



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



# THE ADVISOR

Information source for the South Shore English-speaking community

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Summer is nearly here and with it comes a host of opportunities to get involved, connect with others and participate in some exciting events!

### Annual General Meeting – June 18

We invite all community members to attend our **Annual General Meeting (AGM)** on **Wednesday, June 18**. This is a key event where we'll review the year's accomplishments, elect board members and discuss the future of our organization. Your presence matters! Please see the official AGM Notice on page 2 and you may [register to attend here](#).

### Community Dinner Dance

We're excited to kick off summer with an unforgettable celebration! Join us for our upcoming tropical-themed **Community Dinner Dance** on Saturday, June 7, where everyone is welcome and the summer spirit shines as brightly as the sun! See page 4 for additional information. To sign up, please [complete the registration form](#) or contact us at (514) 604-9455 or [info@arc-hss.ca](mailto:info@arc-hss.ca).

### New Therapeutic Doodling Activity – June 19 in St-Jean-sur-Richelieu

Unwind and get creative with our brand-new **Therapeutic Doodling** workshop! Whether you're a seasoned artist or just curious, join us on **Thursday, June 19** in St-Jean for this relaxing and inspiring activity. See page 5 for more details and how to register.

### ARC in the Park – Saturday, June 14

Pack your picnic blankets and sunscreen! Join us for **ARC in the Park** on **Saturday, June 14** in St-Jean-sur-Richelieu — a family-friendly outdoor event full of fun, games and community spirit. See page 5 for more details and how to register. Don't miss it!

### Employment Workshop Series – June 3 and 17

Looking for a job or a career change? Get support at our **Employment Workshops** happening on **Tuesday, June 3** and **Tuesday, June 17** in Greenfield Park. Book your spot early — space is limited. See page 7 for more details.

### Community Survey (employment initiatives)

As part of our ongoing efforts to enhance our employment workshops, we invite you to participate in a brief survey. Your feedback is valuable in helping us tailor our resources to better support the community. [Participate in the survey here](#).

We hope to see many of you at these events this month!

**ANNUAL GENERAL MEETING**

June 18, 2025  
1:30 - 3:00 p.m.

At our AGM, members will have the opportunity to:

- ✓ Receive the 2024-2025 Annual Report
- ✓ Review auditor's report & financial statements, and 2025-2026 provisional budget
- ✓ Elect members to the Board of Directors
- ✓ Appoint auditors

(514) 604-9455

[info@arc-hss.ca](mailto:info@arc-hss.ca)

[www.arc-hss.ca/agm2025](http://www.arc-hss.ca/agm2025)

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AGM will be held at:  
Cynthia-Coull Arena  
195 Empire Street, GPK

## NOTICE OF 2025 ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting (AGM) of the Assistance and Referral Centre (ARC) will be held on Wednesday, June 18, 2025 from 1:30 to 3:00 p.m.

For the purpose of:

- receiving and considering the 2024-2025 annual report;
- reviewing the auditor's report & financial statements, and 2025-2026 provisional budget;
- electing members to the Board of Directors;
- appointing auditors;
- and other business as may properly come before the meeting.

Location: Cynthia-Coull Arena  
195 Empire Street  
Greenfield Park

Register: W: [www.arc-hss.ca/agm2025](http://www.arc-hss.ca/agm2025)  
E: [info@arc-hss.ca](mailto:info@arc-hss.ca), T: (514) 604-9455

On behalf of all the members of ARC's Board of Directors, we thank you in advance for attending.

