



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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### Health and Social Services in the Montréal-Centre: The Future Is You

Dialogue McGill  

#### COMMUNITY NETWORK BURSARY PROGRAM

This program provides assistance to full-time Health and Social Services students in Quebec. In return for a bursary, recipients must commit to working full-time for at least one year in a public health and social services institution located in their home region following graduation.

[LEARN MORE](#)   Eligibility Criteria  Scholarship Amounts

[employment@arc-hss.ca](mailto:employment@arc-hss.ca)  (514) 712-6575

We've got some exciting new things happening this month for the English-speaking community of the Montréal-Centre and we can't wait to share them with you!

First up, we're kicking off **Parlez-Vous? Let's Chat** which is taking place at our Saint-Jean-sur-Richelieu office. It promises to be a fun, low-key way to practice speaking in French, whether you are a beginner or looking to refine your skills. See more information on page 5.

We're also holding a one-time **Mindful Art Workshop**, to get creative and enjoy a little calm in your week. This activity is in partnership with the MFRC for military families and veterans. More information on page 4.

Plus, if you're thinking about your next steps job-wise, don't miss our **Employment Workshops** – we'll cover helpful tips, resources and support to get you where you want to go. In collaboration with Espace Pivot and ACCESS, we will be covering the topic of stress and time management on May 6 and on May 20 the topic will be managing your finances. More workshops coming up in June as well, including interview coaching and using social networking to help you find employment. See page 6 for more details.

These are just a few of the activities we're offering this month. Read on and refer to the activity calendar on page 2 or visit our [website](#) for a complete list. There's something for everyone!

We also want to let you know about the **Dialogue McGill Bursary Program**, which offers up to \$10,000 toward your studies for students pursuing careers in health and social services. The deadline to apply is May 7, so don't wait! If you or someone you know is interested, you can access all the information on our [website](#), or call (514) 712-6575 for assistance.

On Sunday, May 11, we honour all the mothers and mother figures in our community. Whether you are a mom, stepmom, grandma, guardian, mentor or someone who has nurtured others with a mother's heart—thank you and **Happy Mother's Day**.

And one last important date to keep in mind: our **Annual General Meeting (AGM)** is coming up on Wednesday, June 18 at 1:30 p.m. An official notice with all the details will be sent out in the coming weeks. Mark your calendars – we'd love to see you there!

# May 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
<p>These activities are made possible thanks to our funders</p> 						
				1 Linda's Gentle Yoga via Zoom 2:00-3:00 pm Parlez-Vous? Let's Chat! 6:30-7:30 pm (St-Jean)	2	3 Family Wellness Saturday @ St-Jean Military College 10:00 am-12:00 pm
4	5 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm	6 Zumbini @ CGPKC 10:00-11:30 am Parent and Child Playtime @ Lacolle 10:00 am-12:00 pm Genealogy @ Activity Centre 1:00-3:00 pm Employment Workshop @ACCESS 1:30-3:00 p.m.	7 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm	8 Tai Chi/Qi Gong @ Activity Centre 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm Ilana's In-person Drawing Class @ GPK 2:00-3:30 pm Parlez-Vous? Let's Chat! 6:30-7:30 pm (St-Jean)	9	10
11	12 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	13 Mindful Art workshop at the MFRC-St-Jean 9:30-11:00 am Zumbini @ CGPKC 10:00-11:30 am Parent and Child Playtime @ Lacolle 10:00 am-12:00 pm Social Cooking @ Activity Centre 10:00 am-12:00 pm	14 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm	15 Tai Chi/Qi Gong @ Activity Centre 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Book Club (GPK) 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Parlez-Vous? Let's Chat! 6:30-7:30 pm (St-Jean)	16	17
18	19 <b>ARC CLOSED</b>	20 Zumbini @ CGPKC 10:00-11:30 am Parent and Child Playtime @ Lacolle 10:00 am-12:00 pm Social Cooking @ Activity Centre 10:00 am-12:00 pm Book Club (St-Jean) 7:30-9:00 pm Employment Workshop @ACCESS 1:30-3:00 p.m.	21 Caregivers Cafe @ Activity Centre 10:00-11:30 am SHARP: <i>Driving safely</i> via Zoom from 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm	22 Tai Chi/Qi Gong @ Activity Centre 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm Parlez-Vous? Let's Chat! 6:30-7:30 pm (St-Jean)	23	24
25	26 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	27 Zumbini @ CGPKC 10:00-11:30 am Parent and Child Playtime @ Lacolle 10:00 am-12:00 pm Social Cooking @ Activity Centre 10:00 am-12:00 pm	28 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm	29 Tai Chi/Qi Gong @ Activity Centre 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm Parlez-Vous? Let's Chat! 6:30-7:30 pm (St-Jean)	30	31 Book Swap and Food Drive @ St-Luc Library 10:00 am-2:00 pm

