



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



Healthy
WORKPLACE
MONTH

THE ADVISOR

Information source for the South Shore
English-speaking community

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Welcome to October! As the air turns crisp and the leaves begin to change, our community is coming alive with new activities, programs and events.

October 1 is **National Seniors Day**—a time to honour and celebrate the remarkable contributions seniors make to our community. Their experience, leadership, volunteer spirit and active involvement enrich our programs and neighbourhoods. We are deeply grateful for their presence and the wisdom they share across generations.

Did you know we offer **Senior Wellness activities** in three locations every week—Greenfield Park, Chambly and Clarenceville? If you're 55+ and interested in connecting with a new community, be sure to check pages 3, 4 and 5 for details on this month's weekly activities.

This month is full of opportunities to connect, learn and socialize together. Here's just a sample of what's coming up:

- Digital Skills Workshop – build your confidence using technology
- Genealogy Club – explore family history and share resources
- Zumbini – music, movement and fun for little ones and their caregivers
- Employment Workshop in Greenfield Park – practical tools for job seekers
- Family Halloween Party in St-Jean – costumes, games and seasonal fun
- Book Club in St-Jean – connect through conversation and shared reading
- Parlez-Vous conversation club – practice French in a friendly setting
- Kindaroo Preliteracy Activity in St-Jean – early learning through stories and play

And this is just the beginning! Read on to discover more.

We were very pleased with the success of the **Health and Social Services Community Fair** held on September 20 at the Legion in Greenfield Park. A total of 167 community members joined us to connect and discover valuable resources offered by organizations in the Montérégie. Thank you to everyone who came out to meet us and our community partners.

September 30 is the **National Day for Truth and Reconciliation**. We honour the survivors of residential schools, remember the children who never returned home and reflect on the ongoing journey toward healing and reconciliation with Indigenous communities. To learn more, visit the [Orange Shirt Society's website](#).



