



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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Don't forget to check our activity calendar!



THE ADVISOR

Information source for the South Shore English-speaking community

December is the most magical time of year. A time for holiday celebrations, colourful light displays, a time with family and friends, and perhaps even time off to relax, and reflect on the year.

The staff at ARC are taking two weeks off, from December 20 to 31, back in the office on January 3, 2022. But we're already planning ahead for the new year and have new activities to offer.

- This is the second year we'll be offering a **Writers' Workshop**. In Your Own Voice, In Your Own Words will explore not only the process of creative writing, but also a brief introduction to basics of oral and nonverbal communication. Space is limited to 10, so reserve your spot today. More information on page 2.
- **Parent-Child Word Play Language Stimulation Workshops** with a Speech-Language Pathologist. If your child is on a waitlist for speech-language services or if you're worried about the speech or language development of your child, these are the workshops for you. Space is limited to four families. See page 2 for more information and how to sign up.
- In Candiac, we're offering not only a **walking club** on Tuesday morning, but now a **knitting club** in the afternoons. See the Candiac Corner on page 5 for details.

In early November we were pleased to present two students studying in the health and social services field with the McGill Community Leadership Bursary. On page 3 you can read about the recipients.



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

PARENT-CHILD WORD PLAY LANGUAGE STIMULATION WORKSHOPS

Animated by a Speech-Language Pathologist

Do you have a child on a waitlist for speech-language services?
Are you worried about the speech and language development of your child?

Learn to integrate language stimulation strategies and techniques while you play with your child



FOUR WORKSHOPS ON SATURDAY MORNINGS
JANUARY 29, FEBRUARY 5, 12 & 19

For more information:
pm@arc-hss.ca or (514) 743-8058



Centre Mosaïque de Québec
Clinique d'orthophonie



WRITERS' WORKSHOP

IN YOUR OWN VOICE, IN YOUR OWN WORDS

WITH PATTI WARNOCK

Four-week series via Zoom

January 17, 24, 31 and February 7
2:00 to 3:30 p.m.

Registration: pm@arc-hss.ca
or 514-743-8058

This workshop is an invitation to explore not only the process of creative writing, but also a brief introduction to basics of oral and nonverbal communication necessary for the transmission of a story.



How are toddlers doing in Quebec?

This 2021 Portrait returns to this question to assess how the health and development of children aged 0 to 5 in Quebec have evolved since the publication of the Portrait on the same theme in 2017, and more broadly over the past ten years.

Using the most recent data at their disposal, the Portrait proposes to take a freeze-frame to describe the conditions under which toddlers come into the world, what is their state of physical health, their state of mental health and their development. Finally, it presents collective solutions, the effectiveness of which has been shown by practice in the field or by scientific research. The Portrait also includes a review of the most recent studies on the effects of the pandemic on toddlers and their families.

[View and download the portrait here](#)
(available only in French).

MONTÉRÉGIE

CLOSE TO
100,500
CHILDREN AGED 5
AND UNDER

6.5%
OF THE POPULATION

Dialogue McGill

Better Communication for Better Care

Health and Social Services Community Leadership Bursary Program
Academic Year 2021-2022

We are very pleased to announce two bursary recipients for this academic year:

Laurence Chadwick



Laurence is clearly a social worker at heart. She started volunteering at 14 years old at a CHSLD and has been pursuing her dream to become a social worker ever since. Currently in her third year of study at McGill University, she has already worked with organizations in the English-speaking community, such as Pavillon Marguerite de Champlain (a domestic violence shelter) where she worked as an intern and the South Shore Literacy Council as a volunteer animator. One of her references commented that she is passionate about social justice and deeply committed to preventing sexual exploitation and had pioneered programming to educate and eradicate it among high school students.

Laurence commented, “This scholarship will provide much needed financial relief while pursuing my dream and thank you to McGill and ARC for your support.”

Leah Lapommeray



Leah was involved in her high school community at Centennial for the five years she studied there and in her last year, developed a school-wide project to encourage students to reach out for help with regards to their mental health, recognizing in the process the fragile needs of youth, even more so with English-speaking youth, who often lack support in the regional health network.

One of her references stated that, “Leah has the personal qualities that will contribute to her ability to

offer top services to the community she works with. She saw a need within the school, and she set out to meet that need. She has shown that she cares about others within our school and she will no-doubt be an asset to the field of health and social services.”

Leah commented, “Knowing that your future will be helping others is probably the most fulfilling thing. Thank you to McGill and the ARC organization.”

Congratulations to you both and we wish you well with your studies.

