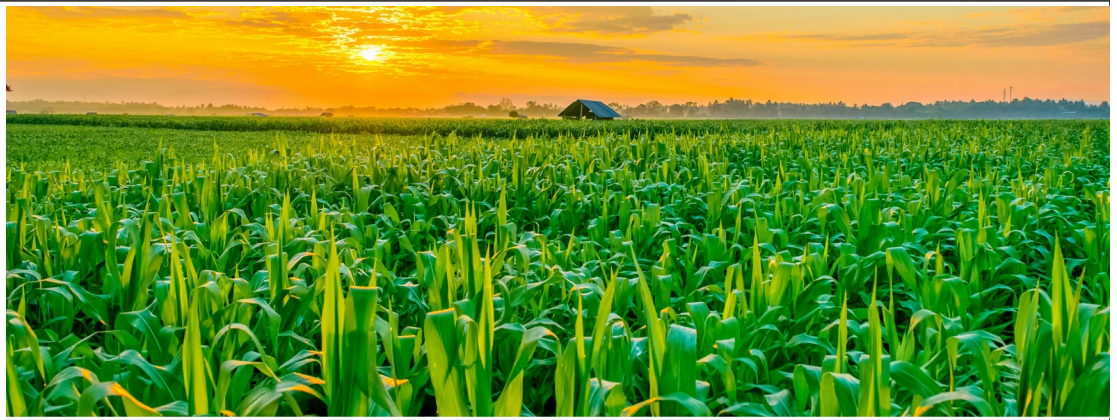




ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



Inside This Issue

Haut-Richelieu-Rouville	2
Candiac Corner	3
Youth Employment	4
Job Posting	5
Activity Calendar	6
Partner Testimonials	9/10
New Board of Directors	10
Health Awareness Days	11
Volunteer Opportunities	11
This Day in History	11
Community Activities	12
Puzzle Page	13

Don't forget to check our activity calendar!

Information source for the South Shore English-speaking community

THE ADVISOR

“All the months are crude experiments, out of which the perfect September is made.” *Virginia Woolf*

It’s been a wonderful summer and now that it’s September, we’re back to a regular schedule, with lots of activities and more coming later this fall.

First, we would like to welcome **Marianne Jadah** in her role as the new Office and Program Coordinator. She has lived on the South Shore for 20 years, and is very excited to work with our community, lending a helping hand wherever possible. You will see her on Zoom, hosting our online activities or at the Wellness Centres.



October 1 is National Senior's Day. At ARC we will be celebrating at our three locations in Greenfield Park, St-Jean/Chambly and Candiac on Wednesday, September 29. Stay tuned for email updates and social media posts.

We’ve had a few changes to our Activity Calendar. Check out page 6 for more details.

- **Line Dancing** is now on Tuesday morning from 10:30 to noon
- The **Colour Café** is now on Wednesday afternoon from 2:00 to 3:30
- **Yoga** is now on Thursday afternoon from 2:00 to 3:00

For our two in-person activities, in compliance with the guidelines from the Ministry of Health, we will be asking that all participants show proof of vaccination upon arrival at the activity. Please remember to either download the app for Apple or Android and scan your barcode, or bring the document you received after your second vaccine.

- Download the **Vaxicode** app for either [Apple](#) and [Android](#) devices
- To [download your electronic proof](#) of vaccination

*If you have been forwarded this newsletter and wish to **subscribe**, [send us an email](#).*

What's happening in Haut-Richelieu Rouville



Activity in Haut-Richelieu-Rouville

The city of Saint-Jean-sur-Richelieu has released their listing of activities for the fall including courses for children like cartoon art, for families such as family badminton and for adults such as fitness and Spanish classes. Online registration for residents starts August 31 for fitness activities, for all other activities on September 1 and for non-residents on September 8. Whether a resident or not, it is necessary to obtain a citizen's card and it is also possible to qualify for financial assistance through the Acces Loisirs program. To search for activities available and find information about obtaining a citizen card, visit loisirs.sjsr.ca/LudikIC2Prod_EnLigne/Pages/Anonyme/Recherche/Page.fr.aspx?m=1.