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.

- May 7: Join us for an informative session with a nutritionist designed specifically for adults 55+, where you'll discover tips for maintaining a healthy, vibrant lifestyle through balanced nutrition.
- May 14: Embark on a virtual journey to Argentina and explore its stunning landscapes, rich culture and vibrant cities!
- May 21: Unleash your creativity at our hands-on construction art workshop, where you'll craft stunning masterpieces using metal and wood!
- May 28: Stay active and energized with our fun and supportive exercise designed specifically for adults 55+, helping you improve strength, flexibility and overall well-being!

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](mailto: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](mailto: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](#).

**Our Social Cooking Class** is held every 2nd, 3rd and 4th Tuesday of the month from 10:00 a.m.-12:00 p.m. at the Activity Centre. Learn how to cook fun and interesting recipes right on the spot! **Registration is obligatory** by calling (514) 604-9455 or send and email to [info@arc-hss.ca](mailto:info@arc-hss.ca).

**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.

We kindly ask you to [email to confirm your attendance](#) with certified instructor Sandra Mitchell.

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 **Driving Safely: Assessments, Accommodations and Knowing**

**When It Is Time to Stop**

will be on May 21 from 10:00 to 11:30 a.m. Register using the following

[link](#).



Do you know an employee or volunteer at a community or public organization who goes above and beyond expectations to improve the health and well-being of Montérégie's English-speaking community? Nominate them for the **Special Thanks and Recognition Program (STAR Program)**. The Star Program, an initiative of the Regional Health and Social Services Partnership Table (RHSSPT), celebrates individuals who make a meaningful difference in the lives of English-speaking community members across the Montérégie.

Selected nominees will:

- Receive a certificate of congratulations
- Be entered into a draw for a \$50 gift card
- Be featured in newsletters and on the Facebook pages of various Montérégie health organizations.

To nominate someone, complete the form by May 12:

English form: <https://fr.surveymonkey.com/r/TZZJJZJ>

French form: <https://fr.surveymonkey.com/r/TZM77CD>

Prefer to speak to someone directly to make a nomination?

You can also call us at (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



**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.

- **May 7 - Casino Day:** Feeling lucky? Come try your hand at a variety of games for some good fun, friendly competition and maybe even a few prizes! Whether you are a seasoned card shark or a total beginner, there's something for everyone.
- **May 14 - Car maintenance tips and demonstration:** Want to feel more confident under the hood? This practical session will cover basic car maintenance tips and demonstrate simple checks you can do yourself. Perfect for anyone who wants to save time, money and feel more empowered about their vehicle.
- **May 21 - Bocce Ball Tournament:** No experience needed-just come ready to enjoy the outdoors and have some fun.
- **May 28 - Preserving Family Memories-Genealogy Scrapbooking:** Celebrate your family's story through this creative and meaningful activity. We will combine the basics of genealogy with scrapbooking techniques to help you preserve treasured memories and photos for future generations.

**Family Wellness Saturday in Saint-Jean** Explore your creativity and celebrate the joys of spring at "Paint, Plant, Play!" From painting and sculpting to gardening and beading, there will be something for everyone to enjoy. Get your hands messy and make something beautiful! Join us on Saturday, May 3 from 10:00 a.m.-12:00 p.m. at the Royal Military College in the Dextrase Building, located at 15 Jacques-Cartier Street N. in Saint-Jean. Afterwards, enjoy a delicious lunch (soup, entrée, drink, and dessert) for only \$15 in the Dextrase dining room. RSVP to [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) or call (514) 605-9500 to reserve your spot.

