

THE MEPECER



MEPEC Podcast Launch

YOUTH VOICES IN PARTNERSHIP WITH SCATTERED AUTOMATIC EXPRESSION

We are thrilled to announce the launch of our new **MEPEC youth-led podcast**, created in partnership with **Scattered Automatic Expression**. This innovative podcast is a platform where teens take the lead, sharing their unique perspectives and discussing topics that matter most to them.

Our young hosts are the driving force behind this project, coming up with fresh ideas and engaging in meaningful conversations on a wide range of subjects.

Some Topics Include:

- **Social Media Effects on Lives:** Our hosts delve into the impact of social media on their daily lives, exploring both the positive and negative aspects.
- **COVID and Lockdown:** Personal stories and reflections on how the pandemic and lockdowns have affected their mental health, education, and social interactions.
- **English-Speaking Youth Finding Jobs:** Challenges and opportunities for English-speaking youth in the job market, including tips and personal experiences.

Join us in celebrating the launch of this exciting new venture. Tune in to our podcast and be part of the conversation. Together, we can amplify youth voices and make a difference.

Stay tuned for our first episode, Friday March 21st, 2025!

Be sure to follow us!



@MepecMonteregieEast
@mepecyouth



@mepec_monteregie_east
@mepecyouth

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Health and Social Services

THE RISKS OF HOUSEHOLD CLEANING PRODUCTS AND USING HEALTHY ALTERNATIVES

J. Garofano

Having a clean home is as important as having a healthy meal - it is our environment and way of life. However, the household cleaning products we use sometimes contain various chemicals that can pose health and environmental risks. The documented risks fall into several categories. Short-term risks may include skin irritation and burns, eye damage, respiratory issues and potential poisoning if products are not used safely. Worrisomely, long term effects can have major consequences involving hormonal disruption and interference with the endocrine systems. Formaldehyde, benzene and some solvents have been directly linked to cancer risks. Lastly, prolonged use of toxic solvents and heavy metals can affect brain function, memory and coordination.

Many common household cleaners contain harmful chemicals that can affect your health and the environment. Here are some of the most concerning ingredients to avoid: **Ammonia** (respiratory issues), **Chlorine Bleach** (skin and eye irritation), **Phthalates** (endocrine disruptor), Triclosan (antibiotic resistance), **Formaldehyde** (known carcinogen) and **Parabens** (hormone disruptors).

"For many of us, pollution conjures up images of big cities encased in smog created by gas-guzzling SUVs. That thinking has proven to be outdated, as a recent finding showed that regulations on cars have significantly reduced the Volatile Organic Compounds (VOCs) emitted by automobiles in the last few decades. So what's crowding our ozone? According to one new study, chemicals from our personal care and household cleaners. The study found that petroleum-based chemicals, which are used in perfumes and paints, emit pollution which can trigger asthma, cause permanent damage to our lungs and are linked to heart attacks, strokes and lung cancer. How much trouble can just a few spritzes of air freshener really cause? More than you might think, given 40% of chemicals added to consumer products wind up in the air."



-Force of Nature Clean

Here are some of the best non-toxic, eco-friendly solutions for keeping your home spotless and safe.

All-Purpose Cleaner: Vinegar & Baking Soda

A mixture of white vinegar and baking soda creates a powerful, natural cleaner that cuts through grease and removes stains. Simply mix:

- 1 cup white vinegar
- 1 tablespoon baking soda
- 1 cup warm water
- Use it to clean countertops, sinks, and even floors. However, avoid using vinegar on stone surfaces like granite or marble, as it can erode the finish.

Glass & Mirror Cleaner: Vinegar & Water

Who needs that toxic blue window cleaner? Ditch ammonia-based glass cleaners and opt for this streak-free formula:

- 1 cup water
- 1 cup white vinegar
- A few drops of essential oil (optional, for scent)
- Spray onto glass surfaces and wipe with a microfiber cloth for a sparkling finish.

