

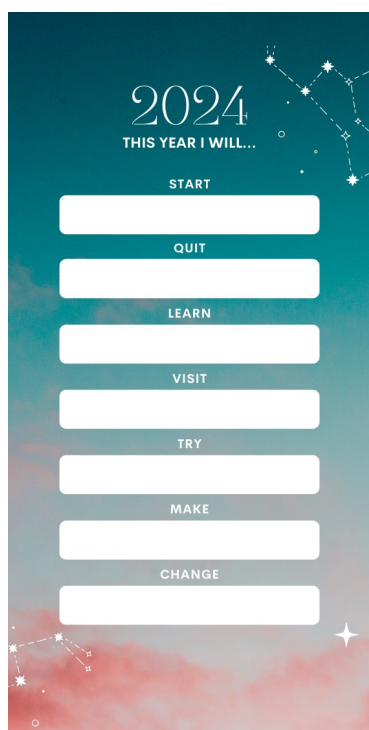
January 2024



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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Information source for the South Shore
English-speaking community

THE ADVISOR

“What the New Year brings to you will depend a great deal on what you bring to the New Year” - Vern McLellan

We are pleased to be back from our end-of-year break, rested up and ready to begin a new year. Looking forward at January and further down the road, we have a great year in store for you! Starting next week our regular activities are back and a few new ones too.

We all know that learning a second language can be difficult and intimidating at times. That's why, we offer a judgment-free and relaxed atmosphere where you can be comfortable to try out your French-speaking and listening skills. Due to the success of our Greenfield Park Conversation Club (which is held on Monday mornings), we are excited to announce that a **French Conversation Club** is coming to St-Jean-sur-Richelieu on Monday mornings beginning on January 29. See page 5 for more details and how to register.

Life Stories: A Writing Workshop begins in mid January and is held over 4 consecutive weeks. This is the fourth time we're hosting a Quebec Writers' Federation workshop for our 55+ community. This is a chance to tell your stories and also try putting them on paper. Every life is filled with enriching and compelling stories and this workshop is designed to give voice to your experiences and map them into stories. If you're interested and available for each of the 4 sessions, contact Debra at pm@arc-hss.ca to register. To read more, see page 6.

Seniors Wellness Centre activities are held weekly on Wednesday afternoons in both Chambly and Greenfield Park. We have a full schedule planned for 2024, with mental, physical, creative and social activities. There's always something for everyone and every week we have a great time together. It's a wonderful community to be a part of! Will you be joining us in 2024? If you're interested in learning more information, contact [Tania](#) for Greenfield Park and [Lauren](#) for Chambly.

With the new year, we often think about resolutions and ways we can have happier and more fulfilling lives. On page 7, we discuss mental wellbeing and provide a few actions to integrate into your life. Afterwards, try to complete a few of the blank spaces on the left of what you would like to do in 2024.

Wishing you and your loved ones a healthy and happy 2024.


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

January Activity Calendar—Page 1

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

For information or to register, please contact our

Administrative Coordinator at: 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	2	3	4	5	6
	HAPPY NEW YEAR!	ARC OFFICES CLOSED				
7	8	9	10	11	12	13
	<p>Moms & Tots Walking Club (GPK) 10:00 am</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>SWC @ GPK 1:30-3:00</p> <p>SWC @ Chambly 1:30-3:30</p> <p>Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm</p> <p>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	<p>Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>		
14	15	16	17	18	19	20
	<p>English Conversation @ CISSS Mother Goose GPK</p> <p>Moms & Tots Walking Club (GPK) 10:00 am</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p> <p>AmiQuebec @ Activity Centre 6:30-8:00 pm</p>	<p>English Conversation @ CISSS Mother Goose Brossard</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>Caregivers Support Group via Zoom 7:00-8:30 pm</p> <p>Life Stories: A Writing Workshop. Workshop via Zoom 1:30 - 3:00 pm</p>	<p>English Conversation @ CISSS Mother Goose on Zoom</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>SHARP: via Zoom</p> <p>Bridging the loneliness gap for seniors 10:00-11:30 pm</p> <p>SWC @ GPK 1:30-3:00</p> <p>SWC @ Chambly 1:30-3:30</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>English Conversation @ CISSS Mother Goose St Lambert</p> <p>Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p> <p>Seniors Activity @ CHSLD 2:00-3:00 pm</p>		