October Activity Calendar

For additional information or to register for an activity, please contact

info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Activity Centre - Adélarde-Berger Library - Chambly - Clarenceville - Legion - Margo-Rock Chalet - Royal Military College - St-Jean - Lagabière Brewery - GPK Centre -</p>	<p>91 Churchill, Greenfield Park 180 Laurier Street, St-Jean 2000 Bourgogne, Chambly Free Methodist Church (1076 Front Street N.) 205 Empire, Greenfield Park Marquis-De Montcalm Park (280 Fortin Street, St-Jean) Dextrase Building (15 Jacques-Cartier St. N., St-Jean) 900 Seminaire Blvd.#201, St-Jean 537 Range Road 3, St-Jean 330 Gladstone, GPK</p>	<p>1 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/Activity Centre/Clarenceville 1:30-3:00 pm</p>	<p>2 Tai Chi/Qigong @ Activity Centre 9:00-10:00 am Walk & Talk @ Activity Centre 10:30-11:30 am Employment Workshop @ Activity Centre 12:00-1:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	3	4
5	<p>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</p>	<p>7 Zumbini @ GPK Centre 10:00-11:30 am Kindaroo! Preliteracy Activity @ Adélarde-Berger Library 10:30-11:15 am Genealogy Workshop @ Activity Centre 1:00-3:00 pm</p>	<p>8 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/Activity Centre/Clarenceville 1:30-3:00 pm Affordable produce baskets @ Activity Centre 3:00-7:00 pm</p>	<p>9 Tai Chi/Qigong @ Activity Centre 9:00-10:00 am Walk & Talk @ Activity Centre 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm Book Club @ Activity Centre 2:00-3:30 pm (FULL) Parlez Vous? Let's Chat! @ Margo-Rock Chalet 6:30-8:00 pm</p>	10	11
12	<p>ARC CLOSED</p>	<p>14 Social Cooking @ Activity Centre 10:00 am-12:00 pm Zumbini @ GPK Centre 10:00-11:30 am Kindaroo! Preliteracy Activity @ Adélarde-Berger Library 10:30-11:15 am</p>	<p>15 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/Activity Centre/Clarenceville 1:30-3:00 pm SHARP: Resources for staying active and preventing falls at home via Zoom from 10:00-11:30 am</p>	<p>16 Tai Chi/Qigong @ Activity Centre 9:00-10:00 am Walk & Talk @ Activity Centre 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm Parlez Vous? Let's Chat! @ Margo-Rock Chalet 6:30-8:00 pm</p>	17	18 Family Wellness Saturday @ Royal Military College 10:00 am-12:00 pm
19	<p>French Conversation Group @ Activity Centre 10:30-11:30 am Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>21 Social Cooking @ Activity Centre 10:00 am-12:00 pm Zumbini @ GPK Centre 10:00-11:30 am Kindaroo! Preliteracy Activity @ Adélarde-Berger Library 10:30-11:15 am Digital Skills Workshop @ Activity Centre 1:30-3:00 pm Book Club @ St-Jean 7:30 pm</p>	<p>22 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/Activity Centre/Clarenceville 1:30-3:00 pm Affordable produce baskets @ Activity Centre 3:00-7:00 pm</p>	<p>23 Linda's Gentle Yoga via Zoom 2:00-3:00 pm Parlez Vous? Let's Chat! @ Margo-Rock Chalet 6:30-8:00 pm</p>	24	25
26	<p>French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p>	<p>28 Social Cooking @ Activity Centre 10:00 am-12:00 pm Zumbini @ GPK Centre 10:00-11:30 am Kindaroo! Preliteracy Activity @ Adélarde-Berger Library 10:30-11:15 am</p>	<p>29 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/Activity Centre/Clarenceville 1:30-3:00 pm</p>	<p>30 Tai Chi/Qigong @ Activity Centre 9:00-10:00 am Walk & Talk @ Activity Centre 10:30-11:30 am Ilana's In-person Drawing Class @ Activity Centre 1:00-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Parlez Vous? Let's Chat! @ Lagabière Brewery 6:00-8:00 pm</p>	31	

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:

- October 1: Gentle Yoga with Linda - come relax and rejuvenate your mind and body.
- October 8: South Shore Literacy Council's *Improved Communication Workshop* – build confidence and become a better communicator.
- October 15: Ever tried Neurographica? It's art that positively transforms your mind - join a certified Neurographica specialist and give it a go!
- October 22: One of our own participants has been scuba diving for years and will share fascinating insights about coral reefs - come learn about these vibrant underwater ecosystems!
- October 29: Have you ever tried glass painting? Join Marie-Claude as she guides us through this creative art form - everyone will leave with a beautiful, one-of-a-kind painted glass!

Registration is required with [Tania](#) or (514) 213-3744.

Ancestor Hunters Genealogy Club - whether you're an experienced genealogist or just beginning your journey, whether you're 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. The next meeting will take place on October 7 from 1:00-3:00 p.m. To register contact Tania at gpk@arc-hss.ca or (514) 213-3744.

We had so much fun exploring emojis at our last **Digital Workshop** that we ran out of time to cover acronyms. But don't worry, Anila will be back on October 21 at 1:30 p.m. to dive into acronyms and digital cookies (not the dessert kind!). Come learn, laugh and level up your digital skills with us. To register, contact gpk@arc-hss.ca or call (514) 213-3744.

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 for more info, contact Courtney at 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.

Join our weekly **Drawing Class**—typically offered virtually on Mondays and in-person Class once a month (refer to the Activity Calendar on previous page for dates and times). To register, contact Courtney at 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.

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 October session is titled *Resources for staying active and preventing falls at home*. October 15 at 10:00 a.m. (via Zoom) Register [here](#).



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 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 or call (514) 213-3744.

HAUT-RICHELIEU-ROUVILLE

Review



Join us for another wonderful month 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:

October 1 – We welcome speaker Keith Leclerc to teach us about health from an Indigenous perspective.

