

Down Home News



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



MARCH 2022

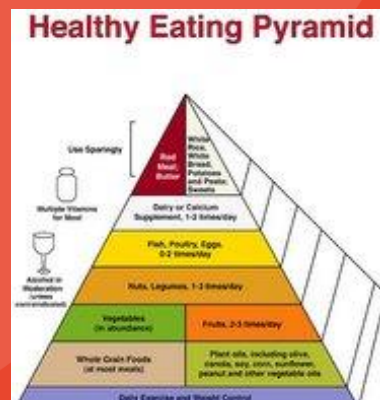
March is Nutrition Month



To highlight nutrition month, we will welcome a Nutritionist, Nathalie Quirion, and enjoy a meal together. Nathalie will present on what are the best foods to help manage health issues such as arthritis, heartburn, and how to support a healthy aging brain.

DATE: Wed March 30, 2022
TIME: 11:00 a.m. - 1:00 p.m.
PLACE: IOOF Hall, Inverness

Register with Laurie health@mcddc.info or call 418-332-3851



Health activities & capsules

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

Lunch & Puzzle Making



Date: Wednesday, March 2, 2022
Time: 12:00 noon
Place: MCDC basement

Call Jennifer to register, or info@mcddc.info

CHEP

Diabetes 101

Everything you need to know

With Jennifer Hobbs-Robert

Participants can choose to watch the presentation from MCDC basement or join via ZOOM at home.

Date: Wed March 16, 2022
Time: 10:00 - 11:30 a.m.

Please register at health@mcddc.info

Knitting Circle

Work on your knitting project, share the time with friends, and swap ideas.

Date: Tues, March 15 & 29, 2022
Time: 1:30 - 3:00 p.m.
Place: MCDC basement

Sign up with Jennifer info@mcddc.info



Online Webinar Identifying Elder Abuse

"You Suspect You Are a Victim of Elder Abuse? Is Mediation An Option?"



Wednesday March 16, 2022
10:00 am to noon



via ZOOM

Please register by Mar 14, 2022, by emailing: info@seniorsactionquebec.ca
(Please notify Laurie that you have registered)

Mental Health & Wellness Workshops

DATES: Mar 3: What is stress? How to manage it?
Mar 17: Mindfulness, what is it and concrete applications.
Mar 31: How to set healthy boundaries.
PLACE: MCDC basement / or via ZOOM
TIME: 1:30 - 3:00 p.m.

Presenter: CHARLIE-MAUD GINGRAS, Social Worker

Please register with Laurie health@mcddc.info
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?

Healthy Lifestyle Via ZOOM

Exercise Group with
Andréanne Raby, Kinesiologist

All you need is comfortable
clothing

Date: **Wednesday, March 9 & 23**
Time: 10:00 - 10:30 a.m.

Call Laurie to register, or
health@mcddc.info

"MCDC Book Club" via ZOOM



DATE: Friday, **March 18, 2022**
TIME: 10:00 a.m.

Call Jennifer to register

T: 418-332-3851
Toll free: 1-877-332-3851



Movie Matinees



#1 "No Time to Die" with James Bond

Date: **Wed March 23, 2022**
Time: 1:00 p.m.
Place: MCDC basement

#2 "Harry Potter Reunion"

Date: **Wed March 30, 2022**
Time: 1:30 p.m.
Place: MCDC basement

Call Jennifer to register or
info@mcddc.info

Comedy "Grace & Frankie" via ZOOM



DATES: Thursdays Mar 3, 10, 17, 24, 31
TIME: 10:00 - 11:30 a.m.

Call Jennifer to register or
info@mcddc.info

Drop-In Mondays 1:30 - 3:30 p.m.



March 7: Kinnear's Mills Municipal Hall
March 14: Inverness IOOF Hall
March 21: MCDC basement
March 28: NO DROP IN

Milestones



- Happy Birthday to Kitty Small, as well as to everyone else who will be celebrating their special day in March.
- Thank-you from Len Small's family following his sudden passing in January 2022. Your thoughtful cards and words of comfort & friendship were very meaningful to his family. His footprint will live on.

United Church Services



Date: Sunday, **March 20, 2022**
Time: 10:30 a.m. followed by a lunch
Place: St. Andrew's Church,
Inverness

Date: Sunday, **March 27, 2022**
Time: 10:30 a.m.
Place: Salon Gamache & Nadeau
chapel. Thetford



MCDC is providing free assistance in completing tax forms for people who meet the following criteria:

1. Living alone with an income of \$25,000 or less;
2. A couple with an income of \$30,000 or less;
3. One adult and one child with an income of \$30,000 or less (each additional dependant \$2,000).

Should you qualify for this service, call MCDC and we'll put one of our volunteers in touch with you in total confidentiality.

Call MCDC 418-332-3851



Set clocks ahead by
one hour on Sunday,
March 13th at 2:00 a.m.

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