To find out if you qualify for the Acces Loisirs program to get financial help, visit accesloisirsquebec.com.

In July, ARC was pleased to be able to highlight our past meal initiative partnership with **L'Entraide Plus**, a community organization offering meals and support for caregivers, by presenting them with **Essential Worker Recognition Medals** from the Royal Canadian Mint. (Pictured: Maguette Ndoye, administrative assistant of *Entraide Plus* with her medal)



L'Entraide Plus, a community organization offering meals and support for caregivers, has recently launched the results of a new project "Les Gardiens de la Memoire" in which their members, who are seniors, shared stories and wisdom of the past. The team of L'Entraide Plus saw this as a way to honour elders who are too frequently set aside or isolated from society especially during the time of COVID. As a result, they have recently published volume one of these precious memories available for \$14.95 at their offices or at "Librarie Liraco" at Place Chambly, 1255 Perigny Boul. If you are interested in obtaining a copy, please go to entraide-plus.org/activites-2/#NOS-ACTIVITES.

The police of Saint-Jean-sur-Richelieu recently announced the **creation of a neutral zone** where people can meet others to conduct buying and selling transactions (such as what

happens through Facebook Marketplace) in a secure place. The police service created three clearly marked spaces beside the police station where transactions can take place safely. These spaces are under constant video surveillance and also have access to a secure internet connection.

Coming Up

Mother Goose will be starting up again in Saint-Jean-sur-Richelieu on Wednesday mornings starting on September 29. To register, email lhewitt.clc@gmail.com or for more information contact Lynn at 450-357-0386.

Also, watch for us at the **Fete des Recoltes** in Venise where we will be giving away free books and providing information about Mother Goose and ARC.

The Wellness Centre activities at St. Stephen's with St. James Anglican Church will resume on Wednesdays, September 8, 15 and 29. Please register at 450-357-0386 or stjean@arc-hss.ca. The activity on September 29 will be replaced by a **National Seniors Day** event. More details to follow in the next few weeks.

In Venise-en-Quebec, along beautiful Lake Champlain, the **Fete des Recoltes** will take place on September 4. This will be a fun activity for the whole family with artists of various types assembled under a tent in the Parc de la Culture, art appreciation at the Galerie du Lac, a chance to sample goodies made by local producers at the market, and entertainment taking place throughout the village. Admission is free. Things get under way at 10:00 a.m. Parking can be found at different locales but you can start out at Tourism Venise-en-Quebec at 243, 14th Avenue West in Venise.

Again, in Venise-en-Quebec, the **Lake Champlain Cycling Day** will take place on September 25 for routes of 25 km to 110 km depending on the choice of the participant. Early registration is only \$50.00, which includes rest stop refreshments and a cold lunch. For more information and to register visit the website of Circuit Cycliste du Lac Champlain at cclacc.ca/en.

Lynn Osborne is our Community Outreach Coordinator in Haut-Richelieu-Rouville. She can be reached at (450) 357-0386 or stjean@arc-hss.ca.



The Candiac Corner

Candiac in Bloom - Unveiling the winners

The judges of the beautification committee, who criss-crossed the various sectors of the city, have determined the 17 winners of the 2021 edition of the Candiac en fleurs contest.

Check out the results: bit.ly/3kWzXe5

Instagram – Capsule Naturellement Utile

Join Candiac Ma Ville on Instagram and every Monday discover the *Naturally Useful* capsule. You will learn a range of information about the plants and shrubs found on the territory of Candiac. Their roles may surprise you!

Click here to subscribe: bit.ly/3Aqr6WK

Library Portal is Back

Good news! The library portal is up and running. Citizens can now start using it again to access their records, conduct research, borrow digital books, reserve materials and more. Click here to navigate the portal:

www.biblio.ville.candiac.qc.ca

Many Activities have Resumed

Want to get back in shape, join in on the fun! Follow the activities in the Candiac calendar, here's the link:

candiac.ca/evenements

Fall Exhibition “Multicity in Constant Evolution”

Admire a collection of oil paintings by local artist, Lyne Gendron. Starting September 12. Free for all!