*Lorraine Torpy*  
President, ARC Board of Directors

*This initiative is funded by*

Canada

Québec

CHSSN  
COMMUNITY HEALTH &  
SOCIAL SERVICES NETWORK  
RÉSEAU COMMUNAUTAIRE DE  
SANTÉ ET DE SERVICES SOCIAUX

RDN  
Regional Development Network  
Réseau de Développement Régional

# June Activity Calendar

For additional information or to register for an activity, please contact

[info@arc-hss.ca](mailto:info@arc-hss.ca) or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 French Conversation Group @ <a href="#">Activity Centre</a> 10:30-11:30 am Rock Painting Workshop @ <a href="#">Activity Centre</a> 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	3 Parent and Child Playtime @ <a href="#">Lacolle</a> 10:00 am-12:00 pm Employment Workshop @ <a href="#">ACCESS</a> 1:30-3:00 pm	4 Caregivers Cafe @ <a href="#">Activity Centre</a> 10:00-11:30 am Seniors Wellness Activity @ <a href="#">Chambly/Activity Centre/Clarenceville</a> 1:30-3:00 pm Affordable baskets @ <a href="#">Activity Centre</a> 3:00-7:00 pm	5 Tai Chi/Qi Gong @ <a href="#">Activity Centre</a> 9:00-10:00 am Walk & Talk @ <a href="#">Activity Centre</a> 10:30-11:30 am Employment Workshop @ <a href="#">Activity Centre</a> 1:00-2:30 pm Parlez-Vous? Let's Chat! 6:30-7:30 pm @ <a href="#">Restaurant</a>	6	7 Dinner Dance @ <a href="#">Legion</a> 4:30-10:00 pm
8	9 French Conversation Group @ <a href="#">Activity Centre</a> 10:30-11:30 am Rock Painting Workshop @ <a href="#">Activity Centre</a> 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	10 Parent and Child Playtime @ <a href="#">Lacolle</a> 10:00 am-12:00 pm Social Cooking Summer BBQ (Private event)	11 Caregivers Cafe @ <a href="#">Activity Centre</a> 10:00-11:30 am Seniors Wellness Activity @ <a href="#">Chambly/Activity Centre/Clarenceville</a> 1:30-3:00 pm	12 Tai Chi/Qi Gong @ <a href="#">Activity Centre</a> 9:00-10:00 am Walk & Talk @ <a href="#">Activity Centre</a> 10:30-11:30 am	13	14 Family Wellness Saturday @ <a href="#">Jean-Paul-Beaulieu Park (St-Jean)</a> 10:00-12:00 pm
15	16 French Conversation Group @ <a href="#">Activity Centre</a> 10:30-11:30 am Rock Painting Workshop @ <a href="#">Activity Centre</a> 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	17 Parent and Child Playtime @ <a href="#">Lacolle</a> 10:00 am-12:00 pm Employment Workshop @ <a href="#">ACCESS</a> 1:30-3:00 pm Book Club @ <a href="#">St-Jean</a> 7:30 pm	18 AGM @ Cynthia-Coull Arena 1:30-3:00 pm Affordable baskets @ <a href="#">Activity Centre</a> 3:00-7:00 pm SHARP: <i>How your pharmacist can help you to age in place</i> via Zoom from 10:00-11:30 am	19 Tai Chi/Qi Gong @ <a href="#">Activity Centre</a> 9:00-10:00 am Therapeutic Doodling Workshop @ <a href="#">Centre Culturel FC</a> 9:30-11:00 am Walk & Talk @ <a href="#">Activity Centre</a> 10:30-11:30 am Book Club @ <a href="#">Activity Centre</a> 1:30-3:00 pm	20	21
22	23 French Conversation Group @ <a href="#">Activity Centre</a> 10:30-11:30 am Rock Painting Workshop @ <a href="#">Activity Centre</a> 1:00-2:30 pm	24 <p style="text-align: center;"><b>ARC CLOSED</b></p>	25 Seniors Wellness Activity @ <a href="#">Chambly/Activity Centre/Clarenceville</a> 1:30-3:00 pm	26 Tai Chi/Qi Gong @ <a href="#">Activity Centre</a> 9:00-10:00 am Walk & Talk @ <a href="#">Activity Centre</a> 10:30-11:30 am Ilana's In-person Drawing Class @ <a href="#">Activity Centre</a> 1:00-3:00 pm	27	28
29	30 French Conversation Group @ <a href="#">Activity Centre</a> 10:30-11:30 am Rock Painting Workshop @ <a href="#">Activity Centre</a> 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm		<p style="text-align: center;"> <span style="color: red;">Activity Centre - 91 Churchill, Greenfield Park</span>  <span style="color: red;">ACCESS - 7900 Taschereau, #100 Brossard</span>  <span style="color: green;">CGPKC - 330 Gladstone, Greenfield Park</span>  <span style="color: blue;">Chambly - 2000 Bourgogne, Chambly</span>  <span style="color: purple;">Clarenceville - 1 A Tourangeau, Clarenceville</span>  <span style="color: blue;">Lacolle - 12 Ste-Marie, Lacolle</span>  <span style="color: orange;">Legion - 205 Empire, Greenfield Park</span>  <span style="color: orange;">St-Jean - 900 Seminaire Blvd.#201, St-Jean</span>  <span style="color: grey;">Restaurant - 167 Richelieu, St-Jean</span>  <span style="color: green;">Centre Culturel FC - 190 Laurier St., Saint-Jean</span>  <span style="color: grey;">Park - St-Denis &amp; Labrèche Streets</span> </p>			

