

Down Home News



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



Canadian Heritage



Health Canada

OCTOBER 2022

2022 Thanksgiving Luncheon



Tuesday, October 11, 2022
Odd Fellows Hall in Inverness
12:00 noon

Menu: turkey, vegetables, salads, homemade bread, pumpkin pie

Limited seating

Deadline October 6th to reserve with MCDC

418-332-3851

\$15



Health activity & capsules

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

Healthy After 50

Exercises with **Andréanne Raby**,
Kinesiologist,
followed by brain games and lunch

DATE: **Tues Oct 18, 2022**
TIME: 10:00 a.m.
PLACE: IOOF Hall Inverness

Please register with Laurie at
health@mcddc.info

CHEP - Videoconference "Incontinence and Pelvic Floor Rehabilitation"

Presented by **Chantal Dumoulin**, University
Institute of Geriatrics of Montreal
Tips and exercises are geared for
women and men

DATE: **Wed Oct 19, 2022**
TIME: 9:30 a.m. (coffee & muffins)
PLACE: MCDC & via ZOOM

Please register with Laurie at
health@mcddc.info

Cooking Class Make "Healthy Energy Balls"

Hands on cooking workshop
followed by lunch

DATE: **Wed Oct 5, 2022**
TIME: 10:00 a.m.
PLACE: IOOF Hall Inverness

Please register with Jennifer
info@mcddc.info

ANNUAL SCHOOL CRAFT SALE



SUNDAY OCTOBER 16, 2022
10:00 a.m. - 3:00 p.m.

- \$15/table and \$5 for any additional tables
- Door prizes
- Food & beverages served



Sign up to reserve your table:
Elizabeth Grondin 418-335-9324
David Piperno 450-512-9570

Drop-In

1:30 - 3:30 p.m.

- Monday, Oct 3: Kinnear's Mills Municipal Hall
- Monday, Oct 10: No Drop-In
- Monday, Oct 17: DROP-IN, FOLLOWED BY A COMMUNITY SUPPER - all to be held at l'Eglise du Bon Berger, 18 Chemin du Mont Granit, TM
- Monday, Oct 24: Inverness
- Monday, Oct 31: Kinnear's Mills Municipal Hall

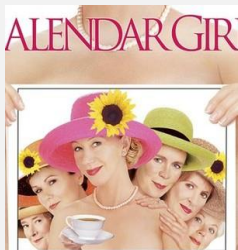


T : 418 332.3851 | Sans frais : 1 877 332.3851
www.mcddc.info

**MEGANTIC
ENGLISH-SPEAKING**
COMMUNITY DEVELOPMENT CORPORATION

What's happening?

Movie Matinee



CALENDAR GIRLS

DATE: **Wed Oct 12, 2022**
TIME: 1:30 p.m.
PLACE: MCDC

A prim and proper ladies club decide to spice up their annual calendar to raise funds for a charity by posing in the nude!

Halloween Matinee



MOVIE TO BE DETERMINED.
DATE: **Wed Oct 26, 2022**
TIME: 1:30 p.m.
PLACE: MCDC
Please call MCDC/Jennifer to register

T : 418 332.3851
Toll free : 1 877 332.3851

YOGA & MINDFULNESS SESSIONS

Sessions led by Charlie Maud
Gingras & Megann Baril

DATES: **Monday Oct 3, 2022**
PLACE: Old School, KM

DATES: **Monday Oct 17, 24, 31, 2022**
PLACE: Municipal Hall, KM
TIME: 10:00 a.m. (lunch to follow)

Please register with Laurie at
health@mcddc.info

EATING WELL AND SAVING MONEY with Holly Laroche

Learn how/what to cook to feed 1 or 2 people. Quick and easy. Friendly cooking ideas.

DATE: Wed Oct 26, 2022
TIME: 10:00 a.m. - 1:00 p.m.
PLACE: IOOF Hall, Inverness

Please register with Holly at
volunteer@mcddc.info

Church Services

K.I.T. Pastoral Charge:

- Oct 2, 10:30 a.m. with communion, St. Andrew's Church, Inverness.
- Oct 9, 10:30 a.m. Thanksgiving theme, Candlish, Kinnear's Mills.
- Oct 16, 10:30 a.m. Gamache & Nadeau chapel.
- Oct. 23, 10:30 a.m. Candlish, Kinnear's Mills.
- Oct 30, 10:30 a.m. Reformation, St. Andrew's Church, Inverness.

Anglican Services:

- Oct 23, 2 p.m. Gamache & Nadeau chapel.
- Oct 9 & 23, 11 a.m. Church of the Ascension.

Milestones

- Happy Birthday to Ross Davidson, Lisa Dempsey, Edna Stewart, Peter Whitcomb, Pat Fowler as well as to everyone else who will be celebrating their special day in October.
- Get well wishes going out to Vic Lowry.

School News

Various workshops:



- ✓ Oct 7: Grades 5,6 "Making the right choices"
- ✓ Oct 7: Grade 4 "Impact of violence"
- ✓ Oct 14: Grades 5,6, & Sec 1 "Intimidation" & "The Law & youth"
- ✓ Oct 18: Sec 2 "Beyond the screens"
- ✓ Oct 18: Sec 4 & 5, "Gambling"
- ✓ Oct 18: K-4 & K-5 Intergenerational Reading - with James Barber
- ✓ Oct 28: Grade 5 "Be careful what you say"
- ✓ Oct 28: Sec 3 "Watch what you say and do"

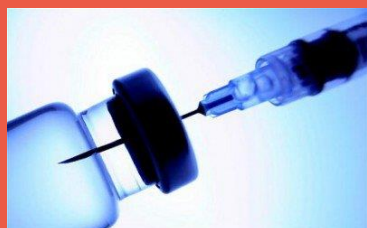


educaloi.qc.ca
The law explained in one place

Things to know about signing a lease

Signing a housing lease is signing a contract with rights and obligations. Check out these topics in detail on the educaloi.qc.ca website:

1. Signing a lease is possible when you are a minor.
2. Find out about the rules for paying rent
3. Find out about your obligations
4. Have an animal in the accommodation? Yes, but....
5. Break the lease: under certain conditions only.



Stay tuned for information about the influenza flu vaccine campaign for Autumn 2022, available soon.

If you need help to book your latest covid-19 booster vaccine, please contact Laurie at health@mcddc.info.

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 info@mcddc.info