Laundry Detergent Alternative: Castile Soap & Baking Soda

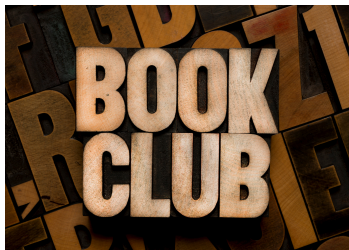
Many commercial detergents contain sulfates and artificial fragrances. Instead, use:

- 1/4 cup liquid castile soap
- 1/4 cup baking soda
- A few drops of essential oil (optional)
- This blend cleans clothes gently without harmful residues.



MEPEC's General Activities

Our activities are open to everyone, and all age groups are welcome.



BOOK CLUB

Every last Wednesday of the month, the book club meets **at 6:30 p.m.** in our community space.

The March book is *The Thursday Murder Club* by Richard Osman. Don't miss out on this wonderful group reading activity **on March 26th!**

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



ONLINE TRIVIA NIGHT

Test your knowledge at MEPEC's Trivia Night on **March 11th from 7:00 to 8:30 PM!**

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

To register, click [HERE](#).



FAMILY DAY

Sunday, March 30 | 9 AM - 12 PM
Centre Aquatique de Beloeil

Join us for a **FREE** Family Health Fair with community organizations, healthy snacks, a Paw Patrol meet & greet, guest speakers, and free swimming!

Free pool access for all families. Reserve your time [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 to 11:30 pm at our Community Space. To participate, click [HERE](#).

MEPEC's Family Activities

Please Note:
There are no **Family**
activities & classes during
Spring Break from
March 3rd - March 7th.

Activities resume on
March 8th



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 9:30-12:00.

Cost: 10\$. Waitlist [HERE.](#)



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 9:00-10:00.

Cost: 10\$. Waitlist [HERE.](#)



PUDDLES

Early swimming improves a child's sense of self-esteem, confidence, independence and their ability to move more freely through the water. The pool is an ideal opportunity for parents and children to bond in a relaxed and fun environment that they will both love being a part of.

Wednesdays from 10:30am -11:30am.

Cost: \$10. 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 10:30am-11:30am,

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!](#)



ONLINE LANGUAGE STIMULATION INFO-SESSION

Enhance communication skills through interactive activities designed to boost language development in a fun and engaging way. Perfect for learners of all levels!

Join online on **March 12th, 7:00-8:30pm**. Register [HERE!](#)



ACTIVITIES 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 Cook with Dad activity is always a fun time with Dad!

Join on **March 22nd, 10:00-11:30am**. Register [HERE!](#)



HOMESCHOOL GROUP

Join MEPEC's Homeschool Group which will be held in our community space **every Thursday 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 year old.

Places are limited and younger siblings are welcomed. For more information please contact Afiya Roberts at afiya.roberts1@gmail.com and register [HERE!](#)

MEPEC's Seniors Activities



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.

We apologize for the ones who couldn't participate in the winter 2025 session! **We encourage you to join our waiting list, [HERE](#).**



ART HIVE CALLIGRAPHY WORKSHOP

Join us for a relaxing and creative Calligraphy Workshop at MEPEC's Art Hive! Whether you're a beginner or looking to refine your skills, this session will introduce you to the art of beautiful lettering.

Thursday March 13th, 1:00PM- 4:00PM.

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 at the MEPEC community space! Register [HERE!](#)



COOKING CLASSES FOR SENIORS



Our Cooking Classes at MEPEC have begun! Do you want to make healthy meals? Snacks? Breakfasts? This is a pilot project and we are excited for it to take off. The classes will be structured around the wants and need of the seniors in attendance. Don't miss this chance to sign up!

For more information and registration, click [HERE](#).

MEPEC's Information Hub

OUTDOOR ACTIVITIES ARE SOON IN SEASON: WHAT TO DO IN MARCH

J. Garofano

As winter fades and the days grow longer, the arrival of spring brings a refreshing sense of renewal and excitement. The fresh air and vibrant colors of the season inspire a shift toward new activities, from bike rides and farmers' market strolls to backyard gardening and weekend getaways. It's the perfect time to embrace the energy of spring and make the most of all the opportunities it brings!