October 8 – Rock Painting! Let's get creative and make some treasures for the garden or for gifting.

October 15– Rob Lutes will be back to play music and help us write a song together.

October 22– We will start with some gentle stretching exercises and then discuss end-of-life legal documents in preparation for next month's MAiD (Medical Assistance in Dying) presentation by Dr. Georges L'Esperance.

October 29– Rachel from the South Shore Literacy Council will teach us her tips and tricks on how to become Super Communicators.

Family Wellness Saturday's Halloween Party! – St-Jean Get ready for a spook-tacular morning of fun for the whole family — a festive celebration packed with music, games, crafts and hands-on activities for all ages. Dress in your favourite costume and join us on **Saturday, October 18** 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 St-Jean-sur-Richelieu. **RSVP required:** Email stjean@arc-hss.ca or call (514) 605-9500 to reserve your spot and help us prepare enough supplies.

ARC Book Club – St-Jean Our next book club pick is *The 100-Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson. This international bestseller follows Allan Karlsson, who escapes his nursing home on his 100th birthday and stumbles into a journey filled with criminals, a suitcase of cash and flashbacks from a century of global events. It's quirky, clever, and perfect for a lively discussion. Join us on **October 21 at 7:30 p.m.** at the ARC office – #201, 900 du Séminaire Blvd., St-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! Kindaroo – St-Jean Kindaroo 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 until November 25 at the Adélarde-Berger Library, 180 Laurier Street in St-Jean-sur-Richelieu from 10:30 to 11:15 a.m. To register or for more information, contact Thérèse at stjean@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

Quebec CHSN

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

ARC New this Fall! KINDAROO!

Hop on a delightful parent-child literacy adventure filled with lively rhythms, playful stories, and bouncy rhymes!

Tuesday mornings
10:30-11:15 AM
ADÉLARD-BERGER LIBRARY
180 LAURIER
ST-JEAN-SUR-RICHELIEU

stjean@arc-hss.ca (514) 605-0500

Bright Beginnings
A literacy start for children ages 0-5

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.

HRR Review *continued from previous page...*

Parlez-Vous? Let's Chat! French Conversation Club – St-Jean In October, our theme explores how the fruits of the harvest are transformed into beloved foods and beverages. From grapes becoming wine to apples becoming cider or pies, we'll dive into vocabulary, cultural traditions and practical conversations. The month will culminate in a guided visit to a local brewery—a perfect opportunity to see theory in action, practice your French and share a drink!

Thursday, October 9, 16 and 23 - Meet from 6:30 to 8:00 p.m. at the Margo-Rock Chalet in Marquis-De Montcalm Park (280 Fortin Street, St-Jean-sur-Richelieu) to learn useful words, phrases and cultural context.

Thursday, October 30 - Guided brewery tour and tasting (\$10 per person, must be 18 years or older to participate) at [Lagabiere Brewery](#) (537 Range Road 3, St-Jean-sur-Richelieu) from 6:00 to 8:00 p.m. Reserve your spot today! To register, contact Céline by [email](#) 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 or (514) 980-8900.

October 1 – It's National Seniors' Day! We are going to celebrate and honour the wisdom, experience and achievements of older adults in our families, communities and country. We have some fun activities lined up, games and a cake from our friends at the Centre d'Action Bénévole Interaction!

October 8 – Preparing bird-friendly gardens in fall and winter Bird expert Sheldon Harvey will guide us through bird feeding, habitat tips and more to help our feathered friends thrive through the colder months.

October 15 – Crafting the colours of fall Celebrate the beauty of autumn in this cozy crafting session using natural materials and simple supplies. If you have an abundance of pine cones, please bring them! All other materials will be provided.

October 22– Murder at the Manor: A spooky whodunnit! Halloween is just around the corner and we're going to get into the 'spirit' with a murder mystery game set in a spooky manor, where the guests are the suspects! Work together to crack the case, uncover the clues and solve the crime before time runs out. No experience necessary - and it's all in good fun!