To visit the Fondation Hélène-Sentenno Facebook page:

www.facebook.com/Fondationhelenesentenne

The First Micro-Library in Candiac

A micro-library has just been created at André-J.-Côté Park! This new urban furniture is a small self-service library. The

concept is simple: take, read and exchange. Stop by during your next walk to discover it.

For all the details: bit.ly/3x8nbfh

Kateri Puzzle until September 7

Six cities in the Roussillon region have joined forces to offer you the Kateri Puzzle! On foot or by bike, travel through the cities of Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant and Saint-Philippe in search of the 24 puzzle pieces. Participants have a chance to win a grand prize worth \$1,500.

For all the details and to take part in the activity:

www.cassetetekateri.com

Candiac Wednesday Group

The season with the CWG normally starts on the first Wednesday after Labour Day, so they are meeting outdoors on Wednesday, September 8 at 10:00 a.m. at Parc André-J.-Côté (formerly known as the Promenade). It will be a bring-your-own-chair event. Like last fall, in the area beside the Maison Hélène-Sentenno—formerly known as the Maison Melançon or the “creepy abandoned house” from when we were all kids! A big bottle of hand sanitizer will be available. As well as your chair, please make sure to have a mask to wear in case you are too close to other people. Feel free to bring your own coffee and snacks. Obviously, this is a weather-permitting event only, so make sure to keep an eye on the weather.

Sandra Vocino is our Community Outreach Coordinator in Candiac. She can be reached at (438) 455-2747 or candiac@arc-hss.ca.

YOUTH EMPLOYMENT

Labour Day, the first Monday in September, has been a statutory holiday in Canada since 1894! Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation and eight hours for rest. Today, the labour market has changed, with a large shift towards the service industry and many aspects of working conditions have also improved. Approximately 34% of all workers in Canada are young (aged between 15-34). Often young people think that getting a job is only a way to earn money and pay bills, but having a job not only allows you to earn money, it also:

- Promotes independence and personal achievement
- Improves self-esteem by giving you a purpose
- Teaches new skills and helps you grow as a person

Relationship between unemployment and well-being of youth

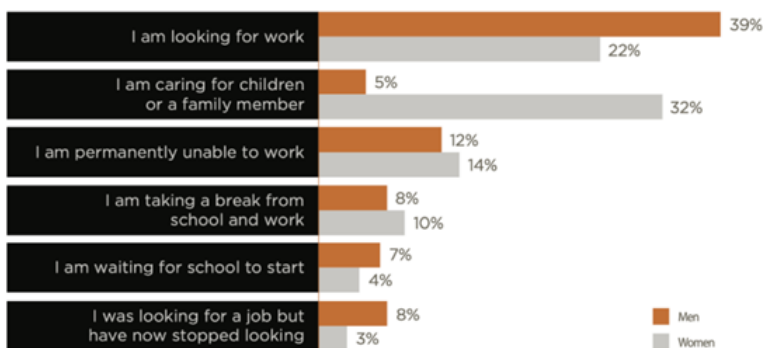
11.1% of Canadian Youth are not in employment, education or training (NEET). Studies done by a national youth screening project network has shown that disengagement from employment, education and training can lead to an increase in substance use, crime or violence, with additional areas of concern among young men.

As a matter of fact, Young NEET are:

- 16.1% less likely to be in excellent physical health
- 8.2% less likely have an excellent mental health than their Canadian Youth peers
- An anxiety disorder is 9.6% more likely to affect NEET youth as well as a 9.3% more likelihood of a mood disorder



Figure 2. Men and women tend to have different reasons for being NEET
Main activity while not in employment, education, or training by gender (% of respondents)



Source: Finding their path: What youth NEET WANT Labour Market Information Council.