March in the eastern region of Montréal, Quebec, offers a variety of engaging activities that cater to diverse interests. Here are some top-rated experiences to consider:

Parc régional Saint-Bernard

Located in Saint-Bernard-de-Lacolle, this regional park offers a range of outdoor activities suitable for the whole family. In March, visitors can enjoy cross-country skiing, snowshoeing, and ice skating.

The park provides equipment rentals and maintains well-groomed trails, making it an ideal spot for both beginners and seasoned enthusiasts.

Click [HERE](#) for website.

Domaine de Lavoie

Situated in Rougemont, Domaine de Lavoie is renowned for its cider and wine production. In March, the estate often hosts tastings and tours, allowing visitors to explore the winemaking process and sample their products. It's a delightful way to experience local flavors and learn about the region's viticulture.

Click [HERE](#) for website.

Mont Saint-Bruno National Park

This national park in Saint-Bruno-de-Montarville offers a serene natural setting with a variety of trails suitable for hiking and snowshoeing. In March, as winter transitions to spring.

Click [HERE](#) for website.

La Maison Amérindienne

Located in Mont-Saint-Hilaire, La Maison amérindienne is a cultural center dedicated to the promotion of Indigenous heritage. In March, they often host exhibitions and workshops that provide insights into Indigenous art, history, and traditions.

Click [HERE](#) for website.

Verger Champêtre

In Granby, Verger Champêtre is a charming farm and orchard that offers a range of activities. While apple picking is a fall activity, in March, visitors can enjoy the farm's petting zoo, country store, and walking trails. It's a delightful destination for families seeking a leisurely day in the countryside.

Click [HERE](#) for website.

Enjoy these diverse activity experiences available in the Montréal-East during March, blending outdoor adventure, cultural enrichment, and local gastronomy.

Family & Early Childhood

MEPEC FAMILY FUN DAY



SAVE THE DATE!

Sunday, March 30 | 9 AM - 12 PM
Centre Aquatique de Beloeil

Join us for a FREE Family Health Fair filled with activities, resources, and fun for the whole family. This event brings together local community organizations, healthy snacks, and insightful guest speakers to promote health and well-being.

Event Highlights:

- Meet & greet with Paw Patrol characters
- Information booths from community organizations
- Free swimming!
- Talks from guest speakers
- Nutritious snacks



For more information and to reserve your free pool time!

[Click Here!](#)



Registration Period February 3 - March 28, 2025

The registration process for students new to Riverside School Board for the 2025-2026 school year is fully online www.rsb.qc.ca/registration



Commission scolaire **Riverside**
Riverside School Board

The Riverside school board will begin their registrations for the 2025-2026 school year. For more information please click [HERE](#).

The registration period for students that are NEW to Riverside starts on February 3. The process is fully online. Please visit the registration page to follow the step by step. Please note that no appointment will be taken before that date. Thank you!

Family & Early Childhood

SCREEN ADDICTION IN YOUTH: SIGNS AND ALTERNATIVES

J. Garofano

In today's digital world, screens are an unavoidable part of daily life. From online learning to social media and video games, young people spend more time than ever in front of screens. While technology offers many benefits, excessive screen use can lead to screen addiction, a growing concern among parents, educators, and health professionals.

Screen addiction refers to the compulsive overuse of digital devices, such as smartphones, tablets, computers, and gaming consoles. It becomes a problem when screen time interferes with daily activities, social interactions, and mental well-being. Unlike occasional use, addiction involves an inability to control or reduce screen time despite negative consequences.

HOW CAN YOU SPOT SCREEN ADDICTION IN YOUTH:

- Excessive screen time – Spending hours online without realizing it.
- Irritability or anxiety – Becoming frustrated when denied screen access.
- Sleep disturbances – Staying up late due to screen use.
- Neglecting responsibilities – Ignoring homework, chores, or real-life activities.
- Social withdrawal – Preferring virtual interactions over face-to-face communication.