**Resilience Through Art – Therapeutic Doodling Workshop** Whether you're settling into a new posting or preparing for a future move, the military lifestyle demands adaptability. This creative workshop uses therapeutic doodling, including art therapy techniques used to explore resilience in the face of relocation, deployment and change. Join us on Tuesday, May 13 from 9:30-11:00 a.m. at the Military Family Resource Centre, Saint-Jean-sur-Richelieu Garrison (178 Falaise St.) Take a break, get creative and connect with others who understand the unique challenges of military life! To register, visit the MFRC website before May 7 at [www.crfmmfrcmtl.ca](http://www.crfmmfrcmtl.ca) or contact [Céline](#) for more information.

**ARC Book Club - Saint-Jean** Our May book club selection is *Beautiful Chaos* by Jessica Urlichs; an honest and relatable collection of poetry and prose about motherhood, identity and the messiness of everyday life. Join us on Tuesday, May 20 at 7:30 p.m. at our Saint-Jean office: #201, 900 du Séminaire Blvd. N., #201. A limited number of books are available to borrow, subject to conditions. Contact [Céline](#) to register.

**Book Swap & Food Drive** Bring your gently used French and English books-or a non-perishable food item-and exchange them for some new reads! All donations will support local food banks and community organizations. Join us on Saturday, May 31 between 10:00 a.m.-2:00 p.m. in the lower level of the Saint-Luc Library (347 St-Luc Blvd.).

**Home Cooked Cooking Collective in Saint-Jean** Our cooking club is open to the entire English-speaking community! Cooking together is a great way to make friends, learn new skills and even save money. Groups are formed according to their preferred availability. The activity takes place at the Centre des Femmes du Haut Richelieu, 390 Georges-Phaneuf St., Saint-Jean-sur-Richelieu. For more information, or to register, contact Céline by [email](#) or (514) 980-8900.

continued on next page >>>

*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).

**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...*

### NEW! 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 **every Thursday** evening from 6:30 to 7:30 p.m. at the ARC office in Saint-Jean-sur-Richelieu (Suite 201, 900 du Séminaire Blvd. N. #201). Parking validation is available. For more information or to register, 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 1:30-3:00 p.m. at the Centre des Loisirs in Clarenceville, located at 1A Tourangeau Street. Please contact Céline for more information, or to register: [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or (514) 980-8900.

- **May 7 - Introduction to Tai Chi:** Guest instructor Sandra Mitchell will guide us through the basics of Tai Chi, a gentle practice that improves balance, focus and overall well-being. No experience needed—just wear something comfortable and come ready to move.
- **May 14 - Celebrating the women who raised us:** In honour of Mother's Day, we will gather to share stories, memories and conversation as we reflect on and celebrate the women who shaped our lives.
- **May 21 - Brain Games:** Give your brain a boost with fun and stimulating activities designed to challenge your memory, creativity and problem-solving skills—all in good company and plenty of laughs.
- **May 28 - Spring cleaning: Making room for renewal:** Spring is the perfect time to clear out the physical, mental and emotional clutter. Join us for a light, reflective session focused on letting go, embracing the new and creating space for what matters most.

**Parent & Child Playtime in Lacolle: NEW DAY!** We meet every **Tuesday** at the Léodore-Ryan Community Centre in Lacolle, 12 Ste-Marie Street, from 10:00 a.m.-12:00 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.

- **May 6 - Slimy Fun:** Get ready for some messy fun! We will be exploring textures and creativity as we make and play with safe, homemade slime. It's squishy, silly and a total hit with little hands.
- **May 13 - Gifts for Mom:** With Mother's Day around the corner, we'll help your child create some sweet, handmade gifts just for you (or a special mother figure). A keepsake to treasure!
- **May 20: Sculpt and Paint:** Kids will use modelling materials and paint to create their own little masterpieces. A great activity to develop fine motor skills and self-expression.
- **May 27: Tie-dye t-shirts:** Bring a white T-shirt (or use one we provide) and get ready for a burst of colour! We will make fun, swirly tie-dye shirts that your child can wear proudly all summer long.