Understanding why Young NEET are struggling

- 27% need more work experience
- 22% are battling mental health issues
- 21% are not finding decent jobs in their area
- 20% haven't decided what to do
- 17% have been caring for a loved one

Ameer Al-Shammaa is our Youth Program Coordinator in Greenfield Park. He can be reached at (514) 712-6575 or youth@arc-hss.ca.

Social Worker to Facilitate Workshops **wanted!**

ARC is looking for a qualified Social Worker, active or retired, who would be interested in offering one workshop on five different occasions on grieving as part of the ReCharge training and also facilitate the caregiver's support group twice per month in different locations of the Montérégie-Centre, either virtually or in-person.

The mandate is to provide a workshop on grieving five times per year, either in-person or online, as part of ReCharge - Workshop for Caregiver's Program, and to lead a monthly caregiver's support group in two different locations.

Currently, both the grieving workshop and the support group are given by zoom due to health regulations.

**For a full description of the
position, please click the button
below**

CLICK HERE



www.arc-hss.ca

514-605-9500



Activity Calendar

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

September 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For information or to register, please contact our Administrative Assistant at: info@arc-hss.ca or call: 514-951-9711</p> <p><i>These activities are made possible thanks to our funders:</i></p> <p><i>Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Monteregie, Dialogue McGill and Bright Beginnings.</i></p>			1	2	3	4
5	6 Labour Day! Fete du travail!	7 Jerry's Line Dancing via Zoom 10:30am-12:00 pm Afternoon-Social in-person @ GPK Legion 1:30-3:30 pm	8 Wellness Centre in-person @ Chambly 1:30-3:30 pm Addie's Colour Café 2:00-3:30 pm	9 Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00 to 4:00 pm	10	11
12	13 Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	14 Jerry's Line Dancing via Zoom 10:30am-12:00 pm Afternoon-Social in-person @ GPK Legion 1:30-3:30 pm	15 <i>Medical Emergencies in Seniors</i> CHEP Videoconference 10:00-11:30 am Wellness Centre in-person @ Chambly 1:30-3:30 pm Cooking Life Skill Class (Our Harbour) @ Senior's Respite Center 1:00-4:00pm	16 Linda's Gentle Yoga via Zoom 2:00-3:00 pm	17	18
19	20 Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	21 Jerry's Line Dancing via Zoom 10:30am-12:00 pm Afternoon-Social in-person @ GPK Legion 1:30-3:30 pm	22 Wellness Centre in-person @ Chambly 1:30-3:30 pm Addie's Colour Café 2:00-3:30 pm	23 Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00 to 4:00 pm	24	25
26	27 Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	28 Jerry's Line Dancing via Zoom 10:30am-12:00 pm Afternoon-Social in-person @ GPK Legion 1:30-3:30 pm	29 National Senior Day Celebration in Greenfield Park, St Jean and Candiac. Updates by email and on social media!	30 Linda's Gentle Yoga via Zoom 2:00-3:00 pm Conversation and Games CHSLD Champlain 2:00 to 3:00 pm		

ARC Activities This Month




COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

Medical Emergencies in Seniors

with return presenter Jennifer Hobbs-Robert,
M.ScA, BCN, CNEd, Senior Advisor - JHCP

Knowledge is power, and the more we know, the quicker and better we can act. Join us to learn about the most common medical emergencies that seniors and caregivers may face and how to handle them.

WEDNESDAY, September 15
10:00 - 11:30 a.m. via ZOOM
Details on how to register will be emailed soon



A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023



AFTERNOON SOCIAL

Tuesdays from 1:30 to 3:30 p.m.
in partnership with the
Greenfield Park Legion
(September 7, 14, 21, 28)

ARC will be providing coffee & cake



CHAT
PLAY
SNACK

This activity will be taking place in person, following Government health guidelines. Please wear a mask and respect social distancing.

For details: 514-605-9500
gpk@arc-hss.ca

This initiative is made possible with funding from Health Canada through CHSSN





VIRTUAL COLOUR CAFE

Wednesday
September 8 + 22
2:00 to 3:30 p.m.

To register: 514-951-9711
info@arc-hss.ca



This initiative is made possible with funding from Canadian Heritage







VIRTUAL DRAWING WITH ILANA

MONDAYS
2:00-3:30 P.M.



