



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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[Click to view commemorative video](#)



THE ADVISOR

Information source for the South Shore English-speaking community

What's New This Month at ARC

We're growing! Our activity calendar has outgrown a single page, and we're excited to now offer **two separate calendars** — one for **Greenfield Park** and another for **Haut-Richelieu**. Check them out to find activities happening closest to you.

Film Premiere: "Ageless"

We're proud to host the **Cummings Centre's** documentary *Ageless* on November 20 at 1:30 p.m. at the Cynthia-Coull Arena (195 Empire St., Greenfield Park). Seating is limited, so registration is required — email gpk@arc-hss.ca or call (514) 213-3744 to reserve your spot. [Learn more about the film here.](#)

Parlez-Vous? Let's Chat! French Conversation Club

This month, our St-Jean group goes *Under the Hood!* Ever wondered how to ask about a flat tire, an oil change, or a car repair in French? Join one (or both!) of our sessions on November 13 and 25. See page 5 for details.

Family Wellness Saturday

Join us for an afternoon of fun and movement at the Saint-Jean Garrison Sports Centre on November 29, from 12:00 to 2:00 p.m. Enjoy **supervised climbing for all ages (3 and up)**. RSVP is required to access the military base — see page 5 for details.

November SHARP Session

Our next SHARP session, *Who to Call for Help: Info-Santé, Info-Social & Other Essential Hotlines*, takes place on November 19 at 10:00 a.m. (via Zoom). Don't miss this informative discussion — [register today!](#)

Employment Services

Looking to manage your finances better or explore new job opportunities? ARC connects job seekers with employment partners who can help with **résumés, cover letters, interview prep, career coaching, and navigating government services** like Emploi Québec. Contact André at employment@arc-hss.ca or (514) 712-6575 — your next career move could be just a click away!

A Quick Note on Activity Registration

Many ARC activities now require **advance registration**. We don't want to turn anyone away, but space is limited — so **priority will be given to those who pre-register**. Overcrowded rooms can make activities uncomfortable and unsafe, so please sign up early to secure your spot!

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 November, we're excited to offer:

- November 5: Join us for an informative session with the Community Justice Centre of Montérégie to better understand civil liability and your rights and responsibilities under the law.
- November 12: Don't miss Nurse Penny's engaging talk, "The Realities of Aging: Conversations That Matter," where she'll explore the challenges and meaningful discussions that come with growing older.
- November 19: Get creative at our card-making workshop with Gail Adams, where you'll learn fun techniques to craft beautiful, personalized cards for any occasion!
- November 26: Our intern, Jessica, who is currently studying Special Education at Champlain College, will take the lead in facilitating an activity.

Space is limited and registration for all activities is **REQUIRED**. Contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Upcoming **Digital Workshop - Explore the World of Facebook**. Are you interested in learning how Facebook works to get the most out of it? Let's explore together on November 11 at 1:30 p.m. To register, email gpk@arc-hss.ca.

We're excited to announce the film premiere of the **Cummings Centre's documentary "Ageless"**, taking place on November 20 at 1:30 p.m. at the Cynthia-Coull Arena, 195 Empire St., Greenfield Park. Limited places available - **MUST** register by emailing gpk@arc-hss.ca or calling (514) 213-3744. See more about the film [here](#).

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, con-

necting 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—join us on November 25 from 1:00-3:00 p.m. To register, contact Tania at gpk@arc-hss.ca or (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 or (514) 605-9500.

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 November session, "Who to call for help: Info-Santé, info-social & other essential hot-lines." will take place on November 19 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 boosts heart health, strengthens muscles and joints, improves mood, 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.

CHSSN
Services for Healthy Aging in the Right Place (SHARP) invites you to

Who to call for help:
Info-Santé, info-social &
other essential hotlines

FREE on

Wednesday, November 19
10:00 - 11:30 am

For more info: gpk@arc-hss.ca
(514) 213-3744

Health Canada Santé Canada ARC

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program

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.



