

# Down Home News



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



Canadian Heritage



Health Canada

September 2023

## Health, Well-Being & Empowerment

6-part series by Jo Visser "Vibrant at Any Age"

Dates: Tuesdays September 12, 19, 26, October 3, 24, 2023

Time: 1:00 - 3:00 p.m.

&

Date: Tuesday October 31, 2023

Time: 10:00 a.m. - 12:00 followed by lunch

Place: MCDC Conference Room

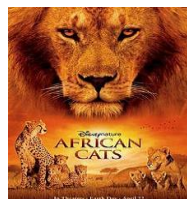
Please register with Jo Visser [jovissercoach@gmail.com](mailto:jovissercoach@gmail.com) / **418-334-8177**



## Health activity & capsules

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

### Movie: Documentary "African Cats"



Date: Wed Sept 6, 2023

Time: 1:30 – 3:30 p.m.

Place: MCDC

Please call or email Jennifer

[info@mcddc.info](mailto:info@mcddc.info)

### Zoo Therapy + lunch



Date: Wed Sept 13, 2023

Time: 10:00 a.m. - noon

Place: Kinnear's Mills Old School

Please call or email Jennifer

[info@mcddc.info](mailto:info@mcddc.info)

### SHARP Videoconference

"Thinking about your cognitive health -resources for people living with dementia"

Date: Wed Sept 20, 2023

Time: 10:00 a.m. – 11:30 a.m.

Place: MCDC or via ZOOM

Coffee & muffins

Please call or email Laurie

[health@mcddc.info](mailto:health@mcddc.info)

Coming soon!

### Yoga and Mindfulness 8-week series

DATES: Mondays Oct 2, 16, 23, 30  
Nov 6, 13, 20, 27, 2023

TIME: 10:00 a.m. followed by lunch

PLACE: Kinnear's Mills Municipal Hall

Please call or email Laurie

[health@mcddc.info](mailto:health@mcddc.info)

### MCDC BOOK CLUB



Regular monthly meetings are held via ZOOM. There are new and popular books to pick from. Read at your own pace.

Date: Friday Sept 8, 2023

Time: 10:00 a.m.

Place: First meeting is at MCDC.

Afterwards it will be via ZOOM.

Please call or email Jennifer

[info@mcddc.info](mailto:info@mcddc.info)



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# What's happening?

## MEGANTIC COUNTY FOUNDATION (MCF) Bursary Recipient



MCF is pleased to announce their 2023-24 \$1000 bursary recipient from the Sec 5 graduating class of ASJ High School: **Kevin Monaghan** will be completing the welding program at CFP Tremplin in Thetford Mines. Congratulations to you and continued success!!



## The Secret Life of Pets

#2



**Date:** Wed Sept 20, 2023

**Time:** 1:30 p.m.

**Place:** MCDC

Please call or email Jennifer  
info@mcdc.info

## APPLE PICKING



**DATE:** Wed Sept 27, 2023

**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 call or email Jennifer  
info@mcdc.info

## School News



- Welcome to new staff members: Elizabeth Brazeau-Lalonde, Laurence Leclerc; Mandy Lachance, Marie-Éve Genest, Marie-Pier Bourgeois, Jason Poulin Gosselin, Daphnée Morin. Wishing you all a good academic year.
- August 31: 1st day of school.

**WELCOME BACK EVERYONE!!**

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

- Sept 4: NO DROP IN
- Sept 11: MCDC
- Sept 18: Kinnear's Mills Municipal Hall
- Sept 25: Inverness IOOF Hall

Everyone is welcome. Bring your favourite game.

**T : 418 332.3851**

**Sans frais : 1 877 332.3851**



## Milestones

- Our condolences to Roger, Tammy, & Jackie Allan and their families on the passing of their father Eric Allan on August 4, 2023.
- Happy Birthday to Lorraine Learmonth and Hartley Aulis as well as to everyone else who will be celebrating their special day in September.

## Sunday Services

### K.I.T. PASTORAL:

- Sunday, **Sept 3**, NO SERVICES
- Sunday, **Sept 10**, 10:30 a.m. Gamache et Nadeau Chapel, Thetford.
- Sunday, **Sept 17**, 10:30 a.m. Candlish Church, Kinnear's Mills.
- Sunday, **Sept 24**, 10:30 a.m. St. Andrew's Inverness.

### ANGLICAN SERVICE:

Sunday, Sept 24, 2:00 p.m. Gamache et Nadeau Chapel, Thetford.

*Congratulations to Carole Lehoux for receiving honourable mention in the Poetry Contest held by the Morrin Centre earlier this spring.*

### Blizzard - By Carole Lehoux

Mid-January morning, it rages  
in from the north-east  
and like a thousand monsters,  
it bellows outside my door. The house  
hisses and cracks at each of its roars. Trees groan, whirl  
bow under its relentless whip. Windowpanes  
fill with its icy spit. An implacable god  
has unleashed its wrath upon  
my day, threatening  
to bury me in  
its way.

## MCDC IS CLOSED ON:

- Monday September 4, 2023 (Labour day)
- Tuesday September 5, 2023 (Staff training)
- Friday September 29, 2023 (National Day for Truth and 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](mailto:communications@mcdc.info)