SEPTEMBER
13, 20, 27

TO REGISTER:
514-951-9711
OR
INFO@ARC-HSS.CA

DRAWINGS BY JOYCE AND SHIRLEY

THIS INITIATIVE IS MADE POSSIBLE WITH FUNDING FROM HEALTH CANADA THROUGH CHSSN


LINE DANCING with Gerry

BY ZOOM ON TUESDAYS
10:30 A.M. TO 12:00 P.M.
SEPTEMBER 7, 14, 21, 28

To Register: 514-951-9711
info@arc-hss.ca

Disclaimer: ARC offers this program to the general public with the understanding that participants assume all risk of personal injury and agree to release and discharge ARC from any and all claims or causes of action.

This initiative is made possible with funding from Health Canada through CHSSN




Gentle Yoga with Linda

Join us on Thursdays
2:00-3:00 p.m.
(September 9, 16, 23, 30)



To register:
info@arc-hss.ca
514-951-9711

Disclaimer: ARC offers this program to the general public with the understanding that participants assume all risk of personal injury and agree to release and discharge ARC from any and all claims or causes of action.

This initiative is made possible with funding from Health Canada through CHSSN








ReCharge

Workshops for Caregivers

DATES
AVAILABLE

FOR THE

fall season



Starting in October



- Each Wednesday from Oct. 6th to Nov. 17th
- From 6:00 pm to 8:00 pm
- By zoom
- Free of charge

Starting in November



- Each Monday from Nov. 1st to Dec. 13th
- From 6:00 pm to 8:00 pm
- By zoom
- Free of charge

For more information please call or email:
514-608-9600
caregivers@arc-hss.ca

L'APPUÏ POUR LES PROCHES AIDANTS D'AINÉS
MONTÉRÉGIE



The Assistance and Referral Centre (ARC) Much greater than the sum of its parts!



Dolly Shinhat, Director General, Our Harbour

From the moment I first walked up the stairs to enter ARC's offices, several years ago, I felt welcomed and embraced by the warm atmosphere of community, and the smell of hazelnut coffee!

ARC's mission of "empowering people to access health and social services information, resources, programs, and activities in English on the South Shore to promote well-being," is just part of what ARC does. For community organizations, ARC is a source of information and resources of all kinds. The ARC team is a sounding board for ideas and inspiration, is proactive and generous with their time. ARC brings together a committed network of partners that are active and deeply involved in the community. With funding ever top of mind for all community organizations, ARC shares funding and partnership opportunities proactively with our entire network. Under the leadership of Chris Lapointe and his growing team, ARC has flourished and so have its partners.

Our Harbour's mission is to provide long-term, caring support and housing for people living with mental illness. As a member of the Regional Health and Social Services Table (RHSSPT), chaired by ARC, Our Harbour has received unre-served support for our mission, programs and the people we serve, in every facet of our operations, from administrative, to programs to direct support for our residents.

Two years ago, ARC provided an English translation of the Quebec government-required policy to prevent psychological and sexual harassment in the workplace. This was incredibly helpful as it assured we were able to provide the policy in English, as well as in French, for our employees, our residents and volunteers. Furthermore, this ensured that all our network organizations shared a consistent trans-

lation and understanding of the policy.

Our Harbour's cooking group has been welcomed in the ARC office kitchens, cooking and sharing meals, having enough for delicious leftovers. Published in 2019, the Our Harbour Cookbook was a project led by Our Harbour volunteers Jody Ceccarelli and Lyn Scott, funded by ARC and included recipes and tips from the Cooking Group. It was a best-seller!

Our Art Studio, also supported financially by ARC, has used space at the ARC office to explore origami, to paint in the style of Van Gogh's Starry Night and lose ourselves in Zen-tangles. There is always coffee (hazelnut!) and treats to share.

Last year, during the first summer of the pandemic, ARC responded to the basic needs of our residents by delivering cooked meals every two weeks. These were distributed to all residents and were especially appreciated by residents who were increasingly anxious about shopping.

