

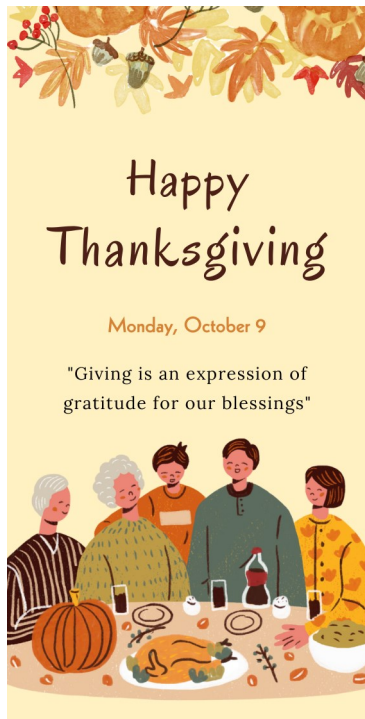
October 2023



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

Welcome to October ... the perfect time to get ready for sweater weather, fall colours and crisp air, not to mention the fall harvest!

October 1 is National Seniors Day and we are so thankful and appreciative of all the seniors in our community. If you want to bring out the best in yourself while keeping stress at bay, connect with a senior in your life; they have this magic. Happy National Seniors Day!

Please join us in **welcoming Lauren McTaggart**, our new Community Outreach Coordinator at the satellite office in St-Jean. Lauren will be leading our 55+ Wellness Centre activities in Chambly and other fun projects like our Family Wellness events at the military base. She's a crafting enthusiast, an avid reader and a traveller at heart. She's new to Quebec and settling in with her family and pup. She believes community is at the heart of everything and that is what drew her to ARC. We're so happy to have her with us and looking forward to seeing her special talents at work in the community. Lauren can be reached at stjean@arc-hss.ca or (450) 357-0386.

We have been working with ACCESS Brossard on an initiative to offer **French conversation classes** online twice per week on Zoom. Offered on Mondays and Fridays from 12:00-1:00, making it the perfect opportunity to improve your French during the work or school day. Classes begin during the week of October 16. More information about this program and how to register on page 3.

Did you know that we have weekly **Virtual Drawing Classes** on Zoom? This activity is facilitated by Ilana and if you would like to see some of the participant's artwork, [visit our art gallery here](#). If you are interested in joining these classes, contact Marianne at info@arc-hss.ca or (514) 951-9711.

Our Caregivers Coordinator Christine has a full calendar of events for the caregiving community in October, including a new weekly **Caregivers Cafe**, Conversations About Grief support group and a lot more! For a detailed schedule, see page 6.



And finally, we have a new activity for men called the **Cook Cave** on the first Tuesday morning of each month, facilitated by Mike Gareau. This activity is to help men transition to shopping and cooking for one. To register, contact Therese at (514) 605-9500 or email outreachgpk@arc-hss.ca.

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

October 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 National Seniors Day 	2 Mother Goose GPK English Conversation @ CISSS 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	3 Mother Goose Brossard English Conversation @ CISSS NEW! Cook Cave @ Activity Centre 10:00-12:00 pm Stand Up! @ Activity Centre 1:30-3:00 pm Conversations About Grief via Zoom 7:00-8:30 pm	4 Mother Goose on Zoom English Conversation @ CISSS Caregivers Café @ Activity Centre Special Guest: Penny Fleming, RN 10:00-11:30 Moms & Tots Walking Club (St-Jean) 10:30 am SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30	5 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Stand Up! @ Activity Centre 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm	6	7
8	9 Happy Thanksgiving! ARC CLOSED	10 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Stand Up! @ Activity Centre 1:30-3:00 pm Caregivers Support Group via Zoom 7:00-8:30 pm	11 Mother Goose on Zoom English Conversation @ CISSS Caregivers Café @ Activity Centre 10:00-11:30 Moms & Tots Walking Club (St-Jean) 10:30 am SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm Affordable baskets @ Activity Centre 3:00-7:00 pm ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	12 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Stand Up! @ Activity Centre 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm	13	14 Family Wellness Saturday @ St-Jean Military College 10:00 am to 2:00 pm
15	16 Mother Goose GPK English Conversation @ CISSS 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 AmiQuebec @ Activity Centre 6:30-8:00 pm	17 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Stand Up! @ Activity Centre 1:30-3:00 pm	18 Mother Goose on Zoom English Conversation @ CISSS Caregivers Café @ Activity Centre 10:00-11:30 Moms & Tots Walking Club (St-Jean) 10:30 am SHARP: Topic: Thinking about your physical health via Zoom 10:00-1:30 pm SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	19 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Stand Up! @ Activity Centre 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Seniors Activity @ CHSLD 2:00-3:00 pm	20	21