November 2025 Greenfield Park

To register for an activity :
info@arc-hss.ca / (514) 604-9455

Locations / Notes:

ARC Activity Centre
91 Churchill,
Greenfield Park

GPK Centre,
330 Gladstone,
Greenfield Park

GPK Legion
205 Empire,
Greenfield Park

Cynthia Coull Arena
195 Empire,
Greenfield Park

Virtual via ZOOM
(email info@arc-hss.ca
for link)

**** Affordable Produce
Baskets from CAPL :**
capl.inter@gmail.com
(450) 486-1400 **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	4 Zumbini 10:00 - 11:30 am	5 Caregivers Café 10:00 - 11:30 am Senior Wellness 1:30 - 3:00 pm ** Affordable Produce Baskets ** 3:00 - 7:00 pm	6 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	7	8
9	10 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm	11 Social Cooking (A) 10:00 am - 12:00 pm Zumbini 10:00 - 11:30 am Digital Skills Workshop 1:30 - 3:00 pm	12 Caregivers Café 10:00 - 11:30 am Senior Wellness 1:30 - 3:00 pm	13 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am In-person Drawing Class 1:00 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	14	15
16	17 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	18 Social Cooking (B) 10:00 am - 12:00 pm Zumbini 10:00 - 11:30 am	19 Caregivers Café 10:00 - 11:30 am SHARP: Who to call 10:00 - 11:30 am (Zoom) Senior Wellness 1:30 - 3:00 pm ** Affordable Produce Baskets ** 3:00 - 7:00 pm	20 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am "Ageless" Screening 1:30 - 3:30 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	21	22 Community Dinner Dance 5:30 pm
23	24 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	25 Social Cooking (C) 10:00 am - 12:00 pm Zumbini 10:00 - 11:30 am Genealogy Club 1:00 - 3:00 pm	26 Caregivers Café 10:00 - 11:30 am Senior Wellness 1:30 - 3:00 pm	27 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Book Club (full) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	28	29
30						

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:

November 5: Be brave and explore a new way to move your body and express yourself: Sharon is coming to give us an introduction to belly dancing.

November 12: We welcome Dr. Georges L'Esperance who will guide us through the basics of MAID (Medical Assistance in Dying). Everyone is welcome - please bring your friends and your questions.

November 19: Anila will come back to teach us about Facebook security. Bring your electronic devices for individual help.

November 26: Put on your thinking cap, unleash your inner detective and let's band together to solve a murder mystery.

Family Wellness Saturday – Board Game Saturday! Bring the whole family for a fun morning of classic and modern board games. We'll have cooperative games where teams play together to achieve a common objective as well as games for those with a more competitive spirit. Games for all ages, skills and interests. Find us on **November 8 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. Email [Therese](mailto:Therese@arc-hss.ca) or call (514) 605-9500 to reserve your spot today!

Book Club – St-Jean What if you could go back and stop the worst thing you ever did? This month's book club pick is *Famous Last Words* by bestselling author Gillian McAllister — a gripping, twist-filled novel about regret, second chances and the power of hindsight. This will be our last meet-up until the new year and we're making it a pot-luck! Bring something simple to share and enjoy a cozy evening with fellow book lovers. Join us on **November 18 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). To register, contact [Céline](mailto:Celine@arc-hss.ca) or call (514) 980-8900.

Kindaroo – St-Jean Kindaroo is a pre-literacy program for children aged 0–4 and their parents or caregivers. Each week, we 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 email [Therese](mailto:Therese@arc-hss.ca) or call (514) 605-9500.

Canning basics – Women's Workshop Want to learn how to safely preserve your favourite seasonal fruits and veggies at home? Join us for a relaxed, hands-on **Introduction to Canning** workshop just for women! We'll meet in the Collectif-ment Elles kitchen (390, Georges-Phaneuf Street in St-Jean sur Richelieu) on **November 20** at 6:00 p.m. No previous experience required. All food and materials will be supplied. To register, contact [Céline](mailto:Celine@arc-hss.ca) or call (514) 980-8900.

ARC 55+ COMMUNITY
2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4

WEDNESDAYS 1:30-3:00

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

CHSN
The views expressed herein do not necessarily represent the views of the Commission of the Chair.

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
ADELARD-BERGER LIBRARY
180 LAURIER ST.
ST-JEAN-SUR-RICHELIEU

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

Bright Beginnings
A program for 0-4 children ages 0-4

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 This month, our club goes **Under the Hood**. Have a flat tire? Need an oil change, repairs or routine maintenance? We'll tackle the vocabulary and phrases you'll need for a trip to the mechanic. Join us on **November 13** 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 to practice real-life conversations in a supportive setting.