The annual fair, Building Community Together, has evolved this year into a series of professionally produced videos, funded by ARC, for each network partner. This adaptation of the usual in-person event is another example of how ARC responds to the changing environment while continuing to respond to the needs of the English language population and the organizations that serve this vibrant community.

I personally, and on behalf of Our Harbour, am very grateful for ARC's active presence and dynamic leadership. Thank you, and bravo!

Look out for the launch of the Virtual Building Community Together video series this fall!

Affordable High-speed Internet for Low Income Seniors and Families

Now more than ever, Canadians need access to reliable Internet, yet many struggle to pay for it. On August 11, the Federal Government announced that through the **Connecting Families** initiative, the Government of Canada is supporting affordable Internet service for those who need it most.

Connecting Families 2.0 is introducing significantly faster speeds and increasing the data usage amount.

Eligible households will receive a letter from the Government of Canada. This letter will contain an access code that is needed to sign up for Connecting Families through a secure online portal. The access code will be valid for the entire duration of the initiative, provided the household continues to be eligible. However, access to the discounted Internet offering or a computer will depend on availability.



New ARC Board for 2021-22

We are pleased to welcome a new board at ARC:

Lorraine Torpy, President

Christine Wright, Vice President

Mike Gareau, Treasurer

John Britton, Secretary

Laurel Hewitt, Board Member

Winsome Wasom, Board Member

Nicole Fortier, Board Member (*not pictured*)

Sharon Meehan, Board Member

Christian Lapointe, Executive Director *ex officio*

Debra Dorey, Staff Representative



A big thank you to these volunteers for their time and dedication to ARC.

Community Partner Testimonials

With ARC's 10th Anniversary Celebration coming up in November, a few of our partners in the English-speaking community have written testimonials about their working relationship with ARC. We have enjoyed a very fruitful partnership with both the South Shore Reading Council and the CISSS de la Montérégie-Centre and thank them for their words of support.



The **South Shore Reading Council** has hugely benefited from our proactive partnership with ARC. ARC has always been at the ready as a funder, a counselor, a promoter and advocate for our organization. A few years ago, when a partner shifted their grant parameters, ARC stepped UP with multi-year Bright Beginnings funding. Our Mother Goose program was given sustained flight! What we appreciate most about ARC is their hands-on approach. Whether it's Debra singing with us, or Chris gettin' on his cowboy and going to Nevada virtually, we always feel they are a phone call/ZOOM link away. We've shared vision, stories, carrot cake and laughter. Happy 10th Anniversary and to many, many more!

The **CISSS de la Montérégie-Centre**, which partially overlaps agglomerations of Longueuil, Rouville, Haut-Richelieu and the Vallée-du-Richelieu, groups together some forty facilities, including Hôpital Charles-Le Moyne, Hôpital du Haut-Richelieu, Institut Nazareth et Louis-Braille, several CHSLDs and CLSCs, GMF-UMFs



(family and emergency medicine clinics), and a birthing centre.

Within the scope of activities designed to promote access to services for the English-speaking community, the CISSS can count on the active involvement and support of various partners, including ARC.

In effect, for the past several years, the CISSS has been working closely with this organization. Among others, it benefits from networking initiatives put forward by ARC, which allow it to establish new links with the English-speaking population and various community organizations and to gather information on the needs of the community.

The CISSS can also count on the support of ARC to organize various activities such as lunch talks, which encourage its employees to learn English, initiatives to recruit bilingual workers and recognition activities such as the S.T.A.R. program. The organization also acts as a consultant on various projects concerning language access led by the CISSS.

Over time, this partnership contributes improving the response to the needs of the English-speaking community in the Montérégie.

HEALTH AWARENESS DAYS

For National Holiday enthusiasts, this is what September has to offer:

- Arthritis Awareness Month
- Prostate Cancer Awareness Month
- World Alzheimer's Month
- Sickle Cell Awareness Month
- Ovarian Cancer Awareness Month

Here are some of the other interesting and unusual observance days throughout the month of September.