October 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
22	23 Mother Goose GPK English Conversation @ CISSS 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	24 Mother Goose Brossard English Conversation @ CISSS Stand Up! @ Activity Centre 1:30-3:00 pm Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm	25 Mother Goose on Zoom English Conversation @ CISSS Caregivers Café @ Activity Centre 10:00-11:30 Moms & Tots Walking Club (St-Jean) 10:30 am Addie's Colour Café via Zoom 2:00-3:30 pm Affordable baskets @ Activity Centre 3:00-7:00 pm ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	26 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 @GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Stand Up! @ Activity Centre 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm	27	28
29	30 Mother Goose GPK English Conversation @ CISSS 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	31 Mother Goose Brossard English Conversation @ CISSS Stand Up! @ Activity Centre 1:30-3:00 pm Happy Halloween 				

French Conversation Classes Offered Online by ACCESS Brossard

ACCESS Brossard is offering online French Conversation classes beginning October 16 to January 22. These classes are from 12:00-1:00 p.m. on Mondays AND Fridays.

Registration takes place in-person at ACCESS Brossard, located at 7900 Taschereau Boul., building C, suite 100, Brossard J4X 1C2. Students must understand that registration requires providing original Canadian Status documents as well as two proofs of Quebec Residency documents.

Step 1 – [Students must download, complete and send the registration form to AccessBrossardOnline@rsb.qc.ca.](#)

Step 2 – Students will be contacted and offered appointments to in-person registration on the following dates:

October 2, 11 and 12, between 5:45 and 7:15 p.m. OR walk-in between 9:00 a.m. - 12:00 p.m. or 1:45 - 3:00 p.m.

Step 3 – Students must provide original eligibility documents and two proofs of residency documents (details will be shared with students when booking appointments). Students will be asked to sign registration documents. Proxies or representatives will not be accepted.

Step 4 – An email with the Zoom link will be communicated to students 24 to 48 hours before the start date of the course.

For more information, call (450) 443-6576.



SHARP (Services for Healthy Aging in the Right Place) will hold a zoom session on October 18 at 10:00 a.m. on ***Thinking About Your Physical Health*** presented by Crystal Harrison. Register with the following [link](#).

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

Thinking About Your Physical Health
Safer sex for older adults

Speaker: Crystal Harrison, Education for Prevention Coordinator

FREE on

Wednesday, October 18
10:00 - 11:30 am

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

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

Our 55+ Wellness Centre activities take place on Wednesdays from 1:30-3:00 p.m. The following activities are being offered this month:

- **October 4:** We will be joined for a presentation by a nurse, followed by questions and answers.
- **October 11:** Part 1 of Senior Empowerment- Presentation on safety, protection and defence.
- **October 18:** Part 2 of Senior Empowerment - Physical component of safety/protection and defence.
- **October 25:** Halloween-themed rock painting.

Our Thursday **GPK Walk & Talk** group is a wonderful way to meet some pretty amazing people who love to stroll, socialise 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. Every Thursday at 10:30 a.m.

Register at gpk@arc-hss.ca.

