

Down Home News



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



Canadian Heritage



Health Canada

March 2023

St-Patrick's Day Luncheon & Music



Date: MONDAY March 13, 2023
Time: 11:30 a.m. - 3:00 p.m.
Place: IOOF Hall Inverness
Entertainment: "Rob Lutes" musician and storyteller.

EVERYONE WELCOME...WEAR YOUR GREEN!

Deadline to confirm your presence:

Thursday March 9th

Please call or email Laurie health@mcddc.info



Health activity & capsules

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

EXERCISES via ZOOM with Andréanne Raby Kinesiologist



Date: Tues March 14 & 28, 2023

Time: 10:00 - 10:30 a.m.

Please call or email Laurie health@mcddc.info

CHEP Videoconference

"Eating Well for Preventing and Living with Diabetes"

Date: Wed March 15, 2023

Time: 9:30 a.m. (coffee/muffins)

Place: MCDC or by ZOOM

Please call or email Laurie health@mcddc.info

Movie Afternoon "Where the Crawdads Sing"



Date: Wed March 15, 2023

Time: 1:30 p.m.

Place: MCDC

Please call or email Jennifer info@mcddc.info

Masons' BRUNCH



DATE: Sunday March 19, 2023

TIME: 10:30 a.m. - 1:30 p.m.

PLACE: ASJ High School - Room of Champions

PRICE: \$15/each

MARCH IS NUTRITION MONTH

DATE: Thursday March 16, 2023

TIME: 10:00 a.m.

PLACE: MCDC basement

Nathalie Quirion, nutritionist, will talk about understanding and reading food labels. Healthy snack to follow.

Please call or email Laurie health@mcddc.info

Nutrition Facts	
100g (3.5oz)	
Amount Per Serving	
	% Daily Value*
Total Fat 5g	10%
Saturated Fat 3g	60%
Trans Fat 0g	0%
Cholesterol 10mg	20%
Sodium 50mg	10%
Total Carbohydrate 25g	50%
Dietary Fiber 5g	10%
Sugars 10g	20%
Protein 5g	10%
Vitamin A	10% (1000 IU)
Calcium	10% (100mg)
Iron	10% (10mg)
Phosphorus	10% (100mg)



MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

What's happening?

Check out MCDC's Facebook page

<https://www.facebook.com/mcdc.thetfordmines/>

&

Website

<https://www.mcdc.info/en/>

*Life is short:
Break the rules.
Forgive quickly.
Kiss slowly.
Love truly. Laugh
uncontrollably and
never regret
ANYTHING that
makes you smile!*

Rock Painting & Lunch



Date: **Wed March 22, 2023**
Time: 10:00 a.m. + lunch
Place: MCDC
Please call or email Jennifer
info@mcdc.info

Milestones



- Happy 80th birthday to Kitty Small, and birthday wishes going out to Joan Stevenson and to everyone else who will be celebrating their birthday in March.

Church Services

K.I.T. Pastoral Charge:

- Mar 5, 10:30 a.m. Candlish, Kinnear's Mills.
- Mar 12, 10:30 a.m. St. Andrew's Hall, Inverness.
- Mar 19, 10:30 a.m. Gamache & Nadeau chapel.
- Mar 26, 10:30 a.m. Candlish, Kinnear's Mills.

Anglican Services:

- Mar 26, 2 p.m. Gamache & Nadeau chapel.
- Services in Inverness will resume Easter weekend.

SQUARE DANCE & LUNCH



DATE: **Saturday March 18, 2023**

TIME: 7:00 - 11:00 p.m.

PLACE: Kinnear's Mills Old School

MUSIC: Courtney Drew & James Allan

School News



- **March 3:** Community Afternoon including horse drawn sleigh ride, hot chocolate, cotton candy, and more. Everyone welcome.
- **March 2, 15, 23, 29:** Continuation of the experimental yoga lessons for Secondary 1, & grades 4 and 5 students to help students learn how to manage stress.



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

CISS - 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!"



Clocks SPRING ahead by one hour on Sunday, March 12, 2023, 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 us 418 332.3851 or email communications@mcdc.info