



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

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### Priorities for Québec's health and social services system.

Commissaire à la santé et au bien-être (Commissioner of Health and Well-being) is conducting a province-wide survey to understand Quebecers' perspectives on the health and social services system and their priorities for its development and they need your input!

Your participation is essential if we are to have a sustainable healthcare system that truly meets the needs of the population in the different regions of Québec.

The English questionnaire is available online by clicking [here](#). Have your voice heard!



# Arthritis awareness month

Information source for the South Shore English-speaking community

# THE ADVISOR

We hope you all had a chance to enjoy a relaxing summer! As we head into fall, our team is excited to get back into the swing of things with a new season of activities and events.

We can't wait to see familiar faces again—and to meet new participants who will be joining us for the first time. There's lots happening in the months ahead and we're looking forward to sharing it all with you. Read on to find out more about what's coming up in our community this month.

### Spotlight Event: RHSSPT Community Fair

We're excited to announce the **Health and Social Services Community Fair**, hosted by the **Regional Health and Social Services Partnership Table (RHSSPT)**!

**Date:** Saturday, September 20

**Time:** 10:00 a.m. – 3:00 p.m.

**Location:** Royal Canadian Legion Branch 94, Greenfield Park

This community fair is a wonderful opportunity to connect with organizations that care deeply about the health, well-being and vitality of the English-speaking population in the Montérégie.

At the fair, you'll meet representatives from **ARC, MEPEC and MWCN**—the co-chairs of the RHSSPT—along with many partners from the regional health and social services network. Together, these organizations are dedicated to supporting your needs, sharing valuable resources and fostering a stronger, more connected community.

Whether you're looking to discover new programs, learn about available services, or simply meet others who are making a difference in our region, this event is for you.

Come explore, connect and celebrate community!



# 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	<b>ARC CLOSED</b>	2	3	4	5	6
7	8 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	9 Social Cooking @ <a href="#">Activity Centre</a> 10:00 am-12:00 pm	10 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 produce baskets @ <a href="#">Activity Centre</a> 3:00-7:00 pm	11 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> 12:00-1:30 pm Book Club @ <a href="#">Activity Centre</a> 2:00-3:30 pm (FULL) Linda's Gentle Yoga via Zoom from 2:00-3:00 pm	12	13 Family Wellness Saturday @ <a href="#">Royal Military College</a> 10:00 am-12:00 pm
14	15 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	16 Social Cooking @ <a href="#">Activity Centre</a> 10:00 am-12:00 pm Parent and Child Playtime @ <a href="#">Lacolle</a> 10:00 am-11:30 pm Computers & Tablets Workshop @ <a href="#">Activity Centre</a> 1:30-3:00 pm	17 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 SHARP: How to access and use assistive devices via Zoom from 10:00-11:30 am	18 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 Linda's Gentle Yoga via Zoom from 2:00-3:00 pm Parlez Vous? Let's Chat! @ <a href="#">Margo-Rock Chalet</a> 6:30-8:00 pm	19	20
21	22 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	23 Social Cooking @ <a href="#">Activity Centre</a> 10:00 am-12:00 pm Parent and Child Playtime @ <a href="#">Lacolle</a> 10:00 am-11:30 pm Kinderoo Preliteracy Activity @ <a href="#">Adélarde-Berger Library</a> 10:30-11:15 am Genealogy Workshop @ <a href="#">Activity Centre</a> 1:00-3:00 pm Book Club @ <a href="#">St-Jean</a> 7:30 pm	24 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 produce baskets @ <a href="#">Activity Centre</a> 3:00-7:00 pm Parlez Vous? Let's Chat! @ <a href="#">Bistro Tome</a> 6:30-8:00 pm	25 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 Linda's Gentle Yoga via Zoom from 2:00-3:00 pm	26	27
28	29 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	30 Parent and Child Playtime @ <a href="#">Lacolle</a> 10:00 am-11:30 pm Kinderoo Preliteracy Activity @ <a href="#">Adélarde-Berger Library</a> 10:30-11:15 am	<p><b>Activity Centre - 91 Churchill, Greenfield Park</b>  <b>Adélarde-Berger Library - 180 Laurier Street, St-Jean</b>  <b>Chambly - 2000 Bourgogne, Chambly</b>  <b>Clarenceville - Free Methodist Church (1076 Front Street N.)</b>  <b>Lacolle - Maison des jeunes de Beaujeu (89 de l'Église Street N.)</b>  <b>Legion - 205 Empire, Greenfield Park</b>  <b>Margo-Rock Chalet - Marquis-De Montcalm Park (280 Fortin Street, St-Jean)</b>  <b>Bistro Tome - 42 St-Jacques St., St-Jean</b>  <b>Royal Military College - Dextrase Building (15 Jacques-Cartier Street N., St-Jean)</b>  <b>St-Jean - 900 Seminaire Blvd.#201, St-Jean</b></p>			