Transformation: Moving toward a new normal in mental health

2021 Impact Reports from the Canadian Mental Health Association

Over the past year, COVID-19 has devastated livelihoods, strained relationships, disconnected families and weighed us down with grief and longing. But slowly, as people took off their brave faces and shared what they were going through, they found new voices. Slowly, as people struggled to fend off the anxiety and stress, they started to see for themselves how essential it is to feel seen, to have help, to feel supported.

With eyes wide open, our society has never been so ready to reinvent our mental health system. To push for a new normal in which mental health is valued and our system actually meets people’s needs.

[2021 Impact Report](#)

Feeling well includes feeling like you belong

Connecting with other people and your community doesn’t just feel good, it’s good for your mental health.

Especially after the long periods of increased social isolation brought on by the pandemic, almost everyone can relate to how this makes us feel—well, lonely. The good news is that there is a cure for loneliness, and it can start with even one relationship or social connection.

Read more on the [Canadian Mental Health website](#)

News from the GPK Office

Do you have any old eyeglasses hanging around? Why not donate them for a good use. The glasses are collected, checked and then sent to countries in need. Drop them off at ARC's office, 106 Churchill Blvd., or contact us @ gpk@arc-hss.ca. Monday - Thursday 8:00 a.m. - 4:30 p.m. and Fridays from 8:00 a.m. - 12:00 p.m.

The Mission Nouvelle Génération is the largest community-wide food bank on the South Shore. Each week support is provided to hundreds of residents and various neighbourhood groups. While located in Brossard (near the Mall Champlain), 1423 Provencher, the services are available to all South Shore residents. On December 16 and 17 from 3:00 to 9:00 p.m. their annual Christmas Food Basket distribution will take place. While their Christmas basket service is open to everyone, you must **preregister by calling** (450) 486-7667. As always, volunteers will be needed on both days, since on average over 1000 clientele are served. The Mission is bilingual and all volunteers are welcome. Please leave your name and number on the volunteer voicemail at (450) 486-7667 or sign up in person. [Visit their website for more information.](#)

Are you considering travelling this winter and have any concerns?

Experts from Snowbird Advisor and Snowbirds Advisor Insurance, plus a cross-border lawyer will be presenting an online webinar on December 7 from 10:00 a.m. to 12:00 p.m.

Register at info@seniorsactionquebec.ca with your name, email address and phone number.



Greenfield Park Lions Club Cakes are on sale now and can be ordered at (450) 671-6010 for pickup (ask for Bernie), or delivery is possible, if local. The fruit cakes, with or without pecans, and the cherry cakes are \$20.00, and short-cake cookies are \$8.00. Thank you so much for supporting the Greenfield Park Lions Club!

Greenfield Park Christmas Baskets

Registration in-person at the Cynthia Coull Arena, 195 Empire or by phone (450) 463-7100, ext 2327. Tuesdays, Wednesdays, Thursdays 11:00 a.m. - 4:00 p.m. until December 16. Delivery date: December 21. Greenfield Park residents only.

COVID-19 Update

Now that the third dose is available, keep an eye out for your age group and book an appointment to complete your immunization coverage. For information regarding the vaccination campaign, [visit their website.](#)

Flu Vaccine

Make an appointment at a health centre or pharmacy near you to receive the Influenza vaccine. Do not go to the vaccination site if you have a fever or other symptoms of COVID or are in quarantine. You can now book your appointment [online.](#)

There will be no CHEP Session in December

Please save the date for the next session CHEP Health Video Conference via Zoom: *Decluttering for Your Health, Strategies for Chronic Disorganization, Hoarding and Downsizing* on January 19, from 10:00 – 11:30 a.m. Presented by Kathleen Murphy, Certified Professional Organizer, Chronic Disorganization Specialist and Hoarding Specialist.

Fiona Thain 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 or call (514) 605-9500.

**Départs
Departures**

Online Webinar

Travel Insurance Coverage Especially During a Pandemic

Tuesday, December 7 2021 10:00am-noon

There Is More To Insurance Than Price

Experts from Snowbird Advisor and Snowbird Advisor Insurance, plus a Cross Border Lawyer, will be presenting on the following topics:

- Make sure your policy covers you for COVID
- Trip cancellation, Interruption Insurance and Quarantine Coverage
- Vaccination status and travel advisory level may matter
- Single Trip vs Annual Trip Plans
- Vacation Rental Tips
- Top-Ups and Extensions, Deductibles
- Upfront and ongoing disclosure requirements
- Pre-existing medical conditions
- Info on Stability Period Clause
- Making a claim- Claim tax credit for travel insurance

Bonus Topic:

- Real Estate- Buying and Selling- Tax and Estate Planning

The Candiac Corner

Walk & Talk

Rain, Shine or Snow! ARC's Walk & Talk group in Candiac continues every Tuesday. Come join in on the fun by enjoying time outdoors and getting the health benefits from some fresh air at the same time. The last session is on December 14 and will resume on January 3.