September 4 – **Eat an extra dessert day!** So, top up that bowl or grab a second one because today is the day you can eat an extra dessert and not feel the least bit guilty about it.

September 13 – **Positive Thinking Day!** No matter how your day is shaping up you just need to incorporate one positive thought to make it a good one. If you are feeling ambitious start the day with one and keep adding them in the entire day.

September 14 – **Hug Your Hound Day!** No more to say on this one other than COUNT ME IN!!!!

September 26 - **Love Note Day!** A perfect day to leave a little love note for that special someone. It can be anyone special not just a spouse. Let the people you care about know by sending a simple note.

ARC is Seeking Volunteers

Are you creative and energetic! ARC is looking for a volunteer to facilitate our weekly drop-in **social interactive activity** every Tuesday between 1:30 and 3:30. This weekly event has all kinds of fun activities including trivia, games and bingo. A fun place to get together to break isolation and laugh, chat and grab a coffee.

ARC is getting ready to host a monthly **French Conversation Club** coming this fall and is looking for a volunteer to facilitate this activity. All you need to do is give the group the freedom to practice day-to-day French in a friendly, relaxed, unstructured and judgment-free environment. This activity will give some the opportunity learn a new language or just brush up on their existing skills. This will be a very informal French Conversation Class but will allow the participants to learn some of the finer points of the French language.

Fiona Thain is the Community Outreach Coordinator in Greenfield Park. If either of these volunteer activities sound like fun to you, please get in touch with her at gpk@arc-hss.ca or call (514) 605-9500.

On This Day in History September 28

September 28, 1972 – The day a hockey game gave the nation a thrill of a lifetime!

Just in case you missed it, back on September 28, 1972, all of Canada was glued to their TVs watching what some have called the greatest day in Canadian history. OK, well for some that is debatable but for now and the sake of this “day in history segment” we will just go with it. It was the final game of the 1972 Summit Series, Canada vs. Russia. Eight Games in total with the first four played in Canada and the final four in Russia. The series was tied 3-3-1 and during the third period of game 8, Canada tries to overcome a two-goal lead by the Soviets after two periods. The Canadians managed to score two goals to tie it up and during the last 34 seconds Paul Henderson scored the final goal leading the Canadians to victory! To this day, it is still referred to as “the goal heard around the world”.



discover community activities for all

We're All In This Together is a one-of-a-kind web series that has been designed by seniors, especially for seniors. Each bi-

weekly episode is directed by Montreal-based, award-winning filmmaker Bobbi Jo Hart and features entertainment, activities and conversations designed to connect with those in need of support and empathy... with a gentle reminder that we are, indeed, all in this to-



gether. Episodes released so far can easily be found on [YouTube](#) (Search key words "We're All In This Together Senior Web Series") and [Facebook](#) (Search "WereAllInThisTogetherQuebec"), and are available for anyone to enjoy. Here are a couple of episodes to view:

Urban Art with Jamie

Have you ever wondered who creates those colourful, evocative murals on building walls, in alleys or even on barns in the countryside? Art educator Jamie Janx Johnston invites us into the fascinating world of urban art, inviting all of us to "look up" and appreciate this evolving art form that brings so much colour and joy to our communities!

Tango Dancing with Mireille & Friends!

From the origins of tango culture and health benefits to the rhythmic walking of a social Milonga, tango dancing instructor Mireille Painchaud demystifies the intriguing world of tango. She also gives us a window into her private lesson with Anne and Neal, who share a heartwarming love story how tango transformed their relationship and brings great joy to their daily lives!

You can find both episodes here: www.youtube.com/WereAllInThisTogether

Old Saint-Lambert Farmers' Market 2021 – Every Thursday from 3:00 to 7:00 p.m. on Hooper St.

Organic products, vegetables, fruits, nuts, olives, jams, wine, meat and more! The Old Saint-Lambert farmers' market is a weekly gathering of citizens and local farmers offering fresh

produce from environmentally responsible "full-circuit" farming operations and the perfect place to stock up on fresh produce! Come treat yourself, your family and neighbours. For more information, visit [Old Saint-Lambert farmers' market](#) Facebook page or write to them at marchefermiervstlambert@gmail.com.