## What's new from the **GREENFIELD PARK OFFICE**



**Are you 55 or older and living in or near Greenfield Park?** Join us every Wednesday from 1:30 to 3:00 p.m. for engaging weekly activities designed to stimulate your mind, body and creativity! Location: 91 Churchill Blvd, Greenfield Park. This September, we're excited to offer:

- September 10: Virtual Travel to New Zealand - Explore the stunning landscapes and culture from the comfort of your seat.
- September 17: Stories Behind the Songs with musician Rob Lutes - Discover the inspiration and history behind beloved tunes.
- September 24: Card Making Workshop with Gail Adams - Get creative and make beautiful, personalized cards.

Registration is required with [Tania](#).

**Ancestor Hunters Genealogy Club!** Whether you're an experienced genealogist or just beginning your journey, learning to navigate archival resources or looking to share research challenges with others, connecting with like-minded people can be both helpful and a whole lot of fun! At the Genealogy Club, we've got you covered. All experience levels are welcome - join us! We encourage members to bring any helpful materials, including documents, notebooks, tablets and/or laptops. Contact Tania at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or (514) 213-3744.

Do you ever feel confused when you receive messages with terms like LOL or OMG? Wondering what those little smiley faces, emojis, actually mean? We've got an exciting digital workshop coming up just for you! Join us for our next **Digital Workshop** where we'll explore common acronyms and take a closer look at the world of emojis, what they mean and how to use them. To register, contact Tania at (514) 213-3744 or [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca).

Looking to improve your French in a relaxed, supportive setting? Join our weekly **French Conversation Group** - every Monday from 10:30 to 11:30 a.m. Practice speaking, build confidence and connect with others on the same journey. All levels are welcome! To register or learn more, contact Courtney at [info@arc-hss.ca](mailto:info@arc-hss.ca) or (514) 604-9455.

Looking for a stress-free, relaxing and creatively stimulating activity? Let go of your thoughts and express yourself through **rock painting**, a fun, calming way to get creative and unwind. Join us every Monday from 1:00 to 2:30 p.m. No experience needed! For more information, contact Therese at [outreachgpk@arc-hss.ca](mailto:outreachgpk@arc-hss.ca).

Join our weekly **drawing class**—typically offered virtually on Mondays and in-person once a month (refer to the Activity Calendar on previous page for dates and times). To register, contact Courtney at [info@arc-hss.ca](mailto:info@arc-hss.ca).

Namaste with **Tai Chi/Qigong**. Join us for a rejuvenating Tai Chi/Qigong session at our Activity Centre every Thursday morning at 9:00 a.m. A perfect way to start your day with calm and energy. Register with certified instructor Sandra Mitchell at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com).

The Community Health and Social Services Network (CHSSN) offers monthly zoom sessions as part of its **Services for Healthy Aging in the Right Place (SHARP)** program for older adults. The September session is titled: "*How to Access and Use Assistive Devices to Ease the Strains of Daily Activities*." September 17 at 10:00 a.m. (via Zoom). Click [here](#) to register.



Join our Greenfield Park **Walking Group** and stay active while socializing every Thursday from 10:30 - 11:30 a.m. Did you know walking boost heart health, strengthen muscles and joints, improve mood and reduces stress and is a great way to make new friends and connect with others. Come walk with us and enjoy good company and fresh air! Register at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or (514) 213-3744.