For more details: (438) 455-2747
Email: candiac@arc-hss.ca

Twisted Stitches

Are you a knitter and interested in joining a small social group? Our new activity begins this month every Tuesday from 1:00 - 3:00 p.m.

For more details: (438) 455-2747
Email: candiac@arc-hss.ca

Covered Refrigerated Skating Rink

Have you heard the good news? Since November 23, Candiac residents have been able to lace up their skates and hit the surface of the famous covered refrigerated rink at Haendel Park! This is the third season for young and old alike to enjoy this wonderful atmosphere. [Consult the program and the rules and to reserve a time.](#)

FHS Artisan Market, First Edition

The Hélène-Sentenne Foundation is organizing its first Artisan Market at the Maison Hélène-Sentenne in Candiac on December 10 from 3:00 – 9:00 p.m., December 11 from 10:00 a.m. – 8:00 p.m. and December 12 from 10:00 a.m. - 4:00 p.m. Come and admire the creations of various artisans and browse the original gifts.

Entertainment: Saturday at 2:00 p.m. the Chant-O-Vent vocal ensemble and Sunday at 1:00 p.m. folk dancing followed by a workshop. Information: (514) 830-4278.

Christmas Food Drive

The food drive is underway in Candiac! Participation is very important in the realization of this beautiful community project. Although there is exceptionally no door-to-door collection this year, there are several ways to make a donation. Bring non-perishable items to the library, the Town Hall, Complexe Roméo-V.-Patenaude, Métro, IGA or monetary donations to the Corne d'abondance de Candiac. The money will help the Corne d'abondance de Candiac purchase the missing items to support families

in need. Donations can be made by cheque, to the order of the Corne d'abondance de Candiac (59 chemin Haendel, Candiac J5R 1R7), PayPal or cash. For donations of \$20 or more, a tax receipt will be issued (please indicate name, address and phone number).

For more information: (450) 444-6999



Oh, Christmas Tree!

The town of Candiac is having a family activity. Come and decorate a holiday ornament with family on December 5 at 10:00 a.m. at the Centre Claude-Hébert Library. All materials are provided. [Please register here.](#)

Christmas Decoration Contest - Candiac en lumières

Now is the time to install the most beautiful light decorations! Every year, many contribute to the magic of the holidays by installing thousands of twinkling lights. That's why, every December, the judges of the Beautification Committee go in search of the 16 brightest decorations (two per district). Have fun decorating homes for a chance to win a \$75 gift certificate from a local retailer. No registration is required. The judges will be on the streets from December 6 - 21, and will render their verdict in early January 2022.

Good luck to everyone and thank you for spreading the holiday magic across the city!

Learn to Skate Workshop

Come and learn the basics of skating in a fun way. This activity is for beginners

of all ages and starts at 9:30 - 11:00 a.m. on December 11 at the covered refrigerated rink, Haendel Park. Children 10 and under must be accompanied by a parent on the ice. [Registration](#) required, ages 4+.

South Shore Jewish Community (SJC)

Annual General Meeting is being held on Tuesday, December 21, at 6:30 p.m. Locaux de la CJRS – SSJC Community Centre La Citrière in La Prairie. For information, contact mikepar@videotron.ca.

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

HAUT-RICHELIEU-ROUVILLE

Review



Spotlight on a Health and Social Service in Haut-Richelieu-Rouville

Société Saint-Vincent-de-Paul de Saint-Jean (150 Laurier Street, Saint-Jean-sur-Richelieu, (450) 358-1222, ssvpstjean.org) and Conference Saint-Vincent-de-Paul Saint-Luc (51-55 Echevins, Saint-Jean-sur-Richelieu, (450) 349-1553, ssvp-st-luc.org) are both part of the well-known lay Catholic charitable organization but are actually separate organisms. They both offer food services for people in need, both have thrift stores open to the public and both participate in the [Guignolée](#) taking place this month. They are also different in some ways as they cater to different parts of the city (old Saint-Jean and the Saint-Luc sector respectively), and offer diverse services such as food distribution to those in need every Friday for the “Société” and help with school supplies in Saint-Luc. For more information, to donate or visit their thrift stores, please check out the websites above for opening hours.