October 29– Understanding Hearing Loss - Whether you're experiencing hearing changes yourself or supporting someone who is, this presentation by Hear Quebec will offer helpful tips, clear explanations and useful resources. Perfect for anyone wanting to learn more about hearing health.

PARLEZ-VOUS? **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!

OCTOBER: Taste the harvest!

- 9 From vine to wine**
Fruits, wine-making and adjectives to describe taste
- 16 Apples and ciders**
Baking, cider and the vocabulary of recipes
- 23 The language of beer**
Grains, brewing, types of beer and production stages
- 30 Guided brewery tour and tasting (must be 18+)**
Lagabière Brewery (6 to 8 p.m.)
537 Range Road 3, St-Jean sur Richelieu

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

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



ARC 55+

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

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

October

Free Methodist Church
Lower level
1076 Front Street N.
Clarenceville

- 1 It's National Seniors Day - let's Celebrate!**
CÉLÉBRONS LA JOURNÉE DES AÎNÉS!
- 8 Preparing bird-friendly gardens in fall and winter**
JARDINER POUR LES OISEAUX EN AUTOMNE ET HIVER
- 15 Crafting the colours of fall**
LES COULEURS DE L'AUTOMNE EN BRICOLAGE
- 22 Murder at the Manor: A spooky whodunnit!**
MEURTRE AU MANOIR: UN MYSTÈRE EFFRAYANT!
- 29 Understanding hearing loss: A Hear Quebec presentation**
LA PERTE AUDITIVE: UNE PRÉSENTATION D'ENTENDRE QUÉBEC

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

Secrétariat aux relations avec les Québécois d'expression anglaise
Québec

CHSN

Centre d'Action Bénévole Interaction

Logo of the Government of Quebec

*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.*

We have all had occasions where we or someone we know has done some “retail therapy”. This can be fine on rare occasions but as we face a world that feels out of control and distressing, people are increasingly engaging in doom spending. So, what exactly is doom spending? Doom spending is the act of compulsively spending money in response to feelings of anxiety, hopelessness or dread about the future.

Stress and anxiety, in particular anxiety fueled by witnessing unprecedented political and environmental events, can trigger episodes of doom spending. People may overspend preparing for an uncertain future by buying food or supplies (toilet paper, canned food, medication...) they don't currently need in an effort to feel like they have an element of control.

You may likely feel good at first, soon after you make your purchase. However, these feelings are generally fleeting and can lead to negative feelings and even more stress than you had before. Not only that, but many will face financial strain and even debt, which can add extra layers of shame and hopelessness.

Mindfulness can be used so that spending money isn't your first reaction to a stressful situation. In a nutshell, mindfulness about doom spending involves becoming more aware of your feelings and how you act upon them through guided meditation and other mindfulness techniques such as journaling and art therapy.

Adding in other daily practices can also help curb your desire to doom spend:

- Physical activity
- Practicing healthy sleep hygiene
- Maintaining a balanced diet
- Limiting exposure to upsetting news or social media
- Following a detailed budget
- Connecting with a mental health professional for support

If you need further support with your financial decisions, you can reach out to the [South Shore Family Economy Cooperative Association](#), a community organization that can help low-income people create budgets and manage debts. If money matters are causing you significant anxiety or stress, please reach out to a licensed mental health professional for guidance and support.

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.

Bilingual Employment Workshop Series

We are hosting an upcoming employment workshop on Thursday, October 2, from 12:00 to 1:30 p.m. at our Activity Centre located at 91 Churchill Blvd. in Greenfield Park.

This Lunch & Learn session will provide valuable tips and tricks for searching for employment online. Enjoy delicious snacks and pizza while gaining practical insights to boost your confidence and job-search skills!

Register [here](#) or call us today at (514) 712-6575.