LONG-TERM EFFECTS OF SCREEN ADDICTION IN YOUTH:

- Poor Sleep Quality: This creates a disruption in melatonin production
- Eye Stain and Headaches: Leading to potential vision problems
- Sedentary Lifestyle: Screen time reduces physical activity and daily movement. This can increase the risk of weight gain, mobility issues and mental health risks.

Several factors contribute to the desire of wanting excessive amounts of screen-use in young people. Some may need **instant gratification**, as this activity aids in contributing to dopamine-driven interactions. Youth can also feel pressured to stay tuned with online trends, social media and fear of missing out on important news. Some youth may lack healthier alternatives to leisure activities.

Lack of outdoor play, hobbies and interests can contribute to why youth turn to screens for entertainment.

WHAT CAN YOU DO:

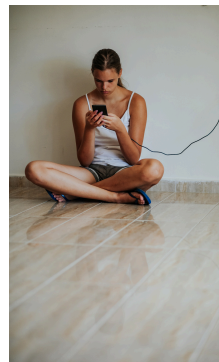
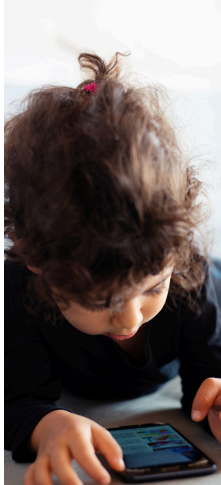
Teens and children often mirror their parents' behaviors, if parents spend excessive time on their phones, laptops and tablets, their children are more likely to develop similar habits. **Setting screen-use limits as a family can collectively encourage all members to be mindful of when they use their electronics.** Creating "screen-free zones" in the home can also not only encourage family connections, but allow room for discipline and motivation, collectively.

Encouraging **healthier recreational alternatives** can also allow room for choices. Promoting various sports, outdoor play, reading and creative- artistic hobbies can encourage youth to spend time being more active or more mindful.

Promote a **healthier sleep routine** with youth can also aid in diminishing poor sleep habits. Explaining to youth to avoid screen time 1 hour before bed may help in not disturbing melatonin production, allowing room for rest. Also, replacing screen time with reading, meditation or a mindful activity will aid in resting the body and mind.

By promoting a healthy digital balance, we can ensure that youth use screens responsibly while maintaining their mental, physical, and social well-being. Interested in specific apps to help manage screen time?

Check out: [Qustodio](#), [Forest](#), or, [FamiSafe](#)



Youth & Education

BE UNSINKABLE: JUST BE YOU! - PEER-TO-PEER SUPPORT GROUP



A study done by CHSSN stated that “According to 4,797 youth ages 15-29, there are gaps and barriers experienced by English-Speaking youth in accessing mental health services in Quebec. Some examples include:

- Lack of mental health services and resources in English.
- Cultural and familial stigma surrounding mental health issues.
- Lack of trust in services or in mental health providers on the part of English-speaking youth. This includes lack of confidence in health and social services due to negative, even traumatic experiences of using these services in the past (including experiences of systemic racism and discrimination).
- Affordable services in English (e.g. low-cost or free therapy).
- A lack of safe, non-judgmental physical spaces in which English-speaking youth of diverse backgrounds can comfortably gather.

To help break down these barriers MEPEC has partnered with Unsinkable and Just Be You in creating a youth-led and youth-focused peer group. Through this program, youth discover coping skills, build resilience, make connections, in a safe space, without judgement and without stigma.

First Session Begins in April!

If you are interested in participating contact us at colc.employ@mepec-pemca.org

MEPEC AT THE CHAMPLAIN COLLEGE MENTAL HEALTH FAIR

MEPEC had the pleasure of participating in the Mental Health Fair at Champlain College, where we connected with incredible students and teachers. The event provided a great opportunity to discuss mental health resources, self-care strategies, and the importance of community support.