Activity in Haut-Richelieu-Rouville

In November, a session on fall prevention was held with demonstrations of techniques people could use to get off the ground. As well, small bags of gravel were given out to participants and they were encouraged to carry them to use on any icy patches they encounter in their winter travels. On November 10, the Wellness Centre speaker was Danielle Jacob from Arthrite Rive-Sud. She spoke to the participants via zoom about the different types of arthritis as well as the process of diagnosis and treatment. To learn more about Arthrite Rive-Sud, you can visit their [website](#). The Wellness Centre is held every Wednesday at 2000 Bourgogne, Chambly from 1:30-3:30. Please contact Lynn Osborne to register ahead of time @ stjean@arc-hss.ca, (450) 357-0386. The vaccination passport is mandatory.

The Guignolee

On November 25-28, the [Guignolée](#) for the towns of Chambly and Carignan were held. Last year, \$75,000 was gathered in donations and “D’Aux Sources du Bassin de Chambly” who organizes this fundraiser, hopes they will get at least the same amount even though the needs of the population have grown. The Guignolée for Saint-Jean-sur-Richelieu is taking place on the weekend of December 5 and

donations can be dropped off at four different places. Visit the [town website](#) for locations and organizations involved. For more information on receiving a Christmas basket, call (450) 658-1568 in Chambly/Carignan; (450) 347-1172 in Iberville; (450) 358-1222 in Saint-Jean; (450) 349-1553 in Saint-Luc and (450) 357-2386 in L’Acadie. If you are not in these areas, call Lynn Osborne to find out which organization to get in touch with.

Christmas activities for the little ones

Several activities are coming up at the “Pole de Chambly” at 1625 Perigny Boulevard such as a Christmas craft activity on December 11, a letter to Santa and cookie decorating on December 11 and 18, and pictures with the elves (the whole month of December). Registration is necessary for some activities – [more information](#).

Christmas activities for the family

On December 17, in Saint-Jean-sur-Richelieu the fifth edition of “The Santa Run” is taking place. This is a 1 or 5 km run to raise money for the “Fondation Francois Martel” and “Operation Bonne Mine”, for the support of services for the autistic community and school perseverance respectively. Registration is \$15 per child or \$50 per family. For more information text (438) 497-9274 or visit their [registration page](#).

The Christmas Market

In Saint-Jean, the yearly Christmas market will take place on two weekends, December 4/5 and 11/12, in five different market areas. As well, on the first three Saturdays of December, Christmas animations and choirs will be present to entertain you at the Parc des Eclusiers from 1:00 to 4:00 p.m. – [more information](#).

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

YOUTH EMPLOYMENT

December 3 is the International Day of Persons with Disabilities. This day promotes equality for people with disabilities in all areas of society. In Canada, there are more than 6 million people aged 15 and over, living with some form of disability, which accounts for 22% of the whole population.

The main disability types identified in Canada are:

Seeing, Hearing, Mobility, Flexibility, Dexterity, Pain-related, Learning, Developmental, Mental-health related and Memory. Some disabilities are known as “hidden disabilities.” Thus, it’s important to know that not all disabilities are obvious.

Living with a disability is expensive

According to the 2017 Canadian Survey on Disability, 1.6 million Canadians with disabilities were unable to afford the aids, devices or prescription medication they needed due to the cost. For example, a porch lift (vertical platform lift) can cost up to \$5,000 and a specially designed walker can cost up to \$2,500.

Employment and wages

Among the disabled persons in Canada aged 25 to 64, more than 40% of them are unemployed. Among those employed, Canadians with **milder** disabilities earn **\$34,300** versus **\$39,000** compared to those without a disability. And those with more severe disabilities only earn **\$19,200** yearly.

Youth

Young people with disabilities are at a higher risk of not being in school or employed and this increases with the severity of the disability. 15% of youth with milder disabilities are neither in school nor employed, compared with 31% of people living with severe disabilities.

Organizations that can help disabled people in the Monteregie:

- Service d’aide à l’emploi et du placement en entreprise pour personne handicapées (SDEM SEMO Montérégie): Caroline Pelletier, Employment Counselor caroline.pelletier@sdem-semb.org or [the SDEM website](#).
- National Educational Association of Disabled Students: Jerome Archambault, Jerome.Archambault@neds.ca or visit [their website](#).

Sources:

<https://www150.statcan.gc.ca/...> , <https://easterseals.ca/english/...>

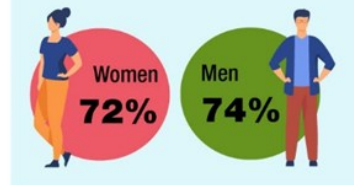
What are the accessibility experiences of Canadians with disabilities, difficulties or long-term conditions?

Using data from the 2021 Survey on Accessibility in Federal Sector Organizations, this infographic provides a snapshot of barriers related to accessibility within federal sector organizations for Canadians with disabilities, difficulties or long-term conditions that limit their daily activities.