Spots are limited and available on a first-come, first-served basis.

We're also excited to share our brand-new employment infographic, filled with helpful tips and resources to support your career journey. Access it [here](#).

Stay connected—more exciting news is on the way!

ARC
www.arc-hss.ca

EMPLOYMENT AND SOCIAL DEVELOPMENT
(514) 712-6575
employment@arc-hss.ca

QUARTERLY EMPLOYMENT UPDATE
Supercharge your search with government resources!

EMPOI QUÉBEC
This resource provided by the Provincial Government is designed to assist you in your job search.

POWER TOOL

- A valuable tool for job placement and training to prepare individuals for the workforce.
- Features career counseling and support for newcomers seeking employment in Quebec.

EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA
This initiative supported by the Government of Canada offers assistance programs to individuals in need.

POWER SOURCE

- Gain entry to job banks featuring in-demand positions tailored for students.
- Discover a dedicated section filled with free workbooks and online courses.

Three Secrets to Jumpstart Job Search Success!

- 1 Optimize your online presence - make sure your profiles are up to date
- 2 Customize each application - tailor your CV and cover letter for each job
- 3 Keep track - staying organized can make the difference!

Securifier: our relations avec les Québécoises et Québécois

Québec

RDN
Regional Development Network
Réseau de Développement Régional

Looking for resources and support with your job search? Reach out and stay connected for news on upcoming employment events!

@arcjouthorities

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.

Caregivers Café

has a fall packed with activities and events that are sure to resonate with family caregivers. What else do we love about fall? There are five Wednesdays in October! Join us at 91 Churchill Avenue from 10:00 to 11:30 a.m. and see what the buzz is all about. This group is open to former caregivers too. For more information contact Christine at caregivers@arc-hss.ca or (514) 608-9600.



Check out this month's lineup:

October 1: Did you know? Aphasia is more common in seniors because of risk factors like stroke and dementia. But what do we really know about it and where can English speakers access resources and information? We're welcoming special guests to the Café from **Aphasie Rive-Sud** for an interactive presentation and question and answer session.

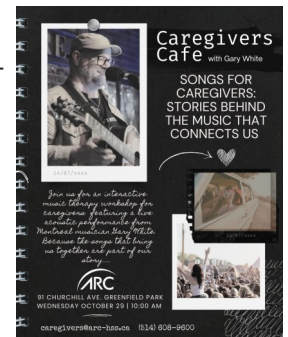
October 8: Did you know that **CAAP Montérégie** can inform you about senior housing rights and help you make a complaint in the health system if you feel your rights haven't been upheld? We'll be delving into case studies

and talking about real-life examples of how seniors challenged the system and prevailed with the help of our partners at CAAP.

October 15: Our in-house caregiving expert Nurse Penny Fleming is back with another interactive **health presentation** created especially for caregivers. Did you ever wish you had access to a health professional to answer your questions to support you in your caregiving? We have that and more at the Café!

October 22: Join us for a creative activity that focuses on mindfulness and mental wellbeing. Therese Callahan will lead us in a **neurographic art** workshop and talk about how incorporating these practices into our routines can help reduce caregiving-related stress and anxiety.

October 29: Back by popular demand, Gary White returns to Caregivers Café with another edition of **Songs for Caregivers - Stories Behind the Music that Connects Us**. Join us for a special music cafe workshop for caregivers featuring a live acoustic performance and anecdotes from Gary's life as a musician and a fellow caregiver, evoking connection, shared memories and shared experiences.



Appel à Projets Call for Projects

Pour une troisième année, le Collectif GPK Collective met à la disposition de la communauté, à travers le Fonds Les Éclaireurs, un appel à projet d'initiatives rassembleuses pour les citoyennes, citoyens et organismes-bénévoles de Greenfield Park.

For a third year, the Collectif GPK Collective is making available to the community, through Les Éclaireurs fund, a Call for Projects for citizen initiatives and volunteer based organizations in Greenfield Park.