If you haven't tried an ARC Rock Painting Workshop, then what are you waiting for?

It's creative, it's calming, it's a way to connect with yourself and with the community.

Do something nice for yourself, and who knows? Someone out there might find a #kindnessrock just when they need one. Reach out to the Rock Lady to join a truly wonderful activity: outreackgpk@arc-hss.ca or call (514) 605-9500.

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: gpk@arc-hss.ca or (514) 213-3744.

Thinking about your next move? Know your rights as a tenant in a seniors residence or apartment before signing a lease. We will be welcoming CAAP Montérégie who will speak on tenant rights and obligations in senior residences. On November 1 at our activity centre (91 Churchill Blvd, Greenfield Park) at 10:00 a.m. Reserve your spot or get more information at gpk@arc-hss.ca or by calling (514) 213-3744.

SENIOR WELLNESS CENTRE Self Discovery for the 55+ Community

Thinking About Your Next Move?
Know your rights - before you commit

NOV 01
1:30-3:00

in collaboration with present

This event is made possible with the financial support from

Secrétariat aux relations avec les Québécois d'expression anglaise
Québec

ARC Activity Centre
91 Churchill Blvd
Greenfield Park

GUEST SPEAKER
Guylaine Roy, Advisor **CAAP** Montérégie

It's a big step...
If you're contemplating moving to a seniors' residence or apartment come listen to what the experts say. Find out what you need to know to protect yourself before you sign that lease.

To register:
gpk@arc-hss.ca (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



Family Wellness Saturday Halloween Edition

What better option for a Saturday spent with family than coming to the St. Jean Military College to enjoy an early Halloween? Parents, grandparents and all members of the family are invited to come and show us their costumes. You can wear individual costumes or a theme for the whole family. We'll collectively choose the best costume in the family category. Unleash your creativity, plan with your family to decide which theme you all prefer, and come on Saturday, October 14 to participate in the Best Costume Award together with your family. If you are shy or simply don't want to dress up, we have another proposal for you...register to be a judge in the election of the winning family by sending an email to Alexi at stjeansenioreoord@arc-hss.ca. There are no excuses for not having a great time on October 14. We'll be waiting for you!



Celiac Canada-Groupe de soutien du Quebec presented at the Seniors Wellness Centre

Margaret Duthie, who is part of a support group for people with celiac disease, recently visited our SWC. Margaret shared important information about this disease, but above all she gave us insight into the experience of people living with this disease, how the diagnosis is made, and how we can ask our family doctor for a blood test which can help us either rule out this disease or receive a diagnosis for someone struggling with symptoms which can otherwise be easily misinterpreted for other conditions. Margaret also told us about her fundraiser and how with her virtual participation in the Toronto Waterfront Marathon, she will raise money to help Celiac Canada by walking 5 kilometres in Mont Bruno Park on Sunday, October 1. Want to support Margaret? Have more questions about Celiac? Visit celiac.ca or support directly here.

Book Club Selection: The Wind Knows My Name

Literature Lovers, the members of our book club are currently diving into one of the most emblematic works of Isabel Allende Llon, an esteemed Chilean-American novelist. Allende, who writes in the "magic realism" genre, is considered one of the first great female novelists in Latin America. She has written novels based in part on her own experiences, often focusing on the experiences of women, weaving myth and realism together. She has lectured, done extensive book tours, and taught literature at several US colleges. Interested? You can look for more information on the [ARC Book Club Facebook group](#). As usual, the ARC satellite office has three copies of this book available. Contact our book club facilitator, Amanda at amandamaria.maruca@gmail.com and get ready for this wonderful literary adventure.



The Chambly Seniors Wellness Centre activity takes place on Wednesdays from 1:30-3:00 p.m. The following activities are being offered this month:

- **October 4:** We will be joined by Asmieeta for a creative activity; Mandela Art.
- **October 11:** We will be joined by Nancy Gagnon, physical therapist for an information session on Senior Empowerment: Safety, Protection.
- **October 18:** Luisa Montes will be doing Tai Chi session and focus on balance.
- **October 25:** Halloween-themed activity.