In the past two years, **73%** of Canadians with disabilities, difficulties or long-term conditions encountered at least one barrier.¹

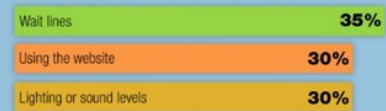


The proportion of people who encountered one or more barriers was similar by gender:



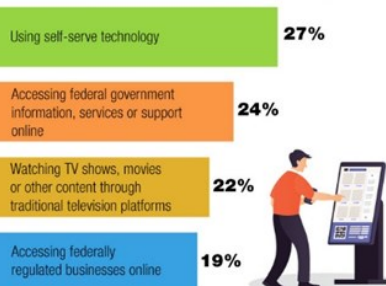
Almost two-thirds (**63%**) of Canadians with disabilities, difficulties or long-term conditions encountered one or more barriers when using transportation such as airplanes, passenger trains, ferry services, and buses.

Top three situations where transportation barriers were encountered:



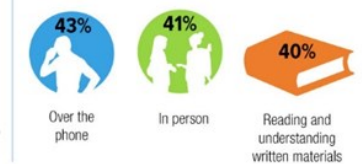
Nearly half (**45%**) of Canadians with disabilities, difficulties or long-term conditions encountered barriers related to information and communication technologies (ICT).²

ICT-related barriers were encountered in the following situations:



More than 3 in 5 (**62%**) Canadians with disabilities, difficulties or long-term conditions experienced at least one communication barrier, either in understanding or being understood.

Situations where communication barriers were experienced most often:



NOTES
¹The overall barrier calculations include those who said they encountered at least one type of barrier either “frequently,” “sometimes,” “often” or “always.”
²ICT include computers, the internet, and broadcasting technologies, such as radio and television broadcasting and podcasting.

Source: Statistics Canada, Survey on Accessibility in Federal Sector Organizations, 2021.



www.statcan.gc.ca



Arthritis is a term that encompasses more than 100 diseases characterized by inflammation of joints and other parts of the body. Globally, arthritis affects an estimated 7 million people, and in Quebec alone, an estimated 70,000 people suffer from the disease, a number that is expected to increase to 67% by 2030, when one in 67 Quebecers will have to live with the constant pain that arthritis causes.

In addition to taking appropriate medication, exercise is very important in the management of arthritis symptoms. Daily exercises, such as walking or swimming, help keep the joints moving, reduce pain and strengthen the muscles surrounding the joints. There are three types of exercises recommended for people with arthritis:

- Large movement exercises. For example, dancing, as it helps maintain normal joint movement and relieves stiffness and helps you stay flexible.
- Strengthening exercises. For example, weight training, as it helps to maintain or increase muscle strength. Strong muscles can help support and protect joints affected by arthritis.
- Aerobic or endurance exercise. For example, walking, swimming and cycling which improve cardiovascular fitness, help control weight and improve overall function. Some studies show that aerobic exercise can also reduce inflammation in some joints.

It is clear that medicines do not work on their own, so in addition to taking the right medication, it is also essential to make some lifestyle changes such as losing weight (when needed), keeping your cholesterol and blood pressure

under control and quitting smoking will all improve your health and quality of life.

Physical and occupational therapy, exercise, disease education, and complementary therapies can all be part of your total arthritis wellness plan. Dr. Matteson says, “Combining all, or most, of these elements in your personalized arthritis treatment plan and checking in with your rheumatologist regularly to monitor progress remain the best ways to take back your health and stay pain-free.”



For comprehensive information on living and coping with arthritis, have a look at **Staying Active** from the Arthritis Society, which will provide you with more information on pain and treatment options, joints and joint protection, and how to get physical with exercises to help with flexibility, strength and endurance. [View the guide here](#)

Connect with the Arthritis Line Call 1-800-321-1433, press “2” or email info@arthritis.ca or visit their [YouTube Channel](#) for a wide variety of videos.

New Guides for Seniors

Dementia, Your Companion Guide. This is a guide created by McGill University about dementia, written especially for those living with a dementia diagnosis and their care partners. [View here](#)

Programs and Services for Seniors 2021 Edition. The purpose of this guide is to inform seniors and their families about the main government programs and services available to them. [View here](#)

Health Awareness Days

National Handwashing Awareness Week is from December 1 – 7. Personal hygiene begins and ends with hands. [Learn more](#)

National Influenza Vaccination Week is from December 6 – 12. It is very important to get a flu shot. [Learn more](#)

Human Rights Day is observed every year on December 10, the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR) milestone document. This document proclaims the inalienable rights that everyone is entitled to as a human being—regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. [Learn more](#)

- [World AIDS Day](#)—December 1
- [Women’s Brain Health Day](#)—December 2
- [National Day of Remembrance and Action on Violence Against Women](#)—December 6
- [Anti-Bullying Day](#)—December 17

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!