*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



Join us for another wonderful season of connection, wellness and engaging activities!

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

Here's what's coming up this month:

- **September 10** – Welcome Back!  
We're kicking off a new year of programming with a relaxed afternoon of puzzles and conversation. Come reconnect with familiar faces and meet new friends as we piece together some fun.
- **September 17** – Laughter Yoga with Sylvie Dagenais-Douville  
Back by popular demand! Join Sylvie for a session of Laughter Yoga, an uplifting practice that combines gentle movement, breathing techniques and laughter to boost your mood, reduce stress and support overall well-being.
- **September 24** – Arts and Aging Day  
Across Canada, we're celebrating Arts and Aging Day — and we're rolling up our sleeves for a hands-on collaborative art project. No experience needed — just your creativity and a willingness to try something new!

### Family Wellness Saturday: Twist, Tie and Dye! – Saint-Jean

Ready to get creative and colourful? Join us for a groovy morning of hands-on fun for all ages! This month's theme is all about tie-dye — a playful, artistic activity that's sure to bring out your inner artist. Bring your own white t-shirt, bandana, tote bag or any fabric item you'd like to transform — we will provide the rest! Our team will guide you through the steps to create vibrant, one-of-a-kind pieces you'll be proud to wear or share. Join us on **Saturday, September 13** from 10:00 a.m. to 12:00 p.m. at the Royal Military College in the Dextrase Building, located at 15 Jacques-Cartier Street N. in Saint-Jean-sur-Richelieu. **RSVP required:** Email [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) or call (514) 605-9500 to reserve your spot and help us prepare enough supplies. Let's make this Saturday one to "dye" for!

### ARC Book Club – Saint-Jean

Our next book club pick is *The Christie Affair* by Nina de Gramont — a captivating historical novel reimagining the mysterious real-life disappearance of author Agatha Christie in 1926. Blending love, betrayal, suspense and a dash of literary intrigue, it's a story that will spark rich conversation.

Join us on **Tuesday, September 23 at 7:30 p.m.** at the ARC Office – #201, 900 du Séminaire Blvd., Saint-Jean. A limited number of books are available to borrow (some conditions apply). Contact [Céline](mailto:Celine@arc-hss.ca) to register and reserve your spot!

### New Program Alert! Kinderoo – Saint-Jean

Kinderoo is a 10-week pre-literacy program for children aged 0–4 and their parents or caregivers. Each week, we will explore songs, rhymes and stories designed to support language development and bonding — all in a warm, welcoming environment. Join us every Tuesday from September 23 to November 25 at the Adélarde-Berger Library, 180 Laurier Street in Saint-Jean-sur-Richelieu from 10:30 to 11:15 a.m. To register or for more information, contact Thérèse at [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).

### Parlez-Vous? Let's Chat! French Conversation Club – Saint-Jean

After a successful pilot project, we're thrilled to be launching a new and improved version of our weekly French conversation club — designed to help you build confidence through real-life experiences, not just grammar drills.

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)

**CHSN**  
Quebec

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

*Céline von Engelhardt* is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR).  
For information, please feel free to reach out to her at (514) 980-8900 or [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca).

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

Each Thursday evening, we'll build vocabulary, practice conversation, and develop listening and reading skills — all leading up to a fun, real-world activity at the end of the month where you can put your French into action.

This month, our theme is games! We'll meet on **September 18** from 6:30 to 8:00 p.m. at the Margo-Rock Chalet in Marquis-De Montcalm Park (280 Fortin Street, Saint-Jean-sur-Richelieu) to learn useful words, phrases and cultural context related to board games. Then on **Wednesday, September 24**, we'll take our skills into the community with a visit to a local game shop, where we'll play games — en français, bien sûr!

Whether you're brushing up on your spoken French, hoping to connect with others, or just ready to try something new in a low-pressure, friendly environment, this club is for you. We also welcome native French speakers to join us — not just as participants, but as conversation mentors, helping learners with guidance, encouragement and personalized support at every level. Reserve your spot today! To register, contact Céline by [email](mailto:hrr@arc-hss.ca) or call (514) 980-8900.