**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 SÉMINAIRE BLVD. NORTH, SAINT-JEAN-SUR-RICHELIEU

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

**LET'S CHAT!**



Canadian Heritage  
Patrimoine canadien



**ARC 55+ Community May**

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

**May 7 Tai Chi with Sandra Mitchell**  
**May 14 Celebrating the women who raised us**  
**May 21 Brain Games!**  
**May 28 Spring cleaning: making room for renewal**

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



**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

**May 6 Slimy fun**  
**May 13 Gifts for mom**  
**May 20 Sculpt and Paint**  
**May 27 Tie-Dye t-shirts**

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

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



The week of May 5-11 marks the 74th Annual Canadian Mental Health Association's [Mental Health Week](#). This year's theme is Unmasking Mental Health. Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. So, what is "masking" and what does it feel like to "mask"?

Masking is hiding or suppressing something about ourselves-emotions, personality traits, behaviours or symptoms from others. It is a coping mechanism to stay safe, or "fit in" that people may use without even realizing it. Examples of masking include:

- Hiding one's gender identity or sexual orientation to stay safe physically or psychologically.
- Hiding an invisible disability so as to not be seen as "weak" or different.
- Hiding natural characteristics of neurodivergence (autism, ADHD, dyslexia) to fit in with what is deemed normal.
- Hiding a substance use problem.

Masking can feel like the stress you feel when trying to project the best image of yourself during a job interview. All day, every day, to everyone. If we can accept people who act and think differently so that people do not need to keep their mask on, we will truly make the world a safer and kinder place for all types of people to co-exist.

A great way to start unmasking is to be around peo-

ple with a common experience and receive support from them. Here is the schedule of support groups from our partner, AMI Quebec:

### Support Groups with AMI Quebec

for family, friends and people living with mental illness:

- Meet Mondays from 6:30-8:00 p.m.
- Anxiety/OCD - May 5
- Bipolar Disorder - May 5
- Family and Friends - May 26
- Young Family and Friends (18-35) - May 12
- Borderline Personality Disorder for Families - May 12
- Queer Group - May 26
- Kaleidoscope (for people living with any mental illness) - May 26

### In Person Support Group - South Shore Family and Friends

91 Churchill Blvd., Greenfield Park  
May 26 from 6:30-8:00 p.m.

Any questions or concerns, please call AMI at (514) 486-1448 or email: [program@amiquebec.org](mailto:program@amiquebec.org).



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

## Bilingual Employment Workshop Series

ARC recently began a six-part **employment workshop** series in collaboration with Espace Pivot and ACCESS. We held our first two workshops in April, which was very engaging to participants and an overall success.

As we kick off the month of May, we will be continuing our workshop series with two more workshops. The first one is on May 6 covering the topic of stress and time management, and the second one is on May 20 which will be on the topic of managing your finances.

These workshops will take place from 1:30-3:00 p.m. at the ACCESS Professional Training Centre located at 7900 Taschereau Blvd., building C.

For further information please see the details in the graphic or contact Andre at [employment@arc-hss.ca](mailto:employment@arc-hss.ca) or (514) 712-6575 to register.

### BILINGUAL EMPLOYMENT WORKSHOP SERIES



April 10 - Self awareness and values in the workforce  
April 22 - Working on CVs and cover letters  
May 6 - Learn about stress and time management  
May 20 - Presentation on managing your finances and budgeting  
June 3 - Interview coaching  
June 17 - Using social networking to find employment

Location: ACCESS Professional Training Centre  
7900 Taschereau Blvd.,  
building C, office 100, Brossard



**Time of Workshops:**  
1:30-3:00 p.m.

Please scan the QR code or call (514) 712-6575 to register for the workshops that interest you.