Alexi Utrera is our Senior Coordinator in Haut-Richelieu-Rouville. She can be reached at (450) 525-1176 or stjeansenioreoord@arc-hss.ca.

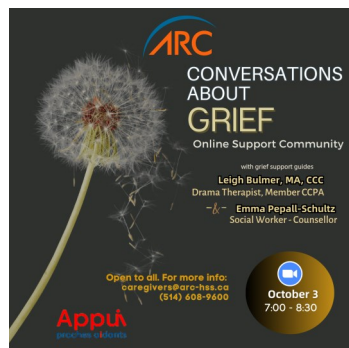
Lauren McTaggart is our Outreach Program Coordinator and can be reached at (450) 357-0386 or stjean@arc-hss.ca.

CAREGIVERS CORNER

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

We have quite the lineup of caregiving activities for the month of October

- Tuesday, October 3: 'Conversations About Grief' hosted by drama therapist Leigh Bulmer (Zoom) 7:00-8:30 pm
- Wednesday, October 4: Caregivers Cafe 10-11:30 at 91 Churchill. Special guest Penny Fleming, RN
- Tuesday, October 10: Caregivers Support Group with social worker Emma-Pepall Schultz 7:00-8:30 (Zoom)
- Wednesday, October 11: Caregivers Cafe 10-11:30 at 91 Churchill
- Wednesday, October 11: ARC 55+ Wellness welcomes guest speaker and caregiving expert Penny Fleming, RN with "Ask a Nurse Live!" 91 Churchill 1:30-3:00 pm
- Wednesday, October 11: Caregivers Community Workshop (Zoom) 7:00-8:30 topic: What Caregivers Need to Know about Managing Nutrition and Appetite
- Wednesday, October 18: Caregivers Cafe 10-11:30 at 91 Churchill
- Wednesday, October 18: Special Event in collaboration with Seniors Respite Monterege and Centre Mosaïque de Québec - Optimizing and Preserving Speech for the Dementia Population 7:00-8:30 pm (Zoom)
- Wednesday, October 25: Caregivers Cafe 10-11:30 at 91 Churchill
- Wednesday, October 25: Caregivers Community Workshop (Zoom) 7:00-8:30: Caregivers Toolkit on Managing Medications Safely with 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.

A new caregiving collaboration - for families!

ARC Early Childhood Programs and **La mère à boire - Moms for Milk** are working together. This week we had the special privilege to present a sponsorship cheque to this great local non-profit that supports South Shore families and offers weekly activities, provides on-site lactation support and has a new initiative to support dads too. If you'd like to learn more about them or how you could be a breastfeeding support mom check out <https://www.momsformilk.org/>.





The Covid-19 pandemic made us all familiar with a new term - social isolation - but the **health effects of isolation and loneliness** have been recognized since well before 2020. Social isolation is the lack of social contacts and having few people to interact with regularly. Loneliness is not necessarily about being alone, instead, if you *feel* alone and isolated, then that is how loneliness impacts your health. A child who struggles to make friends at school, a person in a non-supportive marriage, a soldier on a new deployment and an older adult who has recently lost a spouse can all experience loneliness. In addition to being caused by life situations loneliness can be a symptom of a psychological disorder such as depression. Depression often causes people to withdrawal socially, which can lead to isolation. Loneliness can also be attributed to internal factors such as low self-esteem. People who lack confidence in themselves often believe that they are unworthy of the attention or regard of other people, which can lead to isolation and chronic loneliness.

