

Down Home News



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



Canadian Heritage



Health Canada

NOVEMBER 2021

2021 Flu Vaccination

This year the influenza vaccine for the seasonal flu is being offered in our region, however, it may be organized differently due to the ongoing pandemic. **You will need an appointment to get the flu vaccine again this year.**

If you live in a residence or are in the hospital or are followed regularly by your CLSC:

- please check with the health team around you as they will be organizing appointments to distribute the vaccine.

As of Monday October 18, in the territory of Chaudière Appalaches:

- you are able to book an appointment online at www.monvaccin.ca ; OR
- call 1-855-480-8094, Monday-Friday 08:00-12:00 and 1:00-4:00 pm

The flu vaccine is free for the following people:

- People with a chronic illness, for example, diabetes, problems with the immune system, lung or heart problems, kidney disease, dementia, obesity, cancer, etc.
- 75 years old or older; healthy children 6-23 months old; healthy people from 60-74 yrs.
- Pregnant women in the 2nd or 3rd trimester
- People who are at risk of transmitting the virus to a susceptible person who is at high risk of complications: for example, if you are living under the same roof, if you are a caregiver, and /or living with an infant less than 6 months old.
- A health care worker working with people who are at high risk of complications.

If you are not among those eligible for the free vaccination:

- You can also get the vaccine in your preferred vaccine clinic (CLSC, medical clinic or pharmacy). Prices may vary.



Health activity & capsules

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

CHSSN - CHEP session Via ZOOM

"Fall Prevention"

Presented by Philippe-Briand,
Kinesiologist

DATE: **Wed Nov 17, 2021**
TIME: 10:00 a.m. - 11:30 a.m.

Pls call or email Laurie
health@mcddc.info to register.

Living an Inspired Life "A Languid Lunch" part #2

Presented by Jo Visser

What is keeping you from living an
inspired life?

DATE: **Wed Nov 3, 2021**
TIME: 12:00 noon - 2:00 p.m.
PLACE: MCDC basement

Pls call or email Laurie
health@mcddc.info to register.

"Inspired Series" 4-week Program

Presented by Jo Visser

"From Deep Inquiry to
Daring Inspiration"

DATES: **Wednesdays.....**
Nov 10, 17, 24, & Dec 2.
TIME: 1:00 - 4:00 p.m.
PLACE: MCDC basement

Pls call or email Laurie
health@mcddc.info to register.



Drop-In Mondays

1:30 - 3:30 p.m.

Monday Nov 1: Kinnear's Mills Old School
Monday Nov 8: No Drop-In
Monday Nov 15: Inverness IOOF Hall
Monday Nov 22: MCDC
Monday Nov 29: No Drop-In
Monday Dec 6: Kinnear's Mills Municipal Hall
Monday Dec 13: **Inverness IOOF Hall - Xmas Party**
Monday Dec 20: No Drop-In
Monday Dec 27: No Drop-In

Quebec Shopping Trip

Place Laurier

Tuesday Nov 23, 2021

\$15

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

Sign up: volunteer@mcddc.info / 418-332-3851



MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION

What's happening?

Brain Games



DATE: **Tuesday Nov 9, 2021**
TIME: 10:00 a.m. - noon
Lunch will be served.
PLACE: Kinnear's Mills Old School
Call MCDC/Jennifer to register
info@mcdc.info

Book Club - via Zoom



DATE: **Friday Nov 12, 2021**
TIME: 10:00 a.m. - noon
Call MCDC/Jennifer to register
info@mcdc.info

T : 418 332.3851
Toll free : 1 877 332.3851

Comedy Afternoon with "HEE-HAW"



A video viewing of past episodes.
DATE: **Tuesday Nov 16, 2021**
TIME: 12:00 noon - 2:30 p.m.
Light lunch will be served
PLACE: Kinnear's Mills Old School
Please call MCDC/Jennifer to register.

School News



- Nov 3: Sec 2, 3, 4 - Mr. Simoneau, Police Security;
- Nov 4: Sec 1 & 5 - Mr. Simoneau, Police Security;
- Nov 10: Via Zoom - Rencontre cegep de Thetford;
- Nov 10 & 24: WOTP - Entrepreneuriat
- Nov 24: Preparing Xmas cards for seniors;
- Nov 25: Building boxes for Masons Xmas campaign;
- Nov 30: CATTARA with Sec 4.

Megantic Community Foundation ANNUAL GENERAL MEETING



Get involved in your community by participating in the Foundation's Annual General Meeting **via ZOOM**.

WHEN: Wednesday, Nov 24, 2021

TIME: 5:00 - 6:00 p.m.

To participate, please call Michelle Donovan at MCDC - she will send you the link.



REMEMBRANCE DAY
Left We Forget

11:00 a.m.

November 11, 2021

Fall & Injury Prevention

An excellent program being led by 3 separate professionals - a Kinesiologist, a Pharmacist, and a Nutritionist.

November 4: Improving muscle strength: balance and stability program

November 18: Medication & falls

December 2: The role of nutrition in preventing Injury and falls.

Location: Kinnear's Mills Municipal Hall

Time: 2:00 - 3:30 p.m.

Pls call or email Laurie health@mcdc.info to register.

Milestones

- ❖ Condolences to the members of the Clouston and Stewart families on the passing of Doris Clouston on October 10th.
- ❖ Our condolences to James Johnson and family on their loss of Julie Ann on October 15th.
- ❖ Deepest sympathies to Suzanne Harvey Bisson in the tragic loss of her grandson Jeremy Harvey, 24 yrs old, in Sherbrooke on October 20th.
- ❖ Pauline Nutbrown has moved to a new apartment at Village Liberté, 553 chemin des Bois Francs Est, #27, Thetford Mines G6G 6G7. Good luck in your new surroundings.
- ❖ 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.



Time to turn back your clocks...
by 1 hour
Sunday, November 7, 2021,
at 2:00 a.m.