

Down Home News



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Canadian
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Health
Canada

May 2024

"THE USERS COMMITTEE"

Presentation by: Peter Whitcomb

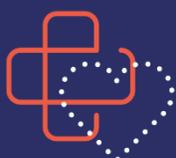
Learn more about this committee that works to support all of us who use the health care system.

Date: **Mon, May 6, 2024**

Time: 11:30 a.m. Lunch served afterwards

Place: MCDC basement

Please call or email Laurie health@mcddc.info



Health activity & capsules

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

Movie: "The Color Purple"



Date: **Wed May 1, 2024**

Time: 1:30 p.m.

Place: MCDC

Please call or email Jennifer info@mcddc.info

BINGO



Date: **Wed May 8, 2024**

Time: 1:30 p.m.

Place: MCDC

Please call or email Jennifer info@mcddc.info

Indigenous Drop-In

Honouring Indigenous Identity and Culture

An event for Indigenous peoples by Indigenous peoples

Date: **Wed May 15, 2024**

Time: 6:30 p.m.

Place: MCDC

Register for free by calling Kaylea youthmentalhealth@mcddc.info

Bracelet Making with semi-precious stones



Date: **Wed May 15, 2024**

Time: 10:00 a.m. (Lunch served)

Place: IOOF Hall, Inverness

Price: \$20

Pls call or email Jennifer info@mcddc.info

"What We Choose To Remember"



The film is a 200-year (1820-1920) oral history of Quebec's English speaking population. Compelling new documentary is a "must watch" for all Anglos.

Date: **Wed May 22, 2024**

Time: 1:30 p.m.

Place: Kinnear's Mills Municipal Hall

Please call or email Jennifer info@mcddc.info



T : 418.332.3851 | Sans frais : 1.877.332.3851
www.mcddc.info

MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

What's happening?

Movie: "Moving On"

Starring:
Lily Tomlin &
Jane Fonda



Date: **Wed May 29, 2024**
Time: 1:30 p.m.
Place: MCDC

Please call or email Jennifer
info@mcdc.info

Sharp videoconference via ZOOM

*"Alternative living arrangements
for aging in the community"*

Date: **Wed May 15, 2024**
Time: 10:00 a.m.

Interested participants will
receive the link to register
and watch from home

Please call or email Laurie
health@mcdc.info

Church Services

K.I.T. Pastoral Charge:

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

Anglican Services:

- May 12, 10:30 a.m. Inverness
- May 12, 2:00 p.m. Gamache & Nadeau chapel
- May 26, 10:30 a.m. Inverness

Milestones



- Birthday wishes going out to Jan Lowry and Vic Lowry, as well as to everyone who will be celebrating their birthday in May.



Square dance
Saturday May 4th
at 7:00 p.m.
in Kinnear's Mills.
Admission \$10

T : 418 332.3851
Sans frais : 1 877 332.3851

Thank You to Masonic Lodge #88



Pictured above is Peter Whitcomb, on behalf of the Masonic Lodge of Thetford, presenting a donation cheque of \$800 to Robert Blais for the IOOF Grand Master's project 2023-24 (La Gitée). All proceeds raised will be donated to La Gitée who ensures the safety of victims of intimate partner violence and their children. The Oddfellows wish to express their gratitude and appreciation!

Community Health Capsule

STOP GINGIVITIS

No one wants inflamed gums. Good oral hygiene and adequate nutrition help to treat and prevent gingivitis. Although it's rare, the condition can be caused by severe vitamin deficiencies (vitamin C and niacin). Here are some foods to include regularly in your diet: citrus fruits, kiwis, strawberries, anchovies, liver, cooked eggs, and cooked or canned fish.

Source: Isabelle Huot holds a Ph.D. in nutrition



ASJ High School St. Patrick's Elementary 2024 Golf Tournament

Date: **Sat, June 8, 2024**
Time: 11:00 a.m.
Place: Thetford Golf Club

Formula: Best of 4 balls	Golfing only: \$30 - \$50
Cocktails: 4 - 6 p.m.	Supper only: \$40
Burger bar: 6 p.m.	Golf & supper: \$60 - \$80

Visit the ASJ/St. Patrick's Facebook page to register.
Deadline: May 28th.

*Everyone is invited to the Orange Lodge church service
being held on Friday May 10, 2024, at 5:00 p.m. in
Candlish Church, Kinnear's Mills.
Rev. Terry Blizzard officiating.*

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