January Activity Calendar—Page 2

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

For information or to register, please contact our

Administrative Coordinator at: info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
21	22	23	24	25	26	27
	English Conversation @ CISSS Mother Goose GPK Moms & Tots Walking Club (GPK) 10:00 am 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	English Conversation @ CISSS Mother Goose Brossard Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Life Stories: A Writing Workshop. Workshop via Zoom 1:30 - 3:00 pm	English Conversation @ CISSS Mother Goose on Zoom Caregivers Café @ Activity Centre 10:00-11:30 Mommy & Me Walking Club (St-Jean) 10:00-11:00 SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	English Conversation @ CISSS Mother Goose St Lambert Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre Walk & Talk @ GPK 10:30-11:30 TBN Café Our Harbour 2:00-4:00 pm Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm		Family Wellness Saturday @ St-Jean Military College 10:00-2:00
28	29	30	31			
	English Conversation @ CISSS Mother Goose GPK Moms & Tots Walking Club (GPK) 10:00 am French Conversation Club @ St Jean 10:00-11:00 am 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	English Conversation @ CISSS Mother Goose Brossard Life Stories: A Writing Workshop. Workshop via Zoom 1:30 - 3:00 pm	English Conversation @ CISSS Mother Goose on Zoom Caregivers Café @ Activity Centre 10:00-11:30 Mommy & Me Walking Club (St-Jean) 10:00-11:00 SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Affordable baskets @ Activity Centre 3:00-7:00 pm			

ARC CAREGIVERS CAFE

Fill your cup...

Whether you want to meet and exchange with fellow caregivers or simply take some quiet time for yourself, we've got a safe space, cozy refreshments and a listening ear. Former caregivers are welcome too.

Wednesdays 10:00-11:30
 ARC Activity Centre
 91 Churchill Blvd., GPK

caregivers@arc-hss.ca
 (514) 608-9600

L'APPU POUR LES FEMMES AGÉES
 DIVERSES

FAMILY WELLNESS SATURDAY
 January 27, 2024
 10am - 2pm

MOVIE & DIY 'DRIVE IN'

SEE YOU THERE!
 a social gathering for English-speakers in the Haut-Richelieu in collaboration with Fort St-Jean

ROYAL MILITARY COLLEGE ST-JEAN
 15 JACQUES-CARTIER N.
 DEXTRAZE BUILDING

LUNCH AVAILABLE FOR PURCHASE

REGISTRATION: STJEAN@ARC-HSS.CA OR (450) 357-9386

ARC



NEWS FROM THE GPK OFFICE

Our 55+ Seniors Wellness activities take place on Wednesdays from 1:30-3:00 p.m. We will be back to kick off the new year with lots of fun activities!

- January 10 - Joined by our mental health coordinator, our favourite rock lady, Therese, for a recreative writing mental health activity.
- January 17 - have you heard of scattergories? It's an awesome game where you think quickly and come up with unique answers. Come give it a try, you won't be disappointed.
- January 24 - We will be joined by the Canadian Red Cross for an engaging emergency preparedness workshop designed for seniors. Learn essential skills to stay safe and confident in any situation.
- January 31 - Starting with an energizing Zumba dance session to get our bodies moving and grooving, followed by a fun-filled game of bingo to keep the excitement going. Perfect combination of fitness and fun.

Our **Tai-Chi classes** take place at the GPK Community Centre (located at 330 Gladstone St. in Greenfield Park), from 9:00 to 10:00 a.m. on Thursdays. Why not get out there and try something new? It's free, fun and a great way to invest in your well-being by practicing 'meditation in motion. If you are a new student or continuing on your Tai Chi journey, please email to confirm your attendance with certified instructor, Sandra Mitchell: taichirivesud@gmail.com.

Our **GPK Walk & Talk group** is a wonderful way to meet some pretty amazing people who love to stroll, socialize and connect with the community! It's also a great opportunity to get some fresh air. Why not give it a try? You'll be glad you did. To register, email Tania.

Have you ever wanted to improve your French? You can do it with ARC in a fun and informal social setting! Our **French Conversation Club** takes place on Mondays at the Activity Centre from 10:30-11:30 a.m. For more information, send an email to Tania.