### Senior Wellness Activities – Clarenceville

Join us every Wednesday from 1:30 to 3:00 p.m. for engaging activities designed to support the physical, cognitive and emotional well-being of English-speaking seniors aged 55 and over. **Note:** Due to ongoing construction at the community centre, **this month's sessions will take place at the Free Methodist Church** (1076 Front Street North, Clarenceville). For more information or to register, please contact Céline at [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or (514) 980-8900.

#### September 10 – Musical Bingo!

Enjoy a playful twist on classic bingo, featuring the songs that bring back memories and get your toes tapping! Match the tunes, sing along and win some fun prizes while sharing laughs and stories with friends. No musical knowledge needed — just come ready to enjoy yourself!

#### September 17 – Know Your Rights: A Presentation by CAAP Montérégie

Have you ever felt unsure about what to do when you're dissatisfied with care or services received in the health or social services system? Join a representative from CAAP (Centre d'assistance et d'accompagnement aux plaintes) to learn about the complaints process, your rights as a user and what recourse is available. An informative session that empowers you to speak up with confidence.

#### September 24 – Celebrating Arts and Aging

In honour of Arts and Aging Day, we will embrace our creativity with a collaborative painting activity. Whether you're a seasoned artist or trying something new, this relaxing, no-pressure session is all about expression, connection and celebrating the joy that art can bring at every stage of life.

### Bilingual Parent & Child Playtime in Lacolle: New Location!

Starting September 16, join us every Tuesday from 10:00 to 11:30 a.m. at the Maison des jeunes de Beaujeu in Lacolle (89 de l'Église Street N.) for a fun-filled morning of connection for parents and their children aged 0–5. Each week, we will explore a new theme through French and English age-appropriate games, sensory activities, music and crafts:

#### September 16 – Vroom, Vroom: On the Move!

#### September 23 – Under the Sea

#### September 30 – Every Child Matters

Come connect with other families and enjoy quality time in a welcoming, bilingual environment.

To register or for more info, contact Céline: at [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or call (514) 980-8900.



**PARLEZ-VOUS?**

**NEW SESSION STARTING SEPTEMBER 11**

THURSDAYS, 6:30 - 8:00 P.M.  
Chalet Margo-Rock  
Marquis-De Montcalm Park  
280 Fortin Street  
Saint-Jean-sur-Richelieu

**WEEKLY FRENCH CONVERSATION GROUP**

Build your French skills each week through vocabulary, conversation and listening practice — all leading up to a fun, real-world outing.

All levels welcome! Open to native French speakers, too!

**GAME ON! Let's play BOARD GAMES**

SEP 11: Vocabulary and strategy... en français  
SEP 18: Practice and conversation  
SEP 25: Let's Play! Tome 2 board game café

**RESERVE YOUR SPOT TODAY!**  
HRR@ARC-HSS.CA  
(514) 980-8900

**LET'S CHAT!**



Activities in English designed to stimulate physical, cognitive and mental well-being  
Activités proposées en anglais, conçues pour stimuler le bien-être physique, cognitif et mental

**ARC 55+**

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

Activité sociale hebdomadaire  
Collations et café  
Les mercredis de 13h30 à 15h00

**SEPTEMBER**

During construction, activities will take place at:  
Pendant la construction, les activités auront lieu à:  
**Free Methodist Church  
1076 Front Street N.  
Clarenceville**

**10 Welcome back! Let's play Musical Bingo!**  
BIENVENUE! JOUONS AU BINGO MUSICAL!

**17 Know your rights: dealing with health and social services**  
CONNAISSEZ VOS DROITS: NAVIGUER DANS LE RESEAU DE LA SANTÉ ET DES SERVICES SOCIAUX

**24 Celebrating art and ageing: a collaborative art project**  
CÉLÉBRONS L'ART ET LE VIEILLESSEMENT: UN PROJET ARTISTIQUE COLLABORATIF

TO REGISTER:  
POUR VOUS INSCRIRE: (514) 980-8900 hrr@arc-hss.ca



**ARC Parent & Child Playtime**  
**Heure du Jeu Parent & Enfant**

**FREE! GRATUIT!**

Join us for FUN, interactive mornings with your child aged 0-5  
Rejoignez-nous pour des matinées AMUSANTES et interactives avec votre enfant de 0 à 5 ans