Loneliness can cause a range of physical and mental health issues including:

- Alcohol and drug misuse
- Altered brain function
- Alzheimer's disease progression
- Antisocial behaviour
- Heart disease and stroke
- Decreased memory and learning
- Depression and suicide
- Increased stress levels

These are not the only areas where loneliness can impact the body. For example, research has shown that lonely adults get less exercise than those who are not lonely. Their diet is higher in fat, their sleep is less efficient, and they report more daytime fatigue. Loneliness also disrupts the regulation of cellular processes deep within the body, predisposing lonely people to premature aging.

As it has no single common cause, the ways to prevent and treat loneliness can vary dramatically. Here are a few things you can do:

- Consider community service or another activity that you enjoy. These situations present great opportunities to meet people and cultivate new friendships and social interactions.
- Expect the best. Lonely people often expect rejection, so instead, try focusing on positive thoughts and attitudes in your social relationships.
- Focus on developing quality relationships. Seek people who share similar attitudes, interests, and values with you.
- Recognize that loneliness is a sign that something needs to change. Don't expect things to change overnight, but you can start taking steps that will help relieve your feelings of loneliness and build connections that support your well-being.
- Understand the effects of loneliness on your life. There are physical and mental repercussions to loneliness. If you recognize some of these symptoms affecting how you feel, make a conscious effort to combat them.
- Join a group or start your own. You might also consider taking a class at a community college, joining a book club, or taking an exercise class.
- Strengthen a current relationship. Building new connections is important, but improving your existing relationships can also be a great way to combat loneliness. Try calling a friend or family member you have spoken to in a while.
- Talk to someone you can trust. Reaching out to someone in your life to talk about what you are feeling is important. This can be someone you know such as a family member, but you might also consider talking to your doctor or a therapist.

Les petits freres is a partner organization whose mission is to combat loneliness by pairing seniors with volunteers for friendly visits. If you are interested, contact them at (579) 721-5115 or [their website](https://www.lespetitsfreres.ca/).

Source: Cherry, K. *Loneliness: Causes and Health Consequences*. 2023. www.verywellmind.com.

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

Brossard Library: Monday, October 2 at 7:00 p.m. - National Film Board film entitled *Ever Deadly*. This film discusses topics of trauma and abuse. Viewer discretion is advised.

Ever Deadly is an immersive, visceral music and cinema experience featuring Tanya Tagaq, avant-garde Inuk throat singer, and created in collaboration with award-winning filmmaker Chelsea McMullan. This documentary explores Tagaq's transformation of sound with an eye to colonial fallout, natural freedom and Canadian history.

We witness Tagaq's intimate relationship with the Nuna—the Land—a living, breathing organism present in all forms of her improvised performances. *Ever Deadly* weaves concert footage with stunning sequences filmed on location in Nunavut, seamlessly bridging landscapes, stories and songs with pain, anger and triumph—all through the expressions of one of the most innovative musical performers of our time.

In French with English subtitles. For more information contact Michèle Tibblin 450 923-6311 ex. 6280 or michele.tibblin@brossard.ca. 7855 San Francisco in the multi-purpose room.

St. Gabriel's Breakfast Club Annual Spaghetti Supper: October 14 at 6:00 p.m. For more info please send an email to Tom Sclater at jensclater@hotmail.com.

Craft Fair at St. Paul's: October 14, St. Paul's is holding their fall craft and vendor sale from 9:30 a.m. to 1:30 p.m. at 321 Empire St. Baked goods table consisting of delicious apple-centric baked goods as well as many other fall favourites, crafts and raffles. Lunch is \$12/adult or \$6/children under 10 years. Lunch includes choice of hot dog or sandwich plate, apple crisp and ice cream for dessert, coffee, tea, juice or water. If you would like to sell baked goods or your crafts, a table cost is \$30 and must be reserved before October 7. For table reservations or additional information: Please contact Gloria (450) 678 2460 or email gtkidd71@yahoo.com.

Hope & Cope: Mindfulness and Self Compassion - (in person, in English) from 9.30 to 12.00 noon. Part 1 on Sunday, October 15, and Part 2 on Sunday, October 29. Click [here](#) for all the info.

