

Down Home News



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



Canadian Heritage



Health Canada

NOVEMBER 2022

MCDC's CHRISTMAS MEET & GREET



Join us for an evening of friendly chatter & holiday glee to start the Christmas season celebrations. Music will be provided by James Allan & complimentary musicians, a buffet supper, door prizes. A cash bar will be available

WHEN: **Wednesday, December 7, 2022**
TIME: 5:00 - 7:00 P.M.
WHEN: Thetford Mines Golf & Curling Club
1 chemin Du Golf, Thetford Mines

Please call MCDC to sign up for the event 418 332.3851
communications@mcdc.info

Please bring a non-perishable item for the
Masons' Xmas Basket Campaign



Health activity & capsules

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

Dinner & Show

Featuring a country/blue grass quartet "Brotherly Love"

DATE: **Wed Nov 2, 2022**
TIME: 12:00 noon - 2:30 p.m.
PLACE: MCDC basement

Pls call or email Jennnifer
info@mcdc.info

" YOGA & MINDFULNESS SESSIONS

Sessions led by Charlie Maud Gingras & Megann Baril

DATES: **Mon Nov 7, 14, 21, 28, 2022**
TIME: 10:00 a.m. (lunch to follow)
PLACE: Municipal Hall, KM

Pls call or email Laurie
health@mcdc.info

CHSSN - CHEP session

"Coping with Chronic Pain"
Presented by Drs. Manon Chonière
Patricia Poulin

DATE: **Wed Nov 16, 2022**
TIME: 9:30 a.m.
(coffee & muffins)
PLACE: MCDC

Pls call or email Laurie
health@mcdc.info

OddFellows' Fundraiser Spaghetti Supper



DATE: **Sunday Nov 6, 2022**
TIME: 5:30 p.m.
PLACE: Kinnear's Mills Old School
PRICE: \$15; tickets available from the OddFellows' members and MCDC
LIMITED SEATING

Quebec Shopping Trip Place Laurier

Tuesday Nov 15, 2022

\$20

Departure: 8:45 a.m. MCDC Church parking lot
9:15 Leeds Church parking lot
Return: 3:15 p.m. Leaving Place Laurier
Arrival: 4:15 Leeds
4:45 MCDC

Pls sign up: volunteer@mcdc.info / 418 332.3851



MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

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

What's happening?

Educaloi

"Healthcare Decisions"



DATE: **Wed Nov 9, 2022**
TIME: 1:30 p.m.
PLACE: MCDC via ZOOM

Pls call or email Laurie
health@mcdc.info

Healthy After 50

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

DATE: **Tues Nov 22, 2022**
TIME: 10:00 a.m.
PLACE: IOOF Hall Inverness

Pls call or email Laurie
health@mcdc.info

T : 418 332.3851
Toll free : 1 877 332.3851

PUZZLES & LUNCH



DATE: **Wed Nov 30, 2022**
TIME: 10:00 a.m. - noon
Lunch will be served.
PLACE: IOOF Hall Inverness

Pls call or email Jennifer
info@mcdc.info

School News



- Nov 10: Intergenerational, History of Johnson Family & Mining
- Nov 15: Grades 3, 3/4 cooking class
- Nov 16: Sec 4 & 5 visiting Cegep de Thetford
- Nov 22: Sec 4, Lifeskills - Finances
- Nov 30: Sec 1 preparing the Christmas boxes for the Masons' Xmas Drive
- Nov 30: Sec 1-5, Student Wellness "Gris"

Drop-in Mondays

1:30 - 3:30 p.m.



Mon Nov 7: MCDC
Mon Nov 14: No Drop-In
Mon Nov 21: Kinnear's Municipal Hall
Mon Nov 28: Inverness

Movie Matinee



"COAL MINER'S DAUGHTER"

DATE: **Wed Nov 23, 2022**
TIME: 1:30 p.m.
PLACE: MCDC basement
Pls call or email Jennifer
info@mcdc.info

Church Services

K.I.T. Pastoral Charge:

- Nov 6, 10:30 a.m. Gamache & Nadeau chapel.
- Nov 13, 10:30 a.m. Candlish, Kinnear's Mills.
- Nov 20, 10:30 a.m. St. Andrew's Church, Inverness.
- Nov 27(Advent 1) 10:30 a.m. Gamache & Nadeau chapel.

Anglican Services:

- Nov 20, 2 p.m. Gamache & Nadeau chapel.
- Nov 6 & 20, 11 a.m. Church of the Ascension, Inverness.



Milestones

- ❖ Sincere condolences to Edie Patterson and family on the sudden loss of their sister Robin.
- ❖ Birthday wishes going out to Janet Dempsey, Grace Cox, Aline Visser, Bob Fowler and to everyone else who will be celebrating their birthday in November.
- ❖ Special Happy Birthday to Bob Wallace who will be celebrating his 90th on November 30th. If you would like to send him a card his address is: Manoir Valin
28 rue des Erables, Rm #321
Adstock, QC G0N 1S0
- ❖ Congratulations to James Allan on being recognized by the MRC des Appalaches for his "Cultural Volunteerism" in promoting music and our cultural heritage! Keep it going James.



Time to turn back your
clocks...
by 1 hour
Sunday, Nov 6, 2022
at 2:00 a.m.



November 11,
2022
10:45 a.m.
ASI High School

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@mcdc.info