate Crisis, Antarctica, Zimbabwe, Celiac Disease, Monarch Butterflies and Human Evolution.

For more information call 450-466-1325 or contact them by email at sscpn@bell.net



MCGILL COMMUNITY LIFELONG LEARNING

For people who want to learn for the fun of it! Do you know about the MCLL for Seniors? The McGill Community for Lifelong Learning, part of McGill University, is a non-profit, volunteer-based community of seniors focused on peer learning.

Check out their website [HERE](#).



QUEBEC SUPPORT GROUP FOR CELIAC CANADA

Join the CHAT HOUR on Wednesday evening April 16th at 8 PM on Zoom. Our guest will be Kristina Bischoff dietitian and our topic will be managing a balanced diet with more than one dietary restriction besides gluten-free.

Email: quebecsupportgroup@celiac.ca for the Zoom link.



April 11th & 12th, 2025 (3 shows)

Father-to-be Vincent and his partner Anna are invited to dinner by his sister Elizabeth and her husband, Jonah. They are joined by childhood friend Garth for a mature and sophisticated gathering.

But tonight, a startling revelation about the name chosen for Vincent's and Anna's expected child becomes the catalyst for a destructive argument which spirals hysterically out of control. Tonight, no one is holding back!

Purchase tickets [HERE!](#)



ARTHRITE RIVE-SUD: EXERCISE ADAPTED

Arthritis Rive-Sud offers four choices of adapted physical exercise sessions, in Brossard, St-Hubert, Longueuil and Greenfield Park. The exercises are aimed at people with arthritis, those with moderate mobility problems or pain, or those who want to maintain or regain their mobility and flexibility, while building muscle strength and resilience.

Register [HERE!](#)



MILITARISM, CAPITALISM, FEMINISM

The South Shore Retired Educators will be hosting a presentation of the 78th Fraser Highlanders Regiment.

Guest Speaker will be Sam Allison, retired HS & McGill Dept of Ed. History Teacher.

Presentation is April 10th @ 1: 00 PM

For More Information:

Email: southshoreretirededucators@gmail.com



SERVICES FOR HEALTHY AGING IN THE RIGHT PLACE

You are invited to the upcoming April 16th, 2025, 10:00-11:30 AM SHARP session entitled "Ensuring safety and independence as you age with home care support".

Registration in advance on Zoom is required.

Find the link [HERE.](#)



**Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise**

**Monteregie East Partnership
for the English-Speaking Community**

www.mepec-pemca.org

@MepecMonteregieEast
@mepecyouth

@mepec_monteregie_east
@mepecyouth

@Mepec-Pemca

@mepecyouth



551, boul. Sir-Wilfrid-Laurier, #105 and 106
Beloeil, Qc J3G 4J1



Tel: 450 281-3732



info@mepec-pemca.org

This initiative is made possible with financial contributions from:

Canada 

**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

Québec 

CHSSN