

# Down Home News



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



Canadian Heritage



Health Canada

February 2023

## Community Solutions for Senior Housing



Wednesday, February 22, 2023 | 10:00 a.m. - 2:00 p.m.

Join us for a discussion about housing for English-speaking seniors in the Thetford Mines area. We'll hear from experts who have successfully implemented senior housing solutions such as collectives and nonprofits in other rural communities in Quebec.

LOCATION: Le Vitrail, 1254 rue Sainte-Marthe, Thetford Mines <https://espacelevitrail.ca>

Free event, lunch included.

Please register by February 20<sup>th</sup> by calling MCDC 418 332.3851



## Health activity & capsules

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

### EXERCISES via ZOOM with Andréanne Raby



Date: Tues Feb 14 & 28, 2023

Time: 10:00 a.m.- 12:00 noon

Please call or email Laurie  
health@mcddc.info

### CHEP Videoconference

"Keeping your back and spine healthy as you age"  
By Samya Tatone, pilates instructor and candidate In Doctorate of Osteopathy

Date: Wed Feb 15, 2023

Time: 9:30 a.m. (coffee/muffins)

Place: MCDC or by ZOOM

Please call or email Laurie  
health@mcddc.info

### Movie Afternoon "Disney Nature Bears"



Date: Wed Feb 1, 2023

Time: 1:30 p.m.

Place: MCDC

Please call or email Jennifer  
info@mcddc.info

## Thank-You from the OddFellows

The OddFellows' Games Night on January 27th was very successful with approximately 40 people in attendance. The net proceeds including raffle ticket sales, entrance fees & 50/50 draw was \$1195. The lucky raffle ticket winners were:

(a) Frederick Blais: \$100 gift certificate; (2) Mrs. Nathalie Guay: \$50 gas at Caron garage; (3) Everett Learmonth: stained glass hanging. As well, 3 prs of Cineplex Odeon Tickets donated by Don Campbell were won by: (1) Brian Powell; (2) Ophelie Gagnon; (3) Evelyn Cox. The winner of the 50/50 draw was Eric Robinson who donated his winnings back to the OddFellows.

MERCI !



Monday, February 6  
Monday, February 13  
Monday, February 20  
Monday, February 27

MCDC  
Kinnear's Mills Municipal Hall  
Inverness IOOF Hall  
NO DROP-IN

## Drop-Ins

1:30 - 3:30 p.m.



T : 418 332.3851 | Sans frais : 1 877 332.3851  
[www.mcddc.info](http://www.mcddc.info)

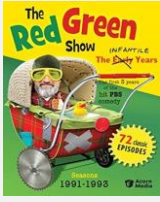
MEGANTIC  
ENGLISH-SPEAKING  
COMMUNITY DEVELOPMENT CORPORATION



# What's happening?

## Lunch & Show

### "The Red Green Show"



DATE: **Wed Feb 8, 2023**  
TIME: 12:00 - 2:30 p.m.  
PLACE: MCDC

Please call or email Jennifer  
info@mcdc.info



## MOVIE: Walk. Ride. Rodeo.

A courageous teenager is determined to resume competitive rodeo months after her paralyzing spinal cord injury.  
DATE: **Wed Feb 15, 2023**  
TIME: 1:30 - 3:30 p.m.  
PLACE: MCDC

Please call or email Jennifer  
info@mcdc.info

## Movie - Elvis 2nd showing!!



DATE: **Monday Feb 27, 2023**  
TIME: 1:30 - 3:30 p.m.  
PLACE: MCDC

Please call or email Jennifer  
info@mcdc.info

## Milestones



✦ Our deepest condolences to Ronald Routhier & family on the passing of his spouse Joan Beattie Routhier.

😊 Birthday wishes going out to Denise Carrier & Joan McCammon, and to everyone else who will be celebrating their birthday in February.

📖 Here's a get-well message for Edna Stewart to let her know she's in our thoughts.

## MCDC Book Club



MCDC has a Book Club that meets once a month via ZOOM. New members are always welcome.  
Next meeting is on:  
Friday, **February 24th** at 10:00 a.m.  
Please call or email Jennifer  
info@mcdc.info

T : 418 332.3851

Sans frais : 1 877 332.3851

## SQUARE DANCE

*and if the  
music is  
good,  
you dance*

DATE: **Saturday, Feb 11, 2023**

TIME: 7:00 p.m.

PLACE: Kinnear's Mills Old School

MUSIC: Courtney Drew & James Allan

## School News



- ✓ Feb 7: Life Skills Program: "Cooking on a Low Budget" for Sec 5 students.
- ✓ Feb 8: Visit to CFP Le Tremplin for Sec 3 & Pathways students.
- ✓ Feb 28: Presentation on "Racism" for Sec 3 students at 8:22 a.m.

## Church Services

### K.I.T. Pastoral Charge:

- Feb 5, 10:30 a.m. Gamache & Nadeau chapel.
- Feb 12, 10:30 a.m. Candlish, Kinnear's Mills.
- Feb 19, 10:30 a.m. St. Andrew's Hall, Inverness.
- Feb 26, 10:30 a.m. Gamache & Nadeau chapel (1st in Lent).

### Anglican Services:

- Feb 12, 2 p.m. Gamache & Nadeau chapel.
- Services in Inverness will resume Easter weekend.



All members of the English-speaking community of Chaudière-Appalaches and l'Érable are invited to become members of MCDC. Membership is free and it is a great way to get involved and show your support for your community. Please call us 418 332.3851 or email communications@mcdc.info