Then on **November 25**, our group will receive an exclusive, guided tour of CAMBLI, a Saint-Jean based manufacturer of armoured vehicles. This is a one-of-a-kind chance to see cutting-edge engineering up close! Meet us at 6:00 p.m. in front of the plant (555 Saint-Louis Street in St-Jean-sur-Richelieu). To register email [Céline](mailto:Celine@arc-hss.ca) 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](mailto:Celine@arc-hss.ca) or call (514) 980-8900.

November 5 – Exploring Ageism Together: an interactive workshop Through a series of humorous and insightful illustrations, Karen Hetherington from the *Observatory on Aging and Society* will engage us in a discussion on how ageism shows up in family life, social settings and beyond. This interactive workshop is a chance to reflect, share and start meaningful conversations about aging and respect across generations.

November 12 – Preparing bird-friendly gardens in fall and winter (rescheduled from last month). Bird expert Sheldon Harvey will guide us through bird feeding, habitat tips and more to help our feathered friends thrive through the colder months.

November 19 – Functional Strength for Everyday Living In this session, our guest instructor Lynda Bienz will teach us safe, easy movements to strengthen key muscle groups that support balance, lifting, and mobility. A great way to build your body's resilience and stay independent longer!

November 26 – What is 'normal' aging? Aging comes with changes — but how do you know what's normal and what's not? Join Registered Nurse Penny Fleming for a helpful session on the common conditions that come with aging, what to expect and what might be a red flag to watch for.

Family Wellness Saturday at Saint-Jean Garrison This month we're bringing you TWO Family Wellness Saturday events! Join us Saturday November 29 from 12:00 to 14:00 p.m. for **supervised climbing** for all ages (3 and up) at the **Saint-Jean Garrison Sports Centre**. All equipment and guidance will be provided by certified instructors, so everyone can climb safely and confidently. We'll also have a soft-play and gross-motor skills area for younger children to explore and move. **RSVP is required to access the military base**, located at 25 Grand Bernier South in Saint-Jean-sur-Richelieu. Email [Therese](mailto:Therese@arc-hss.ca) or call (514) 605-9500 to get on the list!

PARLEZ-VOUS?

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!

NOVEMBER: UNDER THE HOOD

13 REV UP YOUR FRENCH
Learn the French you need for car trouble, repairs and maintenance. Practice real-life vocabulary and phrases to talk to mechanics and deal with common vehicle problems.
Thursday November 13, 6:30 - 8:00 p.m.
Marquis-De Montcalm Park, Chalet Margo-Rock
280 Fortin Street, Saint-Jean-sur-Richelieu

25 FIELD TRIP! ARMURED VEHICLE MANUFACTURER
Get on behind-the-scenes look at how armoured vehicles are built with an exclusive guided tour of the CAMBLI plant.
Tuesday November 25, 6:00 - 8:00 p.m.
555 Saint-Louis Street
Saint-Jean-sur-Richelieu

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

ARC Canadian Heritage Patrimoine canadien

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

November

Free Methodist Church
1076 Front Street N.
Clarenceville

5 Exploring ageism together: an interactive workshop
À LA DÉCOUVERTE DE L'ÂGISME: UN ATELIER INTERACTIF

12 Preparing bird-friendly gardens for fall and winter
JARDINER POUR LES OISEAUX EN AUTOMNE ET HIVER

19 Functional strength for everyday living
LA FORCE FONCTIONNELLE POUR LA VIE QUOTIDIENNE

26 What is 'normal' ageing? Insight from a registered nurse
QU'EST CE QUE LE VIEILLISSEMENT NORMAL? RÉPONSES D'UNE INFIRMIÈRE DIPLOMÉE

Secrétariat aux relations avec les Québécois d'expression anglaise Québec

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

CHSN

*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.*



November 2025

St-Jean | Clarenceville | Chambly

Locations / Notes:

- Chambly**
[2000 Bourgogne, Chambly](#)
- Clarenceville**
[Free Methodist Church 1076 Front St. North Clarenceville](#)
- Margo-Rock Chalet**
[280 Fortin St. St-Jean-sur-Richelieu](#)
- Adélarde-Berger Library**
[180 Laurier St. St-Jean-sur-Richelieu](#)
- ARC Office - St-Jean**
[200-900 du Seminaire Blvd. N. St-Jean-sur-Richelieu](#)
- Collectivement Elles**
[290 Georges-Phaneuf St. St-Jean-sur-Richelieu](#)
- St-Jean Garrison Sports Centre**
[25 du Grand Bernier St. St-Jean-sur-Richelieu](#)
- Royal Military College**
[Dextrase Building 15 Jacques-Cartier St. N. St-Jean-sur-Richelieu](#)
- Virtual via ZOOM**
info@arc-hss.ca for link

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Virtual Drawing 2:00 -3:30 pm (Zoom)	4 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	5 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	6 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	7	8 Family Wellness 10:00 am - 12:00 pm
9	10	11 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	12 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	13 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! 6:30 - 8 pm	14	15
16	17 Virtual Drawing 2:00 -3:30 pm (Zoom)	18 Kindaroo! Preliteracy Activity 10:30 - 11:15 am St-Jean Book Club 7:30 pm	19 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	20 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Women's Workshop (Intro to Canning) 6:00 pm	21	22
23	24 Virtual Drawing 2:00 -3:30 pm (Zoom)	25 Kindaroo! Preliteracy Activity 10:30 - 11:15 am Parlez-Vous ! (outing) 6:00 - 8:00 pm 555 Saint-Louis St. St-Jean-sur-Richelieu	26 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	27 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	28	29 Family Wellness *NEW Location* 12:00 - 2:00 pm
30						

We already know that music can have a major impact on our mood. Fast beats pump us up and motivate us to work out. Slow songs make us feel wistful and melancholic, and soothing music helps us drift off to sleep. What is music, but a collection of sounds? Sounds have vibrations that affect us on a neurological, physiological and biochemical level.

The sound of nails screeching on a chalkboard sets our teeth on edge and raises the hair on the back of our necks; whereas a loud crash startles us, causing us to jump in fear. The sound of the waves soothes us and a melodious chime puts us in a good mood. These reactions involve neural, physiological and biochemical reactions within the body, as our minds and bodies sync to the vibrations of the sound.

Sound healing is an ancient practice that harnesses the power of sound vibrations to promote healing

Here are some guidelines that can help you practise sound healing safely and comfortably:

- Explore your options: It can be helpful to explore different types of sound healing sessions to find out what they involve.
- Educating yourself about different methods and techniques used during sound therapy can help you determine which one is right for you. Remember that, if not in person, you can also find sound-healing sessions online, either real-time or pre-recorded.
- Consult your healthcare provider: If you have any concerns about your health or your physical and emotional safety during a sound healing session, consult your medical provider before you attend one.
- Find a qualified practitioner: It's important to work with a qualified practitioner who has experience with the kind of healing you are seeking. Ask your practitioner about their training, background and the types of sessions they conduct.
- Make sure it's a safe environment: Make sure you're comfortable with the sound therapist and the environment. Sound can deeply affect your nervous system—and there are both harmful and beneficial ways in which this can happen—so it's critical that you are in a safe environment during this experience.

and relaxation. A 2020 review notes that sound therapy can significantly calm agitated brain waves.

As our brain waves slow down, we shift from an active state to a more relaxed, dreamlike state. In this state, breathing, heart rate and blood pressure decrease. This helps our immune system function more efficiently, reduces stress hormones, and triggers the release of feel-good chemicals in the brain.

A sound healing session involves lying down in a cozy and comfortable setting, closing your eyes and focusing on sounds made by music instruments like chimes, gongs and singing bowls. The sounds aren't melodious like music, so you'll be disappointed if you're expecting a harmonious symphony. However, the sounds are pretty powerful and if you concentrate, you can often feel them as well as hear them.



Source: Goldsby TL, Goldsby ME. [Eastern integrative medicine and ancient sound healing treatments for stress: Recent research advances](#). *Integr Med (Encinitas)*. 2020;19(6):24-30.

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 outreachgpk@arc-hss.ca.

Caregivers Café

Join us at 91 Churchill Blvd. every Wednesday from 10:00 to 11:30 a.m. and find connection, insight and support this November at **Caregivers Café**. 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:

November 5, our Community Development Coordinator, Brandon Stewart, guides *Discovering Caregiver Privilege and What It Means*. We're all heading in the same direction but the path is different. Learn more about our shared experiences and how we can see things through the lens of our fellow Café participants.