December 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> Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Monteregie, Dialogue McGill and Bright Beginnings.</p>						
			<p>1</p> <p>Mother Goose St Jean</p> <p>English Conversation @ CISSS x 2</p> <p>Wellness Centre in-person @ Chambly 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>2</p> <p>English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>	3	4
5	<p>6</p> <p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS x 1</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>7</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p> <p>Twisted Stitchers in-person @ Candiac 1:00-3:00 pm</p>	<p>8</p> <p>Cooking Life Skill Class (Our Harbour) @ Arc Referral Centre 1:00-4:00pm</p> <p>Wellness Centre in-person @ Chambly 1:30-3:30 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>9</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>Senior's Activity @ CHSLD Champlain 2:00-3:00 pm</p>	10	11
12	<p>13</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>14</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p> <p>Twisted Stitchers in-person @ Candiac 1:00-3:00 pm</p>	<p>15</p> <p>Wellness Centre in-person @ Chambly 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>16</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ARC Activities This Month

Afternoon Social

Tuesdays from 1:00 p.m. to 3:00 p.m.

In partnership with the Greenfield Park Legion

(December 7 and 14)

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

ARC will be providing coffee & cake

This initiative is made possible with funding from Canadian Heritage



Canadian Heritage

Patrimoine canadien



Addie's Café

Free - Wednesdays - via Zoom
December 1 and 15
2:00 p.m. to 3:30 p.m.

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



Canadian Heritage



Patrimoine canadien



Gentle Yoga

With Linda

Join us on Thursdays
2:00 p.m. - 3:00 p.m.
(December 2, 9 and 16)

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



Health Canada



Santé Canada




LINE DANCING


with Gerry

BY ZOOM - FREE OF CHARGE
ON TUESDAYS
1:30 P.M. TO 3:00 P.M.
DECEMBER 7 & 14


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 Canadian Heritage



Canadian Heritage



Patrimoine canadien



Virtual DRAWING

with Ilana

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

FREE OF CHARGE

DECEMBER
6 & 13

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



Health Canada



Santé Canada




Wellness Centre

[At Chambly - Activities for mind & body]

St. Stephen's with St. James
Anglican Church, 2000 Bourgogne
Avenue, Chambly.

Wednesdays 1:30pm-3:30 p.m.
(December 1, 8 and 15)

Because of health directives, registration is mandatory.

REGISTRATION:
450-357-0386
STJEAN@ARC-HSS.CA

ACTIVITIES AND REFRESHMENTS EACH WEEK!!!

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



This initiative is made possible through funding from the Secrétariat for relations with English-speaking Quebecers



Établissement sans but lucratif
pour les Québécois
d'expression anglaise
Québec



discover community activities for all

Operation Nez Rouge will hold its 38th annual safe ride campaign from November 26 - December 31, with COVID-19 sanitary measures in place. Volunteers will have to present a valid vaccine passport; surgical masks will be supplied and wearing them will be mandatory inside headquarters as well as inside vehicles, for both volunteers and clients. Other measures include physical distancing, frequent sanitizing of hands and surfaces and proper ventilation in vehicles. The Longueuil-Rive-Sud branch serves the cities of Saint-Lambert, Brossard, Longueuil, and Boucherville. To volunteer, call (450) 679-6262 or [click here](#).

Holiday Treasure Hunt from December 1 – 31 (00:00 to 00:00) throughout the city of St. Lambert. Liven up those walks, take in all the Christmas decorations and enjoy! To join, print [our list of clues to find](#) and check off the boxes for each item as you see it. The goal is to find them all. Good luck and have fun!

Workshop about alternatives and tips on how to save on food cost – December 1 from 6:30 – 7:45 and it's free! This participatory workshop looks at assessing the cost of food, gaining insights into various marketing strategies used by the major food chains, to be able to spot them and make better suited choices. Register @ [TUXEDO](#).

Diane Cardill's Vernissage "Animalis" – December 2 from 5:00 – 7:00 p.m. Inspired by the essential lines, shapes and anatomy of animals. For more information on the artist, please consult the 100% Culture Saint-Lambert micro-site [here](#).

The South Shore Children's Chorus - December 3 at 8:00. Children and teens aged 8 to 17 in a bilingual community that prioritizes the members' musical development through singing and group performances. Be sure to attend their concert. Tickets @ [TUXEDO](#).

Arthritis South Shore - December 3 from 11:00 a.m. to 1:30 p.m. for a monthly brunch with members and friends. Each person will cover the cost of own meal. Email at info@arthriterivesud.org. The location of the restaurant will be shared by return email.