Éducaloi has a new legal information tool, "**Dying Without a Will: Who Inherits?**" (click to open tool). This tool helps to understand who inherits in the absence of a will - which

should also help decide whether or not to make a will!

By using this tool:

- Find out the rules that apply when a person dies without a will.
- Be able to make informed decisions about their estate planning.
- Understand the reasons why a will can be beneficial.

Free knitting during which enthusiasts, whether beginners, intermediate or advanced, are invited to share knowledge and discuss projects. Wednesdays, January 31, February 14 and 28, March 13 and 27, April 10 and 24 from 7:00-8:30 p.m. at Claude Henri Grignon Library for anyone 16 and over. To register or for more information email: libraries@longueuil.quebec or call (450) 463-7180.

Brossard Library is looking for some generous offers of **book donations** in French and English. Books can be donated on January 3 from 5:00-7:00 p.m. in the Hall Commun. For more information, please contact lesamis_bibliotheque@brossard.ca.

An English session of **Arthritis Talk** will take place on January 29 from 1:30-3:30 p.m. at the Brossard Library in the animation room. Places are limited and registration will be open beginning on January 8 at 10:00 a.m. For more information, please contact Michèle Tibblin by phone at (450) 923-6350, ext. 6280 or by email at michele.tibblin@brossard.ca.

Public Skating, stay active to stay fit! At Complexe Sportif in Brossard. View time slots and more information [here](#).

Have you heard of the new hit and upcoming sport- **Pickleball**? Brossard offers indoor pickleball to anyone 18+ at Rose-Des-Vents School. More information and registration at click [here](#).

Exhibition of **artwork by Audrey Berger** will be on display until January 11 at the multi-purpose centre in St. Lambert. Exhibition hours are Thursday from 5:00-8:00 p.m. and Saturday from 9:00 a.m. to 12:00 p.m.

***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



Activities This Month

Our **Seniors Wellness Centre** will be back in Chambly starting on **January 10**. Activities will start our first week back, to shake off any idleness that may have crept in over the winter break.

On **January 17** we will be joined by a special guest from the **South Shore Literacy Council** who will be helping us pack our bags and leading us on a journey to Zimbabwe!

The following week on **January 24**, we will be following the theme of **Bell Let's Talk** day from January 21 and having a mental health discussion.

Finally, during our **last week in January** we will be led by a group participant and artist who will be teaching us about **Neurographic Art**.



We have a full schedule planned for 2024 at the Seniors Wellness Centre, with mental, physical, creative and social activities. There's always something for everyone and every week we have a great time together. It's a wonderful community to be a part of! Will you be joining us in 2024?

French Conversation Club

We all know that learning a second language can be difficult and intimidating at times. That's why, we offer a judgment-free and relaxed atmosphere where you can be comfortable to try out your French-speaking and listening skills. Due to the success of our Greenfield Park Conversation Club, we are excited to announce that a **French Conversation Club** is coming to St-Jean-sur-Richelieu!

We invite you to join us for a cup of coffee and conversation. Whether you're just getting started on your French journey or are a seasoned speaker, everyone is welcome.

Beginning on January 29, our group will be meeting each Monday from 10:00-11:00 a.m. in the ARC office located at 927-B Seminaire Blvd. N. in St-Jean-sur-Richelieu. We can't wait to learn alongside you!



Family Wellness Saturday

Did you know that each month ARC hosts a family event once a month on Saturday at the **Royal Military College**? There is a new theme every month, with fun activities and animation. There's something for everyone in the family.

This month, on **Saturday, January 27** we will be cruising into the new year by building and decorating our own cars and creating our very own 'drive-in' theatre to watch Cars 3.

So, get your creative engines revved up and we'll see you there!

French Conversation Club
Mondays 10:00-11:00 a.m.
927-B Seminaire Blvd. N.
St-Jean-sur-Richelieu
For more information contact (450) 357-0386 or stjean@arc-hss.ca
Financial contribution from Public Health Agency of Canada / Agence de la santé publique du Canada

FAMILY WELLNESS SATURDAY
January 27, 2024
10am - 2pm
ROYAL MILITARY COLLEGE ST-JEAN
15 JACQUES-CARTIER N.
DEXTRAZE BUILDING
LUNCH AVAILABLE FOR PURCHASE
REGISTRATION: STJEAN@ARC-HSS.CA OR (450) 357-0386
SEE YOU THERE!
a social gathering for English-speakers in the Haut-Richelieu in collaboration with Fort St-Jean
ARC Agence de la santé publique du Québec

Alexi Utrera is our Senior Coordinator in St-Jean-sur-Richelieu. She can be reached at (450) 525-1176 or stjeanseniorcoord@arc-hss.ca
Lauren McTaggart is our Outreach Coordinator in Haut-Richelieu-Rouville. She can be reached at (450) 357-0386 or stjean@arc-hss.ca.