We were thrilled to engage in meaningful conversations, share valuable information, and raise awareness about the services available to support students' well-being. Events like these reinforce the importance of mental health and remind us that no one is alone in their journey.

A big thank you to Champlain College for hosting this important event and to everyone who stopped by our booth. We look forward to continuing the conversation and supporting mental wellness in our community!



Seniors Wellness

SENIOR FRIENDLY ACTIVITIES THAT SENIORS CAN JOIN IN THE MONTEREGIE EAST AREA

The change of season should also mean a change of routine. We want to encourage our senior readers to seek recreation to improve mental and physical health. Although MEPEC offers ample opportunities in this arena, we also want to highlight other areas.

The Montérégie East region offers a variety of activities and events tailored for seniors, promoting physical health, social engagement, and overall well-being. Here are some notable options:

AÎNÉS EN MOUVEMENT

This organization provides supervised physical activities led by kinesiologists, specifically designed for individuals aged 60 and over. Their diverse programs include:

- **En Forme and En Forme +:** Comprehensive fitness classes utilizing elastic bands to enhance overall health and physical condition.
- **Plein Air:** Outdoor walking and varied exercises at Parc de la Cité, focusing on cardiovascular endurance and muscle strength.
- **Circuit Équilibre:** Exercises aimed at improving balance, cardiovascular capacity, and muscle strength through sequential activities.
- **Cardio-Danse:** Dance movements set to Latin rhythms, offering a gentler pace without jumps.

The winter session begins on January 13, 2025. For more details and registration, click [HERE](#).



SENIORS RESPITE MONTRÉGIE

Based in Greenfield Park, this organization is dedicated to providing a nurturing and supportive environment for seniors living with dementia or cognitive impairments.

- **Day Center:** Open Monday to Friday from 10:00 am to 4:00 pm, providing respite for caregivers and engaging seniors in specialized activities designed to stimulate physical, cognitive, and social skills.
- **In-Home Services:** Personalized one-on-one activities led by qualified specialists, available seven days a week.
- **In-Residence or Hospital Services:** Personalized group activities at designated seniors' residences, ensuring stimulating games, cognitive activities, and socialization.

For more information, click [HERE](#).



CLUB D'ÂGE D'OR LES CÈDRES

Located in Les Cèdres, this club offers a range of recreational activities for seniors aged 50 and over, including:

- Monthly dancing dinners.
- Line dancing, bean bags, shuffleboard, pickleball, walking groups, card and board games, and bocce.
- Organized outings and charitable activities.

Dancing dinners are held on the third Friday of each month, with various activities scheduled on Wednesdays. Membership is \$20 per year. For more information, contact them at 450-452-4967 or via email at agedorlescédres@gmail.com.

Employment

NAVIGATING THE JOB SEARCH: STRATEGIES FOR SUCCESS

Join Us for an Interactive Career Development Session Hosted by YES Montreal! Following up on our recent conversation, we are excited to share the details of an upcoming virtual session designed to help you navigate your job search with confidence. This session will cover essential topics to enhance your employability and align your skills with the evolving job market.

WHAT WE'LL COVER:

- Fundamentals of the Job Search – Key strategies and must-have tools to streamline your search.
- Essential Job Search Skills – Tips on crafting a strong CV, acing interviews, identifying transferable skills, and understanding your professional fit.
- Leveraging LinkedIn – How to build a compelling profile and use the platform for networking.
- AI & Job Search – Understanding the role of artificial intelligence in today's hiring process.
- The Power of Networking – Why connections matter and how to expand your professional network.
- Labour Market Trends for 2025 – Insights into the job landscape and where you fit in.
- Open Discussion on Challenges – Participants will have the opportunity to share experiences and discuss common job search obstacles.
 - Language Barriers – Accessibility to French learning (we welcome insights specific to your region!).
 - Career Change Tips – Strategies for transitioning into a new field.
 - Communicating Your Skills & Experience – Guidance for newcomers, career shifters, and experienced professionals.