# CAREGIVERS CORNER

"Caregiving is a constant learning experience."  
- VIVIAN FRASER

Wednesday mornings just got a whole lot better! Spring has sprung, and Caregivers Cafe is taking on a fresh new perspective too! Our programming for the English-speaking caregiving community is now powered by funding through CHSSN, which in turn empowers ARC to continue our tried-and-true group support and important knowledge transfer activities led by our lead consultant, Nurse Penny Fleming. We now have a wonderful new direction for caregivers of seniors this spring and we're adding new components like art and music therapy and physical and cognitive activities with a positive spin on keeping caregivers engaged, socializing and connected to the community while keeping their loved ones safe and supported. Come discover Caregivers Cafe on Wednesday mornings from 10:00-11:30 at our Activity Centre at 91 Churchill Blvd. in Greenfield Park - there's a whole community out there just waiting to welcome you.

Here's what's on the menu at the Cafe this May:

**May 7:** Need a refresher on your caregiver first-aid skills or want to feel more confident about what to do in case of an emergency before help arrives? Nurse Penny has you covered! We're learning about first aid with a special focus on caring for older adults at home.

**May 14:** We have some artistically inclined team members at ARC, and Therese Callahan is also our go-to for all things related to mental well-being. Join us for a special workshop and learn about neurographic art and how art therapy techniques can help caregivers reduce stress, promote self-awareness and improve creativity and communication.

**May 21:** We have a special interactive caregiver workshop with Penny Fleming, RN, about mistreatment of seniors and what you need to know to protect yourself and your loved ones. We're delving into a sensitive topic and adding to your caregiver knowledge toolkit with a great presentation and group discussion.

**May 28:** Introduction to Qi Gong for Caregivers with Sandra Mitchell. Join us for an overview of the centuries-old holistic practice of Qi Gong, sometimes referred to as the 'grandmother of Tai Chi' and discover its rich history and cultural significance, followed by a special Caregivers Cafe group class. Qi Gong can be a wonderful way to incorporate self-care into your routine - it's adaptable to all or most fitness levels, can be practiced practically anywhere and could even positively affect caregiver stress levels while improving balance, flexibility and overall well-being.



*Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs. For information, please feel free to reach out to her at (514) 608-9600 or [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca).*

# Community Activities

**Park Players of Greenfield Park** is putting on *Lafferty's Wake*, by Susan Turlish. Our darlin' wild rover, Charlie Lafferty, is being waked in grand style in his home away from home, the local pub. The audience joins Charlie's widow, his sweet daughter, bumbling son-in-law, the parish priest, and the savvy innkeeper as they celebrate the life and times of ramblin', gamblin' Lafferty. Two hours of sheer fun replete with jokes, jigs, games, stories and songs including such old favourites as "Molly Malone," "Whisky in the Jar" and "When Irish Eyes Are Smiling" guarantee a festive, audience-pleasing frolic. Click [here](#) for tickets on Facebook/or by following the links [Thursday, May 1](#) / [Friday, May 2](#) / [Saturday, May 3 matinee](#) / [Saturday, May 3 evening](#).

**Juvenisoma-A Contemporary Dance** on May 3 and 4 by the *Compagnie de danse contemporaine du Québec (CDCQ)*. The youth along with artistic director, Jeremy Raia, will present a vibrant evening (or afternoon) of contemporary dance at Théâtre de la Providence, 1425 Patenaude St., Longueuil (Collège NDL). Click [here](#) to buy tickets.

**Hope & Cope: Men's Club in-person** May 6 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.

**St. Augustine's sale of vegetables, herbs and annuals:** May 10 from 10:00 a.m.-12:00 p.m. at St. Augustine's Church, 1741 Roberval, Saint Bruno. For more info call (450) 653-4402 or email [staugustine.bulletin@yahoo.com](mailto:staugustine.bulletin@yahoo.com).

**Saint Lambert Lawn Bowling Club: Open House** May 10 from 2:00-4:00 p.m. at 662 Oak Ave., Saint Lambert. To register: [boulingrinsaintlambert@gmail.com](mailto:boulingrinsaintlambert@gmail.com).

**Spring Craft Market:** May 10 from 10:00 a.m.-4:00 p.m. at Saint Lambert United Church located at 85 Blvd Desaulniers, Saint-Lambert. Our Harbour and other community groups will be present. Stop by and enjoy some quality products and baked goods, while connecting with the communities in Saint Lambert!