CAREGIVERS CORNER

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

Our **Caregiving Community activities** give caregivers and former caregivers the opportunity to connect, share insights and learn from our team of professionals and community partners. Sometimes we feel the need to put on a brave front and show the people around us that we've set grief aside.

Caregiving on Zoom

January 10: Caregiving Community Workshop (Zoom @ 7:00 pm) w/Penny Fleming, RN

January 16: Caregivers Online Support Group w/ Emma Pepall-Schultz (Zoom @ 7:00 pm)

January 24: Caregiving Community Workshop (Zoom @ 7:00 pm) w/Penny Fleming, RN

Our **Caregivers Cafe** is turning into something remarkable. Why? It's open and welcoming and people are sharing and learning from one another. Are you a former caregiver and feel like maybe you don't fit in now that your role has changed? You have things to teach us and there's a place at the table for you at the Caregivers Café at our Activity Centre at 91 Churchill Blvd.

Topics for January

January 10: Caregivers Cafe at 91 Churchill 10:00-11:30 a.m.

January 17: Caregivers Cafe at 91 Churchill 10:00-11:30 a.m. with special guest Penny Fleming, RN

January 24: Caregivers Cafe at 91 Churchill 10:00-11:30 a.m.

January 31: Caregivers Cafe at 91 Churchill 10:00-11:30 a.m. with special guest Penny Fleming, RN

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

FOR SENIORS 55+

WRITING WORKSHOP

WITH MARCIA WALKER



Dates: Tuesdays, January 16, 23, 30 and February 6

Times: 1:30-3:00 p.m. via Zoom

Every life is filled with enriching and compelling stories. This is the chance to tell those stories and also try putting them on paper. This is a workshop designed to give voice to your experiences and map them into stories.

In a nourishing and supportive environment, participants will be guided through different ways of talking and

writing about their lives. We will begin by discussing names and origin stories. Through free association and prompts, participants will uncover details, objects, and sensory memories that are distinctive to them. We will experiment with fireside tales, monologues, and oral storytelling. An additional segment in the workshop will explore place, with an exercise in mapping your childhood.

No prior experience is necessary. This is a space to have fun, begin to shape your life into stories, and shape your distinct voice with others.

Materials required:

- Markers & coloured pencil crayons
- Large craft paper

About the facilitator:

Marcia Walker's writing has appeared in Electric Literature's Recommended Reads, The Chicago Review, The New Quarterly, Fiddlehead, The New York Times, PRISM international, Room, EVENT, The Globe and Mail, CBC radio, and elsewhere. She has been shortlisted for the Commonwealth Short Story Prize, PRISM's fiction and non-fiction prize, and the Writers' Union of Canada short prose competition. Her plays have been part of Nightwood Theatre's Groundswell festival and the F.O.O.T. festival. Before becoming a writer, Marcia worked in theatre and as a lawyer.

Limited space! Only 10 participants. Participants need to be available to attend each of the 4 sessions. Register at pm@arc-hss.ca or (514) 743-8058.

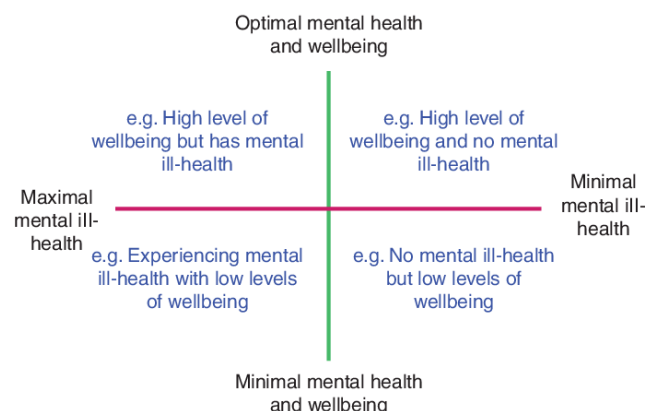


What is mental wellbeing?