# What's new from the GREENFIELD PARK OFFICE



The **Greenfield Park Senior Wellness Initiative** meets every Wednesday afternoon from 1:30-3:00 p.m. Join us for fun, engaging activities that promote cognitive, physical, social and educational well-being for adults aged 55 and over.

- **June 4: Presentation** by the Community Justice Centre on Relationships with Neighbours.
- **June 11: Talk by Therese**, our Mental Health Coordinator on skin care.
- **June 18: CANCELLED** (AGM meeting, everyone is welcome, [register here](#)).
- **June 25: Card-making** class with Gail.

**Registration is required** to attend these activities. Register with [Tania](#).

We're excited to kick off summer with an unforgettable celebration! Join us for our upcoming tropical-themed **Community Dinner Dance**, where everyone is welcome and the summer spirit shines as brightly as the sun! Our official launch to summer is happening at the Royal Canadian Legion Branch 94 in Greenfield Park on Saturday, June 7. There'll be a delicious BBQ feast with veggie options, refreshing salads and dessert! After dinner, dance the night away to your favourite summer tunes, with the amazing DJ Nix spinning the beats!

Doors open: 4:30 p.m., Dinner served: 5:30 p.m.

Ticket prices: \$20/adults, \$10/kids aged 8 and under.

Secure your tickets by [completing the registration form](#) or contacting us at (514) 604-9455 or [info@arc-hss.ca](mailto:info@arc-hss.ca).



**Caregivers Cafe** has two sessions in June with our in-house caregiving expert, Nurse Penny Fleming. Come join the community and get the support you need, plus great information and strategies to help you find resources and care for yourself and your loved one over the summer.



**Wednesday, June 4: Let's Brainstorm!** Nurse Penny has an activity and a discussion that's all about great ideas and caregiving tips for our participants facing new and difficult challenges. We can't think of a more knowledgeable expert panel than the Cafe group!

**Wednesday, June 11: Sunscreen isn't just for kids.** Hot and sunny weather can feel fabulous, but extra care is needed to keep older adults safe and healthy. Penny has an interactive presentation all about preventing dehydration and heat related conditions in the senior population.

Bonjour, come and be a part of our **French Conversation Group** every Monday at 10:30 a.m. A great opportunity to practice your French, meet new people and take part in engaging conversations. To register, email [Therese](#).

Come and join our **Rock Painting Class**, every Monday at 1:00 p.m. A fun time is guaranteed, with different painting techniques and lots of colours. Fun for all ages. To register, email [Therese](#).

Join our **Walk & Talk** group every Thursday at 10:30 a.m. Take a stroll in the beautiful community of Greenfield Park; it's a great way to stay active, enjoy nature and engage in meaningful conversations. To register, [contact Tania](#).

**Tai Chi** is a gentle and flowing martial art that promotes relaxation, balance and overall well-being. Classes are held every Thursday from 9:00-10:00 a.m. at the Activity Centre. **Registration is required** by emailing [Sandra Mitchell](#).

**Tania Blood** is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or call (514) 213-3744.

# HAUT-RICHELIEU-ROUVILLE

## Review



**Senior Wellness Activities** take place in Chambly on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30-3:00 p.m. For more information or to register, please contact [Therese](#) or call (514) 605-9500.