AMI-Quebec's Support Group is on Monday, October 16, 6:30-8:00 p.m. in person only, at 91 Churchill Blvd, Greenfield Park. Open to family and friends - you do not need to live on the South Shore. Click [here](#) for more info.

Saint Lambert Horticulture: October 19 - Patrick Robson will talk about planting spring bulbs and autumn tips during Gardeners Question Period at Maison Desaulniers. Click [here](#) for all the info.

Celiac Quebec: Friday October 27 - Restaurant meal with Gemma at the Peruvian Villa Wellington, 4701 Wellington St., Verdun. If you plan to attend, email: quebecsupportgroup@celiac.ca.

Seniors Action Quebec is offering numerous webinars about housing, rent increases and lease transfers. Click [here](#) for all the info.

Arthritis Rive Sud is the only organization on the South Shore that offers services and activities adapted to people with arthritis and their families. Click [here](#) to see the calendar of events.

Trunk or Treat: St. Paul's, located at 321 Empire in Greenfield Park, is hosting a Halloween activity with music, games and candy from 5:30 to 8:00 p.m. (depending on candy supply). For more information, call (450) 671-6000.



Fall Craft and Vendor Sale & Apple Festival

October 14th 2023 - 9:30 to 1:30

Come and join us for our annual fall festivities!

Among the many activities and items that will be available:

- Bake Table consisting of delicious apple-centric baked goods as well as many other fall favorites
- Crafts
- Fall Raffle: Tickets 3/\$5.00
- Luncheon \$12/adult or \$6/children under 10 years.
- Lunch includes choice of hot dog or sandwich plate, apple crisp and ice cream for dessert, coffee, tea, juice or water.

Vendors welcome

Cost \$30/table

1 table, 2 chairs, back board and electricity provided if needed

Cut off date for table reservation: October 7th.

For table reservations or additional information:

Please contact Gloria 450 678 2460 or email gtkidd71@yahoo.com



St-Paul's Anglican Church presents

TRUNK or TREAT

Free Candy

Free Games

31 OCT

Music • Games • Candy

5:30 pm - 8:00 pm*

321 Empire Greenfield Park, Juv IV4

PHONE 450-671-6000

*Times are subject to change based on candy supply

Notable Dates and Interesting Tidbits

National Breastfeeding Week - October 1-7 [Click here for all the info.](#)

We all have a reason to run. Join us on Sunday, October 1, for this year's CIBC **Run for the Cure**. Help fund research and support Canadians affected by breast cancer. To register click here: <https://cancer.ca/en/>

Fun Fact: This month's name stems from the Latin octo, "eight," because this was the eighth month of the early Roman calendar. When the Romans converted to a 12-month calendar, the name October stuck despite the fact that it's now the 10th month. The early Roman calendar, thought to have been introduced by Rome's first king, Romulus (around 753 b.c), was a lunar calendar. This ancient timekeeping system contained these 10 months: Martius, Aprilis, Maius, Iunius, Quintilis, Sextilis, September, October (the eighth month), November, and December. Martius, Maius, Quintilis, and October contained 31 days, while the other months had 30, for a total of 304

days. In winter, the days were not counted for two lunar cycles.

Question of the day: How are marshmallows made and where do they come from?

Answer: Marshmallows apparently came from France, where cooks made a confection called pâte de guimauve from the juice of a plant called the marshmallow. The sticky juice of the plant was mixed with eggs and sugar, then beaten to a foam. The marshmallows we buy today no longer make use of the marshmallow plant. Instead, they are made of beaten egg whites, gelatin, and sugar syrup.



HAPPY HALLOWEEN

To be added to our contact list, please [email us](#) with your name and email address.

We do not share our email contact list with third parties and we invite you to share our publications with family and friends. You may [unsubscribe](#) at any time.

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

Follow us on social media



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d'expression anglaise

Québec



Canadian
Heritage

Patrimoine
canadien