Mental wellbeing is defined as a “state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” Notice how this definition says nothing about *happiness*. It’s also not defined as the absence of mental illness. Mental wellbeing can be impacted by your physical health, relationships, abuse, lifestyle, stressors, environment and biology. As demonstrated by the model below, a person can have good mental wellness while having a diagnosed mental illness and a person can have poor mental wellness without having a mental illness.

An example of this would be a person with bipolar disorder being able to have optimal mental wellbeing because they are taking their medication, have good relationships, stable housing and a satisfying way to spend their free time. Conversely, a person with no mental health diagnoses who is experiencing high stress at work and an activity-limiting injury can experience minimal mental wellbeing.

Here are a few actions to integrate into your life in order to improve your wellbeing.



1. Make social connection, especially face-to-face, a priority.
2. Stay active. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory and help you sleep better.
3. Talk to someone. If you have concerns, stresses or worries, sharing these with someone who cares is one of the most effective ways to calm your nervous system and relieve stress. And vice versa: Sometimes listening to others in a safe and supported way can help you develop wider perspectives.
4. Appeal to your senses. Does listening to an uplifting song make you feel calm? Does squeezing a stress ball help you feel centred? What about taking a nature walk and enjoying the sights and sounds of the trees? Experiment with healthy sensory inputs to find what works best for you.
5. Take up a relaxation practice. Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress.
6. Make leisure and contemplation a priority. We can all be guilty of being "too busy" to take some downtime,

but leisure time is a necessity for emotional and mental health. Take some time to relax, contemplate, and pay attention to the positive things as you go about your day - even the small things. Write them down if you can, because they can be easy to forget. Then reflect on them later if your mood is in need of a boost.

7. Eat a balanced diet to support strong mental health.
8. Don't skimp on sleep.
9. Find purpose and meaning. This is different for everyone, but finding purpose in your day is a big factor to good mental health. You might try one of the following:
 - Engage in work and play that makes you feel useful.
 - Invest in relationships and spend quality time with people who matter to you.
 - Volunteer, which can help enrich your life and make you happier.
 - Find ways to care for others, which can be as rewarding and meaningful as it is challenging. Think of one good deed or gesture to do each day
10. Get help if you need it.

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.

discover community activities for all

Hope and Cope: Managing your brain fog - online (in English) January 15 from 6:00-7:30 p.m. Open to cancer survivors and caregivers, fatigue and brain fog are common side effects of cancer treatments. Occupational therapist Annie Pettoirelli will share tips and strategies for managing energy and tools to help deal with issues related to brain fog. Free webinar, registration required with this link [here](#).

CHAT HOUR - January 17 at 8:00 p.m. on Zoom. **Theme: Caregiving for Someone With Celiac Disease.** Note: There is a newly-trained parent caregiver available for individual support as well. To register send an email to: quebecsupportgroup@celiacquebec.ca.

Saint Lambert Horticulture - January 18 - Catherine McGill - Planting With a Twist via Zoom at 7:30 p.m. Click [here](#) to register.

Serious to Silly Writing Styles Sampler workshop features a wide variety of short exercises in different types of creative writing. Craft fiction or nonfiction prose, and have fun with nonsense poems or wordplay. Participants will share writings aloud. All writing levels welcome. Tuesdays 2:00 - 4:00 p.m., January 30 - March 26 (9 weeks = \$45) Greenfield Park Library (Muriel-Anne Brown Library), 225 Empire. Info and registration: Jeanette Paul (450) 651-7044 or send an email to: jeanettepaul@yahoo.ca.

Caring Kids: Expressing Big Feelings About Home. This Amiquebec workshop is for kids aged 5 to 12 who have a loved one who has a disability, mental health challenges or chronic illness. Using creative expression to explore what care means in different families, to talk about healthy coping skills and self-care, and to build confidence. January 25 from 6:00-7:30 p.m. with Oliver Fitzpatrick at the AMI office, 5800 Decarie, Montreal. Click [here](#) for more info.

Games console rental at the St. Lambert library - January 27 from 1:00-4:00 pm. Reserve the Teen Space for your family or friends to try out the library's Nintendo Switch and PS4 consoles, as well as a selection of games. A ticket gives you one hour of exclusive access to the consoles and games room! Children ages 8 and under must be accompanied by an adult. Register [here](#).