- **June 4 - Backyard Luminaries Craft** Bring your hammer and an empty tin can—we will make beautiful luminaries to brighten up your backyard barbecue! This hands-on session will spark your creativity and leave you with a charming decoration to take home.
- **June 11 - Armchair Travel: Italy with Tania**  
Join Tania as she takes us on a virtual journey to Italy! From the rolling hills of Tuscany to the canals of Venice, enjoy the sights, sounds and stories of this beautiful country—all from the comfort of your chair.
- **June 18 - No Session**  
Our regular programming is paused for the week as we hold our Annual General Meeting (AGM) in Greenfield Park. Everyone is invited to attend, [register here!](#)
- **June 25 - Summer Picnic and Lawn Games**  
Randell Hall is hosting a summer camp, so we're heading across the street for a good old-fashioned summer picnic! Bring your sunhat and enjoy lawn games, great company and some fresh air. *(Please note that in the case of inclement weather, the event will be cancelled.)*  
Senior Wellness activities will take a break in July and August. We'll return with new programming on **September 10**. Have a wonderful summer!

**Family Wellness Saturday in Saint-Jean** Join us on **Saturday, June 14** from 10:00 a.m.-12:00 p.m. for ARC in the Park! We will meet at [Jean-Paul-Beaulieu Park](#) (along St. Denis St. and Labrèche St. in Saint-Jean-sur-Richelieu) for lawn games and a final get-together before we break for the summer. Pack your picnic lunch and bring the whole family! RSVP to [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) or call (514) 605-9500 to reserve your spot. Please note that in the event of rain, the gathering will be cancelled.

**Therapeutic Doodling Workshop** Life brings constant change—whether it's a new job, a big move, or shifting routines. This creative workshop offers a chance to slow down and explore resilience through therapeutic doodling, using simple art therapy techniques to support emotional well-being during times of transition. Join us on **Thursday, June 19 from 9:30-11:00 a.m.** in the lower level of the Centre Culturel Fernand-Charest (190 Laurier St., Saint-Jean-sur-Richelieu) For parking and easy access, use the Mercier

Street entrance. For more information or to register, contact [Céline](#). Space is limited, so reserve your spot today!

**ARC Book Club - Saint-Jean** Our June book club selection is *Summer Island* by Kristin Hannah—a heartfelt novel about forgiveness, family and second chances. When a scandal forces estranged mother and daughter Nora and Ruby to reconnect, long-buried secrets rise to the surface, set against the peaceful backdrop of a Pacific Northwest Island. Join us on **Tuesday, June 17 at 7:30 p.m.** at our Saint-Jean office at 900 du Séminaire Blvd. N., #201. A limited number of books are available to borrow, subject to conditions. Contact [Céline](#) to register.

**Parent & Tots play dates in Saint-Jean:** Are you interested in connecting with other parents and their small children? We'll put the coffee on while you and your little ones make new friends. Contact [Céline](#) to set up your next play date!

continued on next page >>>

**ARC**  
WEDNESDAYS  
1:30-3:00

**ARC 55+ COMMUNITY**  
2000 BOURGOGNE AVE.  
CHAMBLY, J4L 1Z4

**COME AND JOIN US!**

- ✓ weekly social gathering
- ✓ activities designed to stimulate physical, cognitive and mental wellbeing
- ✓ snacks and coffee

514-605-9500  
[stjean@arc-hss.ca](mailto:stjean@arc-hss.ca)

**CHESN**  
The views expressed herein do not necessarily represent the views of the Government of Québec.

## HRR Review *continued from previous page...*

### Weekly French Conversation Club - Saint-Jean

"Parlez-Vous? Let's Chat!" is a weekly French conversation club designed for English speakers who want to improve their French in everyday situations. Whether you are a beginner or looking to refine your skills, this informal group offers a relaxed and friendly setting to practice speaking and build confidence. Join us for our **last meeting of this session on Thursday, June 5**. To mark the occasion, we will meet at Buvette Laganière, 167 Richelieu St. in Saint-Jean-sur-Richelieu at 6:30 p.m. For more information or to RSVP, contact Céline by [email](mailto:hrr@arc-hss.ca) or call (514) 980-8900.

**Senior Wellness activities in Clarenceville** provides enriching activities designed to stimulate physical, cognitive and mental well-being for English-speaking seniors aged 55 and over. We meet **every Wednesday** from 1:30 to 3:00 p.m. at the Centre des Loisirs in Clarenceville, located at 1A Tourangeau St. Please contact Céline for more information, or to register: [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or (514) 980-8900.