November 12, Caregiver grief just hits differently: it often begins long before loss and grows out of the changes, sacrifices and emotions that come with caring for someone we love.

Rebecca Pimentel from Caregiver Grief Connection visits to help us explore this experience and find ways to move through it with understanding and connection.

November 17, our in-house caregiving expert Penny Fleming, RN, returns for an interactive workshop on

supporting loved ones safely while also caring for ourselves and each other. When it comes to caregiving, there's nobody we trust more than Penny to deliver information that's evidence-based, relatable and clear.

November 26, Therese Callahan brings a creative and calming neurographic art workshop that helps us slow down and express ourselves in new ways. These mindful moments remind us that creativity can be one of the best tools in a caregiver's toolkit.

The realities of caregiving mean you can't always attend every session but you'll always find a warm space, good conversations and people who understand.

Join us when you can - your presence always adds something special to the Café.



Portail d'inscription aux services de garde



Key information for parents registered on the La Place 0-5 platform

You are awaiting for a space in:

- a childcare centre
- a subsidized or unsubsidized day care centre
- home-based childcare

IMPORTANT !

The La Place 0-5 platform will be shut down on **October 16, 2025**, and replaced by the Childcare Services Registration Portal in early November.

Here are three things you can do to facilitate your file's transfer:

1- Make sure to update your information before the La Place 0-5's scheduled shutdown on October 16, 2025.

Every parent must:

- update their family file and childcare needs in the La Place 0-5 platform;
- enter their personal email address in their account.

2- Create your Government Authentication Service account if you do not already have one.

To do so, visit quebec.ca/en/gouvernement/identite-numerique/government-authentication-service.

Make sure that your first name, last name, and email address are the same in both your La Place 0-5 and Government Authentication Service accounts.

3- Write down the La Place 0-5 registration confirmation number for all your children.

Note that if your child is not born yet, their file will not be transferred from the La Place 0-5 platform: once they are born, you will have to create a new account in the Registration Portal.

Need help creating a Government Authentication Service account?

Visit quebec.ca/en/gouvernement/identite-numerique/government-authentication-service to find answers to the most frequently asked questions as well as step-by-step tutorials that will help you create your account. If you do not have a Quebec health insurance card to create a Government Authentication Service account, you may contact Services Québec (1-877-644-4545) after the Portal becomes available for parents in early November.

An agent will guide you through this procedure.

To prepare for the transition, visit: quebec.ca/futur-portail (in French only)



Community Activities

Christmas Basket Voucher Requests—Ecumenical Community Services (ECS) : Residents of Saint-Lambert or Ville Lemoyne in need of a Christmas Basket Voucher can request one by phone at (263) 558-2221 from November 1 to 30, Monday to Friday, between 9:00 a.m.-5:00 p.m. Donations gratefully accepted: scosaintlambertecs.ca.

Christmas Craft Sale: November 1 from 9:00 a.m.-3:00 p.m. at Randell Hall, 2000 Bourgogne Ave., Chambly. Over 30 artists and vendors.

Autonomous Writing Club: November 1 and December 6 from 1:00-3:30 p.m. An English autonomous writing club led jointly by all the participants, provides a space to share writing projects, offers positive criticism and boosts creativity. Brossard Library, 7855 San Francisco Blvd. For information: [\(Michèle Tibblin\)](mailto:Michèle.Tibblin): (450) 923-6311 ext. 6280.

Are you a lifelong learner? **The South Shore Literacy Council is offering a Lifelong Learning Workshop** on November 4 and 18 from 2:00-4:00 p.m. at 330 Gladstone St., in Greenfield Park. Expand your knowledge, explore new ideas and connect with others who love to learn. Call (450) 671-4375 for more info or click [here](#) for more info.

Hope & Cope - Men's Club in-person: November 4 at 4:00 p.m. (bilingual activity). This group offers a safe, supportive space where men coping with a cancer diagnosis can confide in each other, learn and connect. The group meets every first Tuesday of the month. Click [here](#) for more info.

Remembrance Day Parade Greenfield Park will take place on November 9, starting at 1:00 p.m. with the wreath laying ceremonies at the Cenotaph in front of the Greenfield Park Town Hall.