South Shore Retired Educators - On December 9 from 1:00 - 3:00 p.m. via Zoom, Cynthia Bowllan presents "My Trip to Kenya" — A Photographic Story presenting animals, landscapes, and people of Kenya during a safari to this beautiful country. 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 stu-

dents or staff, are all eligible to join. For more information send an email to: southshoreretirededucators@gmail.com.

Gluten-Free Diet Webinar - December 13 at 3:00 p.m. is for newly diagnosed Canadians with celiac disease or gluten sensitivity who want to build confidence in managing this disease or that of a family member or friend. Also, a great refresher for anyone who has been living with celiac disease for a while. It's an interactive session so bring questions! [Register now](#).

Apportez vos lettres pour le Père Noël
Bring your letters for Santa!

12 DÉCEMBRE
Célébration de Noël à l'ancienne
Old Fashion Christmas Celebration
195 Rue Empire, Greenfield Park, Longueuil | 11am - 6pm

longueuil

Ce sera un événement extérieur gratuit
This will be a free outdoor event.

All For The Children Foundation

Le Père Noël aura une surprise pour chaque enfant! /Santa will have a treat for every child!
Présenté par la Fondation Tout Pour Les Enfants, The Greenfield Park Oltimers Hockey Tournament et La Ville de Longueuil

Pack Your Bags Series – On December 14 at noon, the South Shore Literacy Council will present the Pack Your Bags virtual travel program to **Anchorage** with Ellen Sales-Johnson. [Register here](#).

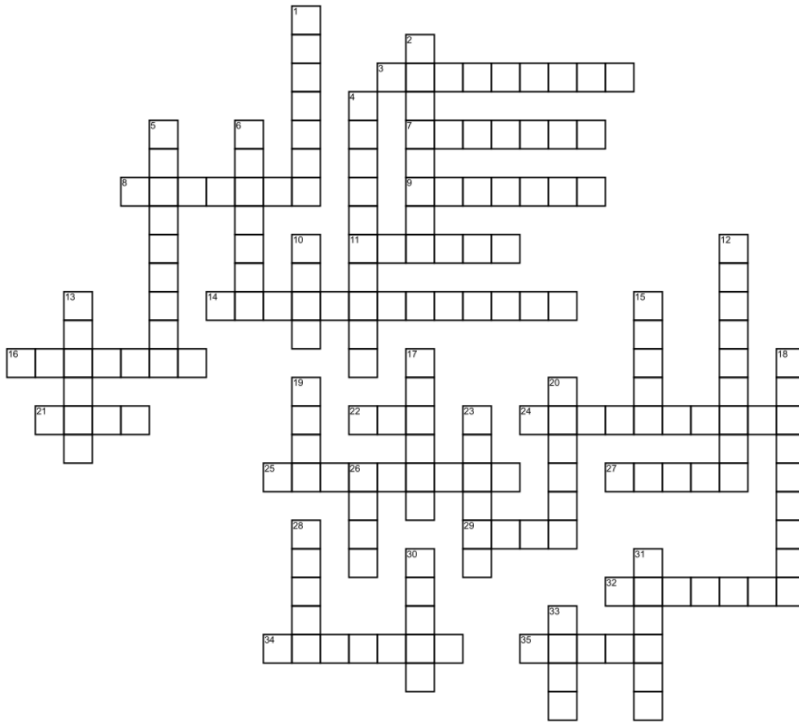
Share and Shine with Arthritis – On December 17 from 1:30 – 3:00 p.m. at the Nathalie-Croteau Centre in Brossard. Special guest speaker: Mr. Jack Botros, researcher in the field of pain at McGill University. Topic: *Arthritis, the inside out approaches for pain management*, to share about personal experiences, inspire others, and to learn about arthritis. Available online or in-person. Register @ info@arthriterivesud.org.

South Shore Literacy Council presents TED Circles – On December 21 from 12:00 -1:00 p.m. via ZOOM, there will be an open community of small groups meeting for conversations about big ideas! A new TED initiative where volunteer hosts invite friends, neighbours, and strangers. Learn more @ www.tedcircles.com and in this animated video @ www.youtube.com/watch?v=qvoShsSiHul.

Online via zoom. [To register](#).