- **June 4 - Creation Station:** Discover how something as simple as a cereal box can be transformed into a beautiful decorative gift box! This hands-on activity is not only fun—it also promotes cognitive stimulation, fine motor skills and creative thinking.
- **June 11 - Caring for your skin as you age:** This informative presentation will cover practical tips and products to help you maintain healthy, glowing skin in your golden years.
- **June 18 - ARC Annual General Meeting:** There will be no session in Clarenceville as it's all hands-on deck for ARC's AGM in Greenfield Park! This is a great opportunity to stay informed, connect with others and get involved in shaping the future of our community. Everyone is welcome to join us, [register here!](#)

That's a wrap - our Wednesday sessions take a break for the summer and will resume on **September 10**.

**Parent & Child Playtime in Lacolle: NEW DAY!** We meet every **Tuesday** at the Léodore-Ryan Community Centre in Lacolle, 12 Ste-Marie St., from 10 a.m. to 12 p.m. for a fun-filled morning of games, crafts and activities to do with your child aged 0-5 years old. Contact Céline for more information, or to register: [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or (514) 980-8900.

- **June 3 - Alphabet Fun** Let's play and learn with letters! We'll explore the alphabet through Alphabet Bingo, letter and sound recognition activities and beginner writing exercises. A great way to boost early literacy skills while having fun!
- **June 10 - Little Artists** This creative session is all about painting with everyday objects, from sponges to toy cars. A hands-on exploration of colour, texture and imagination.
- **June 17 - Games in the Park.** Join us behind the Centre Léodore Ryan for classic games, free play and fresh air. (In case of rain, we'll move the fun inside.) **This will be our last session before we break for the summer. We'll return with more activities in the fall!**

**PARLEZ-VOUS? FREE! GRATUIT!**

**WEEKLY FRENCH CONVERSATION GROUP**

- Improve your French in a relaxed, friendly setting
- Free, weekly sessions focused on real-life topics
- Build your confidence and make new friends
- All levels welcome!

**EVERY THURSDAY 6:30 TO 7:30 P.M.**  
#201, 900 DU SEMINAIRE BLVD. NORTH, SAINT-JEAN-SUR-RICHELIEU

**TO REGISTER: HRR@ARC-HSS.CA (514) 980-8900**

**LET'S CHAT!**

ARC Canadian Heritage Patrimoine canadien Programme d'intégration des familles multiculturelles

**ARC 55+ Community June**

Activities in English designed to stimulate physical, cognitive and mental well-being

Wednesdays, 1:30 - 3:00 p.m.  
1A Tourangeau Street, Clarenceville  
Weekly social gathering  
Snacks and coffee

**June 4** Creation station: making gift boxes  
**June 11** Caring for your skin as you age  
**June 18** ARC's Annual General Meeting (no session)  
GREENFIELD PARK  
**June 25** No session

**TO REGISTER:**  
(514) 980-8900 or  
[hrr@arc-hss.ca](mailto:hrr@arc-hss.ca)

Secrétariat aux relations avec les Québécois d'expression anglaise Québec CHSN C.A.B. INTERACTION

**FREE Parent & Child Playtime NEW DAY**

Join us for FUN, interactive mornings with your child aged 0-5

- Activities, games and crafts
- Snacks for children and parents

**June 3** Alphabet Fun!  
**June 10** Little artists  
**June 17** Games in the park  
**June 24** No session

**TUESDAYS 10 a.m. to 12 p.m.**

**INFORMATION:**  
Centre communautaire Léodore-Ryan (514) 980-8900  
10 Ste-Marie Street, Lacolle upstairs, room 202 [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca)

Secrétariat aux relations avec les Québécois d'expression anglaise Québec ARC CHSN L'Étoile

Canadians are very lucky to have easy access to nature with around 25% of the world's fresh water and 50% of Canada being covered with forest. A 2018 meta-analysis of 143 studies showed an association between increased green space exposure and a decrease in cortisol (a stress hormone) in the saliva. It also noted decreased heart rate, blood pressure, cholesterol, risk of preterm birth, type 2 diabetes and there was an increased incidence of good self-reported health. What's more, a 2019 study published in *Frontiers in Psychology* shows that it doesn't take long to reap these benefits. Levels of salivary cortisol in participants dropped 21% after spending time in nature, with the most effective duration being 20 to 30 minutes. People who have mental health difficulties can greatly benefit from structured nature therapy, which is defined as "structured and targeted interventions done to achieve a specific goal." Types of nature therapy can include nature meditation, gardening therapy, animal-assisted therapy, nature conservation therapy, green exercise, forest bathing, wilderness and adventure-based therapy and therapeutic farming. Being in nature in an informal manner also has positive mental health benefits. Here is a partial list of ecotherapy techniques and practices you can try on your own:

- Make a commitment to do something outside every day

- Sit outside and enjoy the scenery
- Make or buy a bird feeder and hang it outside a prominent window
- Decorate your home with plants, flowers, fountains and even pictures of nature
- Step outside to take slow, deep breaths and pause to appreciate the beauty around you
- Start a garden in your yard or in a community garden area
- Volunteer at your local humane society
- Volunteer for local park projects
- Gather some friends or neighbours for a clean-up/litter pick-up day
- Join a local walking, biking or hiking group
- Try some "dark nature" activities like star gazing or taking a night walk

Getting out in nature, as part of a formal or informal health practice, has a variety of physical and mental health benefits that don't take much time to achieve.

You can join our walk and talk group that meets every Thursday morning in Greenfield Park at 10:30 or bring us your nature-based activity ideas so that we can try them too. Hope to see you outside!

Source: [Ecotherapy](#)

*Therese Callahan is ARC's Outreach Program Coordinator and oversees the mental wellbeing initiative. For information, please feel free to reach out to her at (514) 605-9500 or [outreachgpk@arc-hss.ca](mailto:outreachgpk@arc-hss.ca).*

## Bilingual Employment Workshop Series

This month we're continuing with our six-part employment workshop series, in collaboration with Espace Pivot. If you're interested, we encourage you to sign up as a few spots still remain. This is a great opportunity to meet and learn from employment professionals in the community!

These workshops are open to individuals of all ages. Sessions are held at 7900 Taschereau Blvd., Building C, Brossard, from 1:30 to 3:00 p.m.

Here's what's coming up:

- June 3 – Preparing for an Interview
- June 17 – Using social networking to find employment opportunities

In addition, we will be hosting a workshop on June 5 at our Activity Centre located at 91 Churchill Blvd., in Greenfield

Park from 1:00-2:30 p.m. The topic will be on **What to expect when re-entering the workforce**. This is a perfect opportunity for anyone who has been out of the workforce for a while and is thinking of going back to work or is seeking a career change.

This workshop is open to anyone aged 18+. Please note anyone who attends this workshop will be entered into a raffle for a chance to **win a mystery prize!**

To register for any of the workshops or if you need assistance with anything employment related, please contact [employment@arc-hss.ca](mailto:employment@arc-hss.ca) or call (514) 712-6575.

Stay tuned for more updates, we can't wait to share what's next!

*Andre Bergeron is ARC's Employment and Social Development Coordinator. For information, please feel free to reach out to him at (514) 712-6575 or [employment@arc-hss.ca](mailto:employment@arc-hss.ca).*

# Community Activities

**Hope & Cope: Men's Club in-person:** June 3 at 4:00 p.m. This is a bilingual activity. This group offers a safe, secure space where men coping with a cancer diagnosis can confide in each other, learn and connect in a supportive environment. The group meets every first Tuesday of the month. Click [here](#) for more info.

**Saint Lambert Horticulture:** June 7 - Visit [Tourne-Sol Farm](#) in Hudson from 10:00 a.m.-1:00 p.m. and June 19 - Tour of gardens and greenhouse of College Durocher from 5:00-7:00 p.m. To register send an [email](#) or visit their [Facebook Page](#) for more info.

**Community-wide garage sale Saint Lambert:** June 7 and 8 from 8:00 a.m.- 4:00 p.m. A citywide garage sale is held over one weekend every spring. It's the perfect opportunity to find bargains and chat with neighbours by either making the rounds of the sales or organizing your own. On that weekend, a permit is not required. Click [here](#) for all the info.