Remembrance Day Ceremony Saint-Lambert will take place on November 10, in Mercille Park. The procession will depart at 10:50 a.m. from the municipal parking lot on Notre-Dame Avenue.

Voices That Bring Writing to Life: A Creative Writing Workshop with Jeanette Paul. Every Thursday from 2:00 - 4:00 p.m. from October 16 to December 11. Greenfield Park Collective Community Centre, 330 Gladstone St. The fee is \$30 for 9 weeks. Info: jeanettepaul@yahoo.ca or (450) 651-7044.

Christmas Market & Bake Sale: November 8 from 9:00 a.m.-2:00 p.m. Greenfield Park United Church, 335 Springfield St. For more information send an email to: brelan@videotron.ca.

Celiac Canada - Virtual Annual Conference: November 15 on Zoom from 11:45 a.m.-5:30 p.m. Connect with researchers, clinicians and patients to discover the latest in gluten-free science and treatment. Click [here](#) to register.

SSRE (South Shore Retired Educators) Meeting: Speaker Victoria Slonosky, historical climatologist with a PhD in environmental sciences from McGill University and author of the award-winning book, *Climate in the Age of Empire: Weather Observers in Colonial Canada*. Topic: *Rescuing Canada's Scientific Heritage: Climate and Citizen Science*. November 20 at 1:00 p.m. at the Mount Bruno United Church in Saint-Bruno, 25 Lakeview St. For more information send an email to: southshoreretirededucators@gmail.com.

Saint-Lambert Horticulture: November 20 – Festive Flowers Scandinavian style. To register, send an [email](#) or visit their [Facebook Page](#) for more exciting events.

Celiac Support Group Chat Hour on Zoom-November 24 featuring the administrator of the *Find Me Gluten Free App*. To register and receive the Zoom link, please send an email to: quebecsupportgroup@celiac.ca.

Christmas Market: November 22 from 10:00 a.m.-4:00 p.m. at Saint-Lambert United Church, 415 Mercille Avenue.

St. Paul's Church Country Christmas Sale, 321 Empire St. in Greenfield Park on November 22 from 9:30 a.m.-1:30 p.m. For more information or table rentals, please call (450) 678-2460.

Christmas Fair: November 22 at St. Augustine of Canterbury Church, 1741 Roberval St., Saint-Bruno from 10:00 a.m.-3:00 p.m.

Park Players of Greenfield Park presents a two-act comedy-mystery called *Appearing this Evening*. The show is playing November 27 and 28 at 8:00 p.m., with a matinee on November 29 at 2:00 p.m. at Centre Rene-Veillet, 1050 Park Lane, Greenfield Park. Tickets available through our [website](#). For more information click [here](#) or on our [facebook page](#).

St. Jude's Christmas Craft Fair: November 29, 781 Miller St., Greenfield Park from 10:00 a.m.-3:00 p.m.

Qigong with Sandra & Gentle Yoga for all with Linda: Mondays (new location) 330 Gladstone St, Greenfield Park. Qigong 1:00-2:15 p.m. followed by Gentle Yoga 2:30-3:30 p.m. * bring your own mat * For Qigong email [Sandra Mitchell](mailto:Sandra.Mitchell) or call (450) 466-7200 / Gentle Yoga Sessions email [Linda Zsar](mailto:Linda.Zsar) or call (438) 368-9606.

Strength and stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgogne Ave. 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.

The Last Word

Health Awareness Days

From mental health and suicide prevention, to prostate cancer and testicular cancer, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men. Helping men live happier, healthier, longer lives is what drives every single one of the projects. Research shows that support from a global community of 'Mo supporters' is impacting men around the world and even saving lives. Click [here](#) for all the information or on [Facebook](#).



Helpful resources in English from the [CISSS](#), whose mission is to contribute to promoting, maintaining, improving and restoring public health and well-being by making a range of quality health and social services accessible to all.

Flu Vaccine Poster <https://publications.msss.gouv.qc.ca/msss/en/document-003940/>

Oncology Booklet <https://publications.msss.gouv.qc.ca/msss/en/document-000470/>

Vaccine Information Sheets <https://publications.msss.gouv.qc.ca/msss/en/document-002058/>

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