**SEPTEMBER**

**16 Vroom, vroom on the move!**  
Vroom vroom, en route!  
Activities, crafts and snacks  
Jeux, bricolages et collations

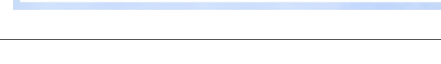
**23 Under the sea**  
Sous la mer

**30 Every child matters**  
Chaque enfant compte

**RESERVE YOUR SPOT!**  
RÉSERVEZ VOTRE PLACE!  
(514) 980-8900  
hrr@arc-hss.ca

**NEW LOCATION! NOUVEAU LIEU!**  
Maison des jeunes de Beaujeu  
89 rue de l'Église N. Lacolle

**Tuesdays, 10:00-11:30 a.m.**  
Les mardis de 10h00 à 11h30



Cathy Thorne’s cartoons often blend humour with honesty about emotions and everyday life. One that stands out shows a woman saying, “I love routine until I’m bored. Then I love excitement. Until I’m overwhelmed. Then I love routine.” It’s a relatable cycle—and a good reminder that routine, while sometimes dull, plays a key role in mental health.

For both adults and children, routines offer structure and predictability, which can lower stress, support healthy habits and improve focus. Especially during challenging times like illness or major life changes, having a consistent schedule helps create stability.

Your routine doesn’t have to be rigid. Some people prefer a detailed schedule; others do better with a flexible list. The key is to find what works for you - plan your priorities, include rest, and adjust as needed. A routine is a tool for support, not perfection. Be kind to yourself if it doesn’t go exactly as planned.



*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

We’re excited to invite you to our upcoming **Employment Workshop** on September 11 from 12:00 p.m. - 1:30 p.m. at our Activity Centre located at 91 Churchill Blvd., Greenfield Park. This **Lunch & Learn session** will focus on how to properly prepare for a job interview, from first impressions to follow-ups, as well as how to answer the tricky questions. Plus, enjoy delicious snacks and pizza while gaining valuable insights to boost your confidence and job readiness! The registration form link is [here](#) or call (514) 712-6575.

Spots are limited - first come, first served. We’ll also be sharing our brand-new employment infographic, packed with useful tips and resources to support your career journey. Stay connected: more exciting news is on the way!



### QUARTERLY UPDATE

According to **Statistics Canada**, in 2024, the unemployment rate for English speakers in the province of Quebec was noticeably higher than that of French speakers. Long-term unemployment continues to pose a challenge. Let's take a closer look at the most recent data.



**Job Challenges for English-Speaking Youth in the Montréal-Centre**  
In the Montréal-Centre, young English speakers between the ages of 15 and 24 are experiencing significantly higher unemployment rates than their French-speaking counterparts. Here are some revealing statistics:



This data underscores the persistent challenges that English-speaking youth face within our region's labour market, as described in the **English-speaking youth profile**.



### The Canadian Job Market in Early 2025: A Snapshot

As we explore the state of Canada's job market in early 2025, several new trends are coming to light. Job openings are on the rise, but the unemployment rate is also climbing, especially among young people. There is a notable gap in job opportunities between English and French speakers, highlighting the critical role of community organizations and employment partners in supporting youth employment initiatives.



*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:** September 2 at 4:00 p.m., 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.

The **Longueuil Seasonal Market** is back in Greenfield Park on September 6, 13, 20 and 27 from 10:00 a.m. - 3:00 p.m. in front of the borough office at 156 Churchill Blvd. In collaboration with *All for the Children*, come explore a variety of fresh, healthy produce and delicious desserts from local vendors. Click [here](#) for more info.

**Share and Shine with Arthritis Support Group:** September 15 from 1:30 p.m.- 3:00 p.m. at the Brossard Library located at 7855 San Francisco Ave. and for more information: Michèle Tibblin: 450-923-6311, ext. 6280 or [michele.tibblin@brossard.ca](mailto:michele.tibblin@brossard.ca) / Registration on September 2 at 6:00 p.m. [here](#). Free.