**Yard Sale Maison Desaulniers:** June 7 from 10:00 a.m.-3:00 p.m. at 574 Notre Dame in Saint Lambert.

**St. Augustine's Parish annual plant sale:** June 7 from 10:00 a.m.-2:00 p.m. at 1741 Roberval, St Bruno.

**Saint Paul's Anglican Church Plant Sale and Vendors Market:** June 14 from 9:30 a.m.-1:30 p.m. at 321 Empire, GPK. For more info click [here](#).

**Tai Chi/Qigong Classes** in Greenfield Park and Saint Bruno. For flexibility, balance, energy, stress management and general good health. For all ages and fitness levels. For more information contact certified instructor Sandra at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com) or [www.taichi-qigong.ca](http://www.taichi-qigong.ca).

**Strength and stretch fitness class** (low impact, for all levels) at Randell Hall, 2000 Bourgoigne in Chambly. Saturday mornings from 8:00-9:00 a.m. The cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, email Devon at [devon.phillips@videotron.ca](mailto:devon.phillips@videotron.ca).

**Arthritis South Shore:** Adaptive exercises and adaptive dance. Click [here](#) to consult the calendar for dates, times and Zoom links.

**Mission Nouvelle Generation** in collaboration with several members of the food bank has created a community garden in Brossard. This innovative project beautifies the neighbourhood and allows families to enjoy fruits and vegetables freshly picked from our garden. Click [here](#) for more info.

**AmiQuebec:** Mental Health AMI-Quebec helps families manage the effects of mental illness through support, education, guidance and advocacy, all free of charge. For more information click on the [calendar](#).

**Our Harbour** has an open position for an Administrative and Resident Care Assistant, as a part of the Canada Summer Jobs program. The ideal candidate would be a youth between the ages of 15-30 and they would gain meaningful experience with resident care, administration and community work. For more information or to submit a CV and letter of interest, please contact [info@ourharbour.org](mailto:info@ourharbour.org).

The Community Health and Social Services Network (CHSSN) hosts monthly virtual health education sessions called **SHARP (Services for Healthy Aging in the Right Place)** for older adults. This month's SHARP session titled **How your pharmacist can help you to age in place** will be on June 18 from 10:00-11:30 a.m. Register using the following [link](#).



CHSSN  
Services for Healthy Aging in the Right Place (SHARP) invites you to

How your pharmacist can help you to age in place

FREE on 

Wednesday, June 18  
10:00 - 11:30 am

For more info: [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca)  
(514) 213-3744

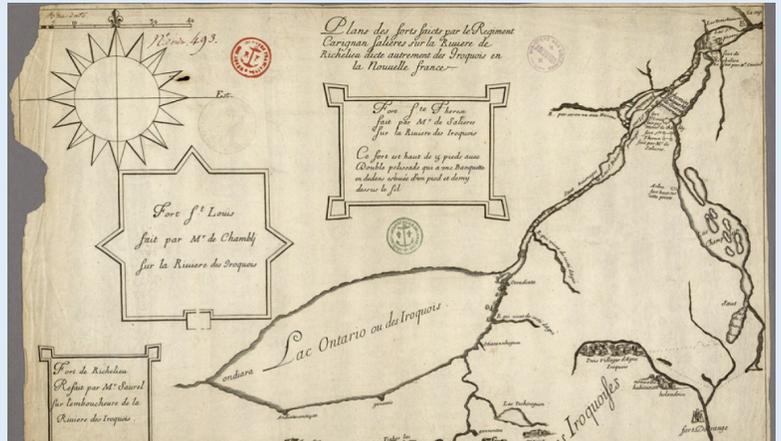
 Health Canada  Santé Canada 

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

# The Last Word

This summer, why not discover everything your own region has to offer by visiting the [Montérégie Tourism website](#). Complete with things to do, places to eat, road trips, bike maps and much more! Read more on their website and [download their magazine in English](#) or request a copy be mailed to you! Also, a [biking map](#) in English and [Velo Magazine](#) are all available to download.

If you're interested in the history of our region, there is a very interesting Montérégie history section, complete with an old map (see right). Who knew our region was so steeped in history?! [Read more here](#).



## Cycling Magazine Cap sur le vélo

This summer, get on your bike and explore the Montérégie region on two wheels.

Get it for free, in paper or digital version



Routes, attractions, cycling map, practical information and gourmet stops!

MONTRÉGIE

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