Ouvert du 22 septembre au 20 octobre 2025
Open from September 22 to October 20, 2025

Montants disponibles: *Vous avez un événement rassembleur qui a un impact dans le quartier et vous aimeriez recevoir un financement?*
Funding available:

- 2 X 1 000\$;
 - 1 X 750\$;
 - 1 X 500\$;
 - 1 X 250\$.
- Do you have a unifying event that has an impact in the neighbourhood and you would like to receive funding?*

Information:
<http://lbit.ly/4nrJQy9>



collectifgpkcollective@gmail.com
450 671-4375

Centre intégré de santé et de services sociaux de la Montérégie-Centre
Québec



The Collectif GPK Collective (CGPKC) has set aside part of the 2025 financial envelope to make available a call for projects from Greenfield Park citizens' initiatives and organizations made up of volunteers.

This call for projects is open from September 22 to October 20, 2025. To apply for funding, [please complete this form](#).

Objectives of the financial support:

- Allocate a fund dedicated to activities that bring the Greenfield Park community together and are open to all;
- Provide financial support for initiatives led by civil society and/or Greenfield Park volunteer based organizations;
- Strengthen community resilience and the social fabric; Mobilize existing Greenfield Park community resources.

Evaluation criteria

- The project is inclusive and reaches a significant number of Greenfield Park citizens;
- The project is inclusive and accessible to all (universal accessibility);
- The project aims to enliven the Greenfield Park community;
- The project helps marginalized or isolated people;
- The project involves no cost to participants.

Community Activities

Autonomous Writing Club: Saturday - October 11, November 1 and December 6 from 1:00 - 3:30 p.m. an English autonomous writing club led jointly by all the participants that provides a space to share writing projects, to offer positive criticism and to boost creativity. 12 people max. Brossard Library, 7855 San Francisco, Brossard. For information and to register: Michèle Tibblin: (450) 923-6311 ext. 6280 or michele.tibblin@brossard.ca.

Celiac Canada (Quebec) 5-kilometre walk on Mont Saint-Bruno: October 5 at 2:00 p.m. All are welcome to join, but please register using this [link](#). Free.

Are you a lifelong learner? **The South Shore Literacy Council is offering a Lifelong Learning Workshop** on October 7 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. Call [\(450\) 671-4375](tel:(450)671-4375) for more info.

Hope & Cope - Men's Club in-person: October 7 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.

Zumbini GPK is back-starting October 7. Get ready to move and groove at a unique activity developed for children 0-4 and their caregivers! Our 8-week Fall session features instrument play, rhythm, songs and movement. It's a great way to introduce your little ones to healthy habits and meet other families! Classes take place on Tuesday mornings at the GPK Community Centre at 330 Gladstone. Space is limited. To register contact caregivers@arc-hss.ca or call (514) 608-9600

Voices That Bring Writing to Life: A Creative Writing Workshop with Jeanette Paul. The focus in this workshop is on creating lively dialogue and cultivating a unique narrative voice, portray grandad's colourful speech or remember your own childhood voice. The aim is to have fun with the short writing exercises. For all writing levels. Every Thursday from 2:00 - 4:00 p.m. from October 16 to December 11. Greenfield Park Collective Community Centre, 330 Gladstone. Fee is \$30 for 9 weeks. Contact information: jeanettepaul@yahoo.ca or (450) 651-7044.

The Celiac Disease and Gluten-Free Diet Power Point presentation is designed for the general public. While not everyone has celiac disease, many people have friends or family members who do—and there is often confusion about what the condition involves and how to provide a safe gluten-free diet. This presentation also serves as a helpful resource for individuals who suspect they may have issues with gluten but are unsure how to pursue a diagnosis or take the next

steps. With Margaret Duthie, former President of the Quebec Chapter of Celiac Canada, a retired social worker and ongoing volunteer. To register click [here](#). For information contact Michèle Tibblin (450) 923-6311, ext. 6280 or michele.tibblin@brossard.ca. October 15 from 7:00 - 9:00 p.m. at the Brossard Public Library, 7855 San Francisco Avenue, Brossard.