Holiday Crossword



Across

- 3. Traditional yuletide pastry
- 7. Miserly Dickens character
- 8. "____ Inn" with Crosby & Astaire
- 9. Hanging spikes of frozen water
- 11. Creamy holiday drink
- 14. Popular holiday ballet
- 16. Food for Santa
- 21. Common tree topper
- 22. Most common type of Christmas tree
- 24. Shaped peppermint candy
- 25. "O Little Town of _____"
- 27. Sleigh _____ ring
- 29. What children ask for
- 32. _____ on 34th Street
- 34. A menorah holds nine of these
- 35. North Pole employees

Down

- 1. Santa's entryway into homes
- 2. Synonym for stuffing
- 4. Popular holiday flower
- 5. Feathery ice crystal
- 6. _____ the Red Nose Reindeer
- 10. _____ Crosby, "White Christmas" crooner
- 12. Treat filled garments
- 13. _____ the Snowman
- 15. Boughs of _____
- 17. Popular bird of a Christmas meal
- 18. Greenery to kiss under
- 19. _____ log
- 20. Christmas tunes
- 23. Door decor
- 26. Kevin McCallister was left here alone
- 28. Old St. Nick
- 30. _____ Stewart of "It's a Wonderful Life"
- 31. Metallic garland
- 33. Snow vehicle on runners

Solution on last page

This Day in History—December 8, 1869

Timothy Eaton founds T. Eaton Co. Limited in Toronto, Canada

In 1869, Timothy Eaton sold his interest in a small dry-goods store in the market town of St. Mary's, Ontario, and bought a dry goods and haberdashery business at 178 Yonge Street in the city of Toronto.

The first store was only 24 by 60 feet (7.3 m × 18.3 m), with two shop windows, and was located a fair distance from Toronto's then-fashionable shopping district of King Street West. In its first year of operation, with Timothy Eaton responsible for buying the goods to stock the store, and a staff of four, expectations were low that a store with a no-credit and no-haggling policy would succeed.

By 1896, Eaton's was billing itself as "Canada's Greatest Store." The store continued to expand in size, and new buildings were constructed to house the mail order division and the Eaton's factories. The number of people employed in Eaton's operations numbered 17,500 in 1911.

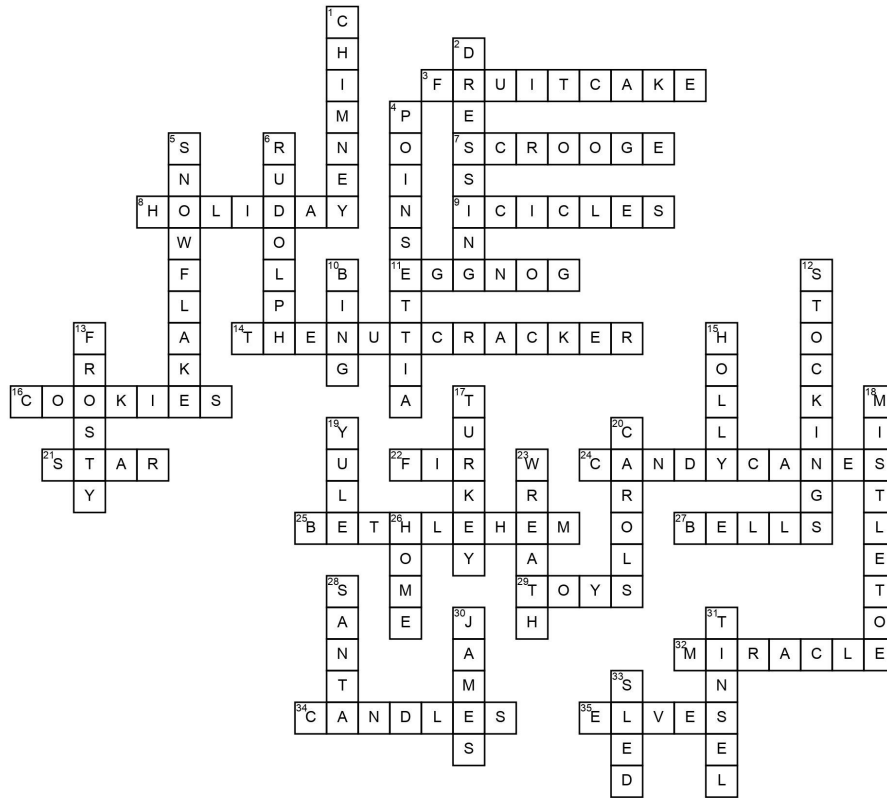
Lady Eaton, the wife of the multi-millionaire owner of the Eaton's department stores, gave her interpretation of

"class and style" to the major Eaton's stores. In 1925 Eaton's purchased the three storey Goodwin building located at 677 Saint Catherine Street West and commissioned architects build it up to six storeys in 1927. The top three floors were added in 1930–31. On January 26, 1931 Lady Eaton opened a large art deco restaurant on the 9th floor of the building. It was patterned on the dining hall of the transatlantic liner Ile de France.

Sadly, Eaton's closed in Montreal on October 17, 1999, marking the end of an era in department store shopping.



Crossword Solution



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Stay in touch and follow us on social media



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