**Seniors Action Quebec:** September 16 at 10:00 a.m.-12:00 p.m. Join the webinar via Zoom on how to understand fraud, scams, AI scams, romance scams and how to protect yourself if you are a victim. Are our current laws a deterrent? Click [here](#) to register.

**Saint-Lambert Horticulture:** September 18 - Plant exchange and dessert social. To register send an [email](#) or visit their [Facebook Page](#) for more exciting events.

The South Shore Literacy Council has been providing non-profit literacy services since 1980 and is offering **Lifelong Learning Workshops** on September 23 from 2:00-4:00 p.m. at 330 Gladstone Street in Greenfield Park. Expand your knowledge, explore new ideas and connect with others who love to learn.

Click [here](#) for all the upcoming dates and to register.

**Introduction to Birdwatching:** September 24 from 7:00 - 9:00 p.m. This free two-hour presentation, given by Sheldon Harvey, experienced birder, lecturer, consultant and member of Bird Protection Quebec will share where to go birdwatching, what tools are needed, how to identify a few species, how to attract birds, and many other topics. Brossard Library: 7855 San Francisco. For more information: Michèle Tibblin at 450-923-6311, ext. 6280 or [michele.tibblin@brossard.ca](mailto:michele.tibblin@brossard.ca). Registration begins September 2 at 6:00 p.m. [here](#).

In partnership with Saint-Lambert Elementary, the Prévile Fine Arts Centre is pleased to once again offer **after-school activities** for the 2025-2026 school year! Activities take place at the Saint-Lambert United Church, on Mercille Street, one block from the school. Activities are taught by the Prévile Fine Arts Centre's professional artists and will run once per week. For all the info and to register click [here](#).

**Tai Chi/Qigong Classes** are movement disciplines for the body, mind and soul. Cynthia Coull Arena, Greenfield Park - Mondays 12:30; St. Bruno United Church - Mondays 4:30 and 5:30; Wednesdays 6:30; Zoom - Mondays and Fridays 10:30 & 2:00. Contact Sandra at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com) or [www.taichi-qigong.ca](http://www.taichi-qigong.ca) for more info and to register. First visit is complimentary.

**Strength and stretch fitness class** (low impact, for all levels) at Randell Hall, 2000 Bourgogne 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).

## Caregivers Café Returns!

We invite you to join us at 91 Churchill Blvd. in Greenfield Park on September 10, from 10:00 to 11:30 a.m. for the relaunch of our weekly group aimed at supporting family caregivers.

This is an excellent chance to delve into health topics, connect with the community, foster meaningful relationships and thrive! Here's what we have planned for caregivers this September:

- September 10: Meet our in-house caregiving expert, Penny Fleming, RN, and bring your health questions to our welcome back meeting.
- September 17: Enhance your communication skills as a caregiver! We'll share valuable tips on how to express yourself and ensure you are heard.
- September 24: Join Nurse Penny for a discussion on behaviours that may precede or accompany the diagnosis of neurocognitive conditions.

This group is open to former caregivers too! For more information contact Christine at [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca) or (514) 608-9600.

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

**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](#).

# The Last Word



**Terry Fox was diagnosed with osteosarcoma**, a type of bone cancer that most commonly affects teenagers and young adults. It typically starts in the long bones of the arms or legs, especially around the knee or shoulder. Terry's diagnosis and determination to raise awareness and funds for cancer research led to the Marathon of Hope in 1980, during which he attempted to run across Canada with a prosthetic leg. His legacy continues to inspire millions around the world. For more information click [here](#).

**Join the 2025 Terry Fox Run in your area.** The annual Terry Fox Run has become a cherished fall tradition across Canada, uniting over 650 communities - big and small, urban and rural, English and French - in support of cancer research. *Event date:* September 14. *Registration opens:* September 12. Be part of this inspiring legacy. Click [here](#) to register and for all the info.

**Greenfield Park Terry Fox Run:** September 14 at the [Royal Canadian Legion Greenfield Park](#). Registration begins at 9:00 a.m., run begins at 10:00 a.m.



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You may [unsubscribe](#) at any time.

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