SESSION DETAILS

When: Wednesday, March 19, 2025
Time: 12:00 PM - 1:30 PM
Where: Virtual

This interactive session will provide practical advice and valuable insights to help you take the next step in your career journey.

Whether you're entering the job market for the first time, looking for a career shift, or aiming to strengthen your professional presence, this discussion is for you!

RSVP today to secure your spot!

We look forward to an engaging and insightful conversation!

Reserve Now!



Job Board

NEW POSITIONS NEAR YOU

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

This helps our partners find appropriate candidates as well as helps our members find local partnership job opportunities all in our place.



Ali Monde Ltd / Earth Foods, Production Day Laborer
Beloeil

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



City of Saint Bruno, Environmental Patroller
Saint-Bruno-de-Montarville

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



Moutier Crossroads, Project Manager
Longueuil

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



Tandem Employment, Career Counselor
Chambly

To apply, click [HERE](#).



City of Saint Bruno, Community Facility Attendant
Saint-Bruno-de-Montarville

To apply, click [HERE](#).

Arts & Culture

MARCH IN QUEBEC

J. Garofano

Sugar shacks, or “cabanes à sucre”, are a cherished tradition in Quebec, celebrating the province's deep-rooted maple syrup heritage. Every spring, families and friends gather to enjoy hearty meals, live folk music, and the unique experience of tasting fresh maple taffy on snow.

March is the perfect time to visit, as it marks the peak of sugaring season, when the temperature shifts between freezing nights and warmer days, allowing sap to flow from the maple trees. Beyond the delicious food, sugar shacks offer a nostalgic and cultural experience, connecting visitors to Quebec's history and rural traditions.

Whether indulging in traditional dishes or exploring the scenic countryside, a visit to a sugar shack is an essential—and delicious—way to welcome spring.

In the Montérégie region of Quebec, several highly-rated sugar shacks offer authentic maple syrup experiences. Here are some recommendations, some perhaps further in distance, but definitely a must this season!



We encourage you to check these places out, hoping they meet all your needs when seeking the right sugar shack!

Sugar Shack Locations:

- *Domaine Labranche*, click [HERE](#) for their website.
- *Cabane a Sucre Constantin Gregoire*, click [HERE](#) for their website.
- *Sucrerie De La Montagne*, click [HERE](#) for their website.
- *La Tablee des Pionniers*, click [HERE](#) for their website.



MEPEC BOOK CLUB

The book for March is: *The Thursday Murder Club* by Richard Osman.

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 has been chosen by the group, or suggest a theme and members get to select novels that respect the chosen theme.

Next Meetup is **March 26th from 6:30-8:00PM**



OPENING HOURS:

**TUESDAYS,
WEDNESDAYS &
THURSDAYS**

1:30 PM TO 3:30 PM

Our library is filled with books about love, opportunity, 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! February 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 6:30pm virtually.

Additionally, there will be a Caregiver Group on Mondays and Wednesdays, each begin November 4th and 6th respectively. For more details about this online group, and to register, click [HERE](#).



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](#).



AUTISM IN THE EARLY YEARS

This is a 2-day online event, in English. A symposium for parents and professionals who want to learn more about the early stages of autism.

Friday, March 21st from 9:00am - 4:00 pm and Saturday, March 22nd from 9:00 am - 12:30 pm.



THÉÂTRE ST-BRUNO PLAYERS

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

Arthrite 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!](#)



MONTEREGIE WEST COMMUNITY NETWORK

Do you know anyone who lives in the Montérégie West? Perhaps seeking recreation and community?

If you don't already know, MWCN is a non-profit who provide information and recourses to enhance access to health and social services. They hold workshops, events, education, recreation, employability, inter-generational support and more.

To visit their website for more information, click [HERE](#).



SERVICES FOR HEALTHY AGING IN THE RIGHT PLACE

You are invited to the upcoming March 19th, 2025, SHARP session entitled "Navigating rent increases, lease renewals, and repossession: insights for tenants".

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

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Canada

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Québec



CHSSN