Phoenix Projects Anniversary Party and Open House

To celebrate one year in operation, Phoenix will be holding an anniversary party and open house on September 22 from 5:30 to 7:00 at 83 Churchill Blvd, in Greenfield Park. Come and learn more about their Kids' Club, Community Lunch, Art Hive and more! For details, visit www.phoenixprograms.ca or email Jess at dir.phoenixprojects@gmail.com.

Family Fun Day

Phoenix Projects will be hosting a Family Fun Day on Sunday, September 26 from 1:00 to 3:00 p.m. Food, fun, games, crafts! For details, visit www.phoenixprograms.ca or email Jess at dir.phoenixprojects@gmail.com.

Alpha Course

Alpha explores questions about LIFE, FAITH, and GOD in a friendly, open, informal environment that includes free food, talk around film series, and discussions. The Alpha course, which is for everyone, is on September 14 at 6:00 p.m. at the Virgin Mary Coptic Orthodox Church located at 6100 Grande Allée, St Hubert. For more information, you may contact Talaat Atalla at (514) 865-3473 or by email to talaat.atalla@gmail.com, so they can send you the google form for registration. Visit alphacanada.org to discover the beauty of the course.

South Shore Retired Educators (SSRE)

This is for anyone who has worked in elementary and high school education as a teacher, support staff, administrator, school board personnel or those who have worked with students or staff. Next meeting dates are Sept. 23, Nov. 18, Dec. 9 from 1:00 pm to 3:00 pm and are currently being held on Zoom because of COVID-19 restrictions. There is a nominal annual fee. For more information: southshorere-tirededucators@gmail.com

PUZZLE PAGE

GIVE ME A WORD THAT...

You can make this into an especially challenging brain exercise if you answer each question completely within one minute

1. Give me eight words that ... rhyme with sleep

2. Give me four words that ... mean angry

3. Give me three words that ... contain the letter J, but NOT in the first position.

1. Bleep, Bleep, Cheep, Creep, Deep, Heap, Keep, Peep, Sheep, Steep, Sweep, Weep.
2. Enraged, Furious, Incensed, Inflamed, Irrate, Livid, Mad, Outraged, Raging, Riled.
3. Adjective, Adjoin, Adjust, Ajar, Banjo, Cajole, Elect, Injury, Major, Object, Pyamas, Project, Refoize, Subject.

FILL IN THE LETTERS

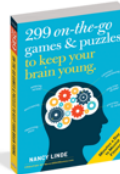
Fill in the blank spaces with letters to make common English words. (No proper nouns are allowed.) For example, the clue at yields twelve answers: Bat, Cat, Eat, Fat, Hat, Mat, Oat, Pat, Rat, Sat, Tat, Vat,

Note: The number in parentheses indicates how many common English words we found. For a better cognitive workout, put a one-minute timer on each puzzle below.

1. UT (21)

2. KER (14)

1. NOTE: Other correct answers are possible.
2. Auto, Buts, But, Cuts, Duty, Guts, Huts, Jute, Lute, Mure, Nut, Nuts, Oats, Puts, Ruts, Tuts, Tutu.
3. Asker, Baker, Biker, Faker, Hiker, Inker, Joker, Liker, Maker, Piker, Poker, Raker, Taker, Waker.



Excerpted from 299 On-the-Go Games & Puzzles to Keep Your Brain Young: Minutes a Day to Mental Fitness by Nancy Linde. Workman © 2019

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Greenfield Park

106 Churchill Blvd., 2nd Floor
Greenfield Park J4V 2L9
Tel: (514) 605-9500
info@arc-hss.ca

Candiac

9 Montcalm Blvd., #512
Candiac J5R 3L4
Tel: (438) 455-2747
candiac@arc-hss.ca

Haut-Richelieu-Rouville

927-B Seminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
stjean@arc-hss.ca

www.arc-hss.ca, info@arc-hss.ca

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