**Comedy Gala:** May 10 at 7:00 p.m. at Saint Francis of Assisi, 844 Notre Dame, Saint Lambert. For tickets call: (450) 672-5887/(450)671-1042

**Saint Lambert Horticulture:** May 15 with Peter Meier-Vegetative reproduction/advantages and challenges

(bilingual presentation and workshop) and on May 24 - Perennial plant and seed sale from 9:00 a.m.-12:00 p.m. (location TBD). To register send an [email](#) or visit their [Facebook Page](#) for more info.

**Public piano launch** at Gordon Park located at 600 Oak Ave., Saint-Lambert. May 21 from 4:00-6:00 p.m. Come and inaugurate the 2025 public piano season in the presence of the Conservatoire de musique de la Montérégie!

**Celiac Quebec: Exposition of merchants selling gluten-free food - Les Marchés Marie-Hélène Beauvoisk:** May 24 from 11:00 a.m.-5:00 p.m. at 335-6th Ave, Saint-Jean-sur-Richelieu. For more info click [here](#) or email: [quebecsupportgroup@celiac.ca](mailto:quebecsupportgroup@celiac.ca).

**Story Time Brossard Library:** May 24 from 11:00-12:00 story time in English located at 7855 San Francisco Ave., Brossard. Stories, nursery rhymes and songs for the whole family! [Click here to register](#) or call Mme Magda Zemmou (450) 923-6350, #6136 or email [magda.zemmou@brossard.ca](mailto:magda.zemmou@brossard.ca).

**Family Day** at Lespérance Park, May 24 from 11:00 a.m.-3:00 p.m. located at 365 Lespérance St., Saint-Lambert. Come and experience a family party atmosphere and discover all the fun activities (inflatable games, giant bubble workshops, temporary tattoos, foam sword fights, cotton candy booths). Hotdogs, slush and popcorn (\$) will also be available. It's a free event not to be missed!

**Handbell Concert with The Village Ringers:** May 31 at 7:00 p.m. at the Saint Lambert United Church, 85 Desaulniers Blvd., Saint Lambert. Tickets \$20 at the door. For more info email: [jfallon00@gmail.com](mailto:jfallon00@gmail.com).

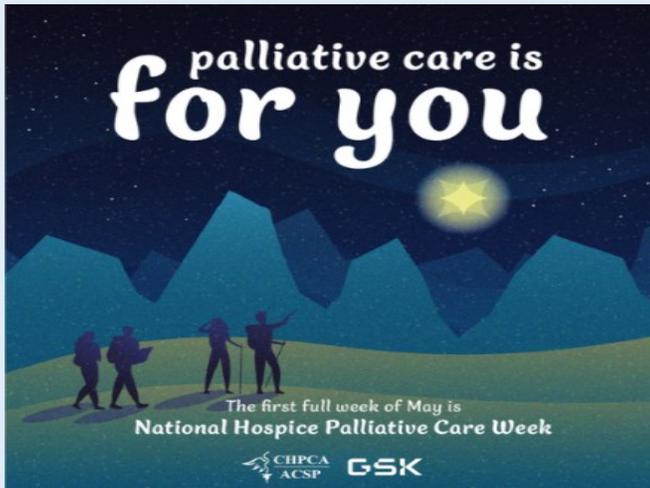
**Tai Chi/Qigong Classes** in Greenfield Park and Saint Bruno. For flexibility, balance, energy, stress management and general good health. All ages and fitness levels. Contact certified instructor Sandra to register at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com) or visit [www.taichi-qigong.ca](http://www.taichi-qigong.ca).

**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).

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

# The Last Word

**National Hospice Palliative Care Week** is a time to celebrate and highlight the incredible work being done to provide quality palliative care across the country. Join in recognizing the impact of palliative care on individuals and families, and for better access to this care for all. The first full week of May marks National Hospice Palliative Care Week in Canada. For more info click [here](#).



**Palliative care** is a holistic approach that treats a person with serious illness of any age, and in any setting. It involves a range of care providers and includes the person's unpaid caregivers. Palliative care can help improve quality of life, reduce or relieve symptoms, help in making important decisions and providing grief support. For all the information through Health Canada, click [here](#).

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