Do I still need this medication? Tuesday January 30 from 10:00-11:30 am. Learn about safe medication use and essential questions to ask your healthcare professional to help prevent medication harm for you and those you care

for. Deadline to register: January 23. Exceptionally, registrations for this webinar should be made directly with Seniors Action Quebec. Please send an email to: info@seniorsactionquebec.ca.

It's now time to register for the **2024 winter session at Arthrite Rive-Sud**. Please fill out the form [here](#) to reserve a place. Please note that space is limited for each activity, and we will give priority to the first registrants. An email will be sent in the second week of January to confirm registration. Visit our website [here](#) for more information or write to us at info@arthriterivesud.org.

In association with the Greenfield Park Community Centre, the **South Shore Lifelong Learning (SSL3)* Group** will return in mid January on Tuesdays from 2:30-4 :30 p.m. at 330 Gladstone, for weekly sessions on an range of interesting topics. The SSL3 group is comparable to the McGill Life Long Learning Group. All are welcome. No charge. For more information, call (450) 466-1325.

SHARP - Thinking About Staying Connected on Wednesday, January 17, 10:00-11:30 a.m. Registration in advance is required. [Click here](#) or on the graphic below for the link.



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

Thinking about staying connected
Bridging the loneliness gap for seniors living in the community

Bette Watson-Borg
Project Manager, Clinical Guidelines for Social Isolation and Loneliness in Older Adults CCSMH

FREE on 

Wednesday, January 17
10:00 - 11:30 am

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

 Health Canada  Santé Canada 

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023

The Last Word

Word of the Day:

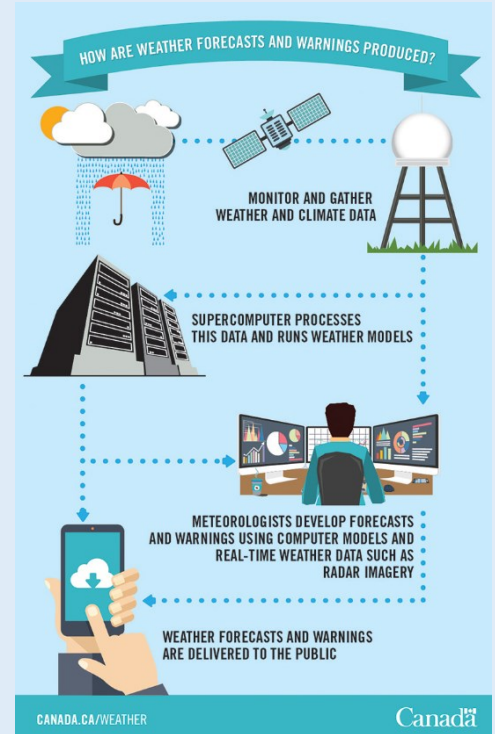
Blatherskite. A blustering, talkative person.

January is **Firefighter Cancer Awareness Month** throughout Canada. Health Canada and key stakeholders will raise awareness on this topic through social media campaigns and targeted events. Click [here](#) for more info.

Discovery Pass Unlimited from Parks Canada gives admission to over 80 destinations, and is a gateway to history, nature, and adventure from coast to coast to coast. Valid for 12 full months from date of purchase. Click [here](#) for more info.

Welcome to the **Digital Primary Care Access Point (GAP)** that directs all Quebecers towards the healthcare service that best meets their needs. For more info, click [here](#).

Entourage is here to help reorganize living arrangements. Whether changing living arrangements, renovating a home or commercial property, or dividing up an estate, Entourage takes your transitional projects to heart. Click [here](#) for more info.



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You may [unsubscribe](#) at any time.

Greenfield Park (Main Office)

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Greenfield Park J4V 2L9
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info@arc-hss.ca

Activity Centre

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Greenfield Park J4V 3L8
Tel: (514) 951-9711
info@arc-hss.ca

Haut-Richelieu-Rouville

927-B Séminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
stjean@arc-hss.ca

www.arc-hss.ca

This ARC initiative is thanks to funding provided by Canadian Heritage and the Secrétariat aux relations avec les Québécois d'expression anglaise.

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Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



Canadian
Heritage

Patrimoine
canadien