

# Down Home News



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



**SEPTEMBER 2022**

## NATIONAL SENIORS DAY CELEBRATION

DATE: **Thursday, September 29, 2022**

TIME: 12:00 noon

PLACE: IOOF Hall, Inverness

A beautiful HOT meal followed by music, dance, and celebration!

Please register with Laurie at  
health@mcddc.info  
418-332-3851



## Health activities & capsules

Please call MCDC or email health@mcddc.info to register for each of the following health sessions:

### CHEP - It's OK to forget: An Update on the Fascinating Topic of Memory

DATE: **Wed Sept 21, 2022**

TIME: 9:30 - 11:30 a.m.

PLACE: MCDC

(Starting with coffee & muffins)

Please register with Laurie at  
health@mcddc.info

### YOGA & MINDFULNESS SESSIONS - 1 & 2 OF 10

(more to follow in October & November)

Sessions led by

**Charlie Maud Gingras & Megann Baril**

DATES: **Monday Sept 19 & 26, 2022**

TIME: 10:00 a.m. (lunch to follow)

PLACE: Municipal Hall, Kinnear's Mills

Please register with Laurie at  
health@mcddc.info

### Healthy After 50

Exercises with **Andréanne Raby**,  
Kinesiologist,  
followed by brain games and lunch

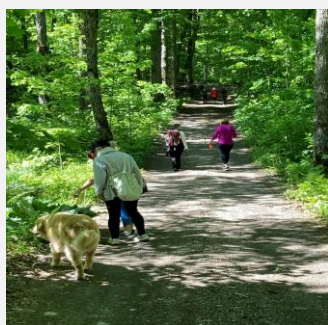
DATE: **Tues Sept 20, 2022**

TIME: 10:00 a.m.

PLACE: IOOF Hall Inverness

Please register with Laurie at  
health@mcddc.info

### WALKING GROUP 2022



*Weather permitting:*

DATE: **Wed Sept 14, 2022**

TIME: 10:30 a.m.

Lunch provided.

Location to be announced.

Please register with Laurie at  
health@mcddc.info  
418-332-3851



### CALVIN VOLLRATH

Concert & dance

- Inductee into the Canadian Music Hall of Fame.
- Grand Champion at the Canadian Fiddling Masters competition.

**Saturday, September 17, 2022**

at 7:30 p.m. at the Kinnear's Mills Old School.

Treat yourself to an awesome show.

\$20. Tickets available with

James Allan 418-334-6812

Heritage KM 418-424-0482

Maureen, MCDC 418-332-3851



T : 418 332.3851 | Sans frais : 1 877 332.3851  
www.mcddc.info

**MEGANTIC  
ENGLISH-SPEAKING**  
COMMUNITY DEVELOPMENT CORPORATION

# What's happening?

## Movie Afternoon "Disney Oceans"



Date: **Wed Sept 7, 2022**  
Time: 1:30 p.m.  
Place: MCDC

Sign up with Jennifer  
info@mcdc.info

## MCDC Book Club

Date: **Friday Sept 16, 2022**  
Time: 10:00 a.m.  
Place: Via ZOOM

- Monthly meetings
- Access to new and popular books
- Read at your own pace
- FREE!!

Sign up with Jennifer  
info@mcdc.info

## APPLE PICKING



DATE: **Wed Sept 28, 2022**  
TIME: 10 a.m. - 1:00 p.m. (Bus leaving Thetford Church at 9:30 a.m.)  
PLACE: Verger P.B. Quirion, 1050 - 3e Rang, Kinnear's Mills.  
Lunch boxes served at lunchtime.

Please register with Jennifer at  
info@mcdc.info

## SCHOOL NEWS

- A warm welcome to our new school principal Ann Marie Campbell. Congratulations!
- Welcome to new staff members: Corrina Reid, Cynthia Poulin, Emilie Blanchette, Dixie Trepanier, Joshua Frith, Kaylea Curotte, Keesha Frances, and Sarah-Maude Turcotte.
- August 31: 1st day of school!!  
WELCOME BACK EVERYONE.



**CAAP** - Centre d'assistance et d'accompagnement aux plaintes de Chaudière-Appalaches:  
*"Helps in supporting an individual in making a complaint".*

**CISSS** - Centre intégré de santé et de services sociaux de Chaudière-Appalaches:  
*"Includes such organizations as the CLSC, hospital, rehabilitation centre, etc."*

**MCDC** - Megantic English-speaking Community Development Corporation:  
*"MCDC is here to help as liaison between the organizations. Call us!"*

## THE RIGHT TO FILE A COMPLAINT

As a minority Anglophone in Quebec, you have the right to receive health services in English taking into account available resources.

Anyone can use the complaint examination procedure to express dissatisfaction if they feel their rights have not been respected or to file a complaint if they deem it necessary.

Call MCDC for additional guidance.

## Sunday Services

- Sunday, **Sept 11**, 10:30 a.m. Candlish Church, Kinnear's Mills.
- Sunday, **Sept 18**, 10:30 a.m. St. Andrew's, Inverness, workshop leader Bruce Gourlay.
- Sunday, **Sept 25**, 10:30 a.m. Gamache et Nadeau Chapel, Thetford.

### ANGLICAN SERVICES:

**Thetford:** Gamache et Nadeau Chapel

- Sundays, **Sept 25**, 2:00 p.m. (a baptism service)  
Pierre Voyer officiating.

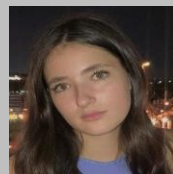
**Inverness:** Church of the Ascension

- Sundays, **Sept 11 & 25**, 11:00 a.m.

## Milestones

- Happy Birthday to Lorraine Learmonth, Roger Allan, Hartley Aulis as well as to everyone else who will be celebrating their special day in September.

## Congratulations to the 2022-23 recipients of McGill Community Leadership Bursaries



These bursaries provide financial support to students who are involved in their community, who speak both English and French and are pursuing studies in the health and social services field. This year's 2022-23 winners for Chaudière-Appalaches are: Ariane Plaisance \$10,000; Jordane Vachon \$10,000; Léa Vachon \$5,000; and Casandra Vachon \$2,500. Congratulations to our deserving winners!



MCDC will be closed on:

- **Tuesday Sept 13** (staff training)
- **Friday Sept 30** (honouring National Day for Truth & Reconciliation)

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