Seniors Action Quebec: October 4 from 9:00 a.m. - 5:00 p.m. at Le Nouvel Hotel 1740 René Lévesque Blvd. West, Montreal. **Topic Legal Matters Affecting Seniors: Understanding Your Rights.** Click [here](#) to register.

Saint-Lambert Horticulture: October 16 - Sandra Funnekotter - Successful Raised Garden Arrangement. To register send an [email](#) or visit their [Facebook Page](#) for more exciting events.

Cinema Discovery presents *Sons* (in English with French subtitles) at the Saint-Lambert Library on October 16 from 7:00 - 8:00 p.m. Free. *Justin Simms has just become a dad. But his joy is tinged with unease. What does it even mean to be a "good man"? Isn't it enough to nurture basic human qualities—empathy, confidence, common decency—without dwelling on gender?* Click [here](#) for more info.

LEGO at the Saint-Lambert Library on October 22 from 5:00 - 8:00 p.m. Every Wednesday evening from September until December 10 (except October 29). Registration required [here](#). Help your children develop their imagination and creative talents with our LEGO kits. A reservation gives you access to one kit for three hours.

Tai Chi/Qigong Classes are movement disciplines for the body, mind and soul. Cynthia Coull Arena, Mondays 12:30 p.m at Cynthia Coull Arena, Greenfield Park ; Mondays 4:30 and 5:30 p.m and Wednesdays 6:30 p.m at Saint-Bruno United Church; via Zoom on Mondays and Fridays at 10:30 a.m. and 2:00 p.m.

. Contact Sandra at taichirivesud@gmail.com or 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.

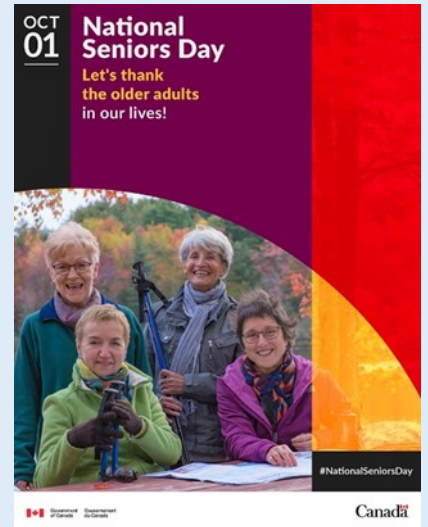
On the Trail of Myths and Legends in the Haut-Richelieu on October 24 from 8:00-9:00 p.m. Discover an exceptional guided tour through Old Saint-Jean, organized by the Musée du Haut-Richelieu. A passionate guide will lead you through the myths and legends of the region. The tour lasts spans several streets, perfect for folklore lovers and history buffs.

The Last Word

National Seniors Day is October 1. This is an occasion for all Canadians to join in celebrating older adults across Canada—whether a parent, a co-worker, a neighbour or a friend. The Government of Canada is proud to acknowledge the contributions that older adults in Canada have made and continue to make to our families, communities and society. Click [here](#) to see the National Seniors Day Guidebook.

It is easy to show respect and gratitude for the older adults in your life. There are many ways to thank seniors for their contributions and to show them just how much they are appreciated. Here are just a few: say “thank you”, visit, call or connect via video-messaging and take some time to say “hi”, run errands for a senior, help with some outdoor chores, take a walk together or post a message on the [Seniors in Canada Facebook page](#).

Parks Canada. Choose from six stunning regions across Canada and plan the perfect fall getaway. Exciting itineraries, amazing experiences and a wealth of top-notch services and fun activities are waiting to be discovered on every inspirational page. Click [here](#) for your region and download the easy and helpful guide.



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