

September 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

## Inside This Issue

National Seniors Day	2
Activity Calendar	3/4
Mental Health	5
Call for Projects	6
GPK News	7
HRR Review	8
Caregivers Corner	9
Community Activities	10
Notable Dates and Tidbits	11

A yellow rectangular advertisement for ARC. At the top right is the ARC logo. The text reads: 'WE ARE HIRING!' in large, bold, black letters, with a black arrow pointing to the right above the word 'HIRING!'. Below this is 'JOIN OUR TEAM' in smaller black letters. Further down is 'COMMUNITY OUTREACH COORDINATOR' in bold black letters, followed by 'IN ST-JEAN-SUR-RICHELIEU' in smaller black letters. At the bottom is a photograph of a smiling man with a beard, wearing a blue and white checkered shirt, holding binoculars to his eyes. The background of the photo is a bright yellow sunburst.

[Click here to view job posting](#)



Information source for the South Shore  
English-speaking community

# THE ADVISOR

***The beauty of fall.*** There's something special about the way the light shines through the leaves. Autumn represents change; the changing of the leaves, the start of a new school year, and maybe even the beginning of a few new resolutions.

**National Seniors Day** is October 1 and we'll be celebrating on Saturday, September 30 with a special dinner/dance event with The Mick Trio band playing 60s and 70s dance music. All the details are on the next page and if you are 55+, you may [register here](#). For more information: (514) 213-3744 or [info@arc-hss.ca](mailto:info@arc-hss.ca).

We're back to our regularly scheduled activities for September, with some of your favourites:

**Seniors Wellness Centre** activities in Chambly and Greenfield Park. Did you know that we have weekly activities that vary to keep you on your toes - both physically and mentally? If you're interested in more information or joining either of these groups, contact [Alexi](#) for Chambly or [Tania](#) for Greenfield Park.

For caregivers in our community, we have many activities this month, including a NEW in person **Caregivers Café**, offered on two Wednesday mornings. Contact [Christine](#) for more information. All the details on this and other activities related to caregiving are available on the Caregivers Corner, page 9.

Also on the activity calendar, which is on pages 3 and 4, we have rock painting, French conversation, yoga, drawing, colour café, plus more!

**Are you the mom or dad of little ones** or expecting a baby soon? If you want to meet some new friends and find out about activities and events, then join our growing Facebook community! What started out as a pilot project and walking group in St-Jean is now helping parents make connections all across the South Shore. We've grown so much this last year and there's a great bookclub just for moms too. Find us at <https://www.facebook.com/groups/605975974595677>.

September is **Suicide Prevention Month**. Therese has written an article on how some of the myths about suicide can impact the way we think and approach those with suicidal thoughts. Read more on page 5.

The **Collectif GPK Collective** has a call for projects for citizen initiatives and volunteer-based organizations in Greenfield Park. See page 6 for details or [click here](#).

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

TICKETS  
**\$15**



# NATIONAL SENIORS DAY *DINNER DANCE*

AN EXCLUSIVE ROCK N' ROLL  
EVENT CELEBRATING THE 55+ COMMUNITY

made possible through funding from



Canadian  
Heritage

Patrimoine  
canadien

**SATURDAY, SEPTEMBER 30, 2023**

**DOORS OPEN AT 4:30 FOOD SERVICE AT 5:30**

RSVP  
by  
September  
20

WITH MUSICAL GUESTS

## The Mick Trio

**DINNER\* - CASH BAR - 50/50 DRAW**

\*Please indicate main course choice: chicken cordon bleu  
or eggplant parmigiana



**ROYAL CANADIAN LEGION BRANCH 94**

205 EMPIRE ST., GREENFIELD PARK  
MAIN ENTRANCE

TICKETS: [arc-hss.ca/sept30](http://arc-hss.ca/sept30)

#arcaccess  
[www.arc-hss.ca](http://www.arc-hss.ca)






# September 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](mailto: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 ARC Closed	5 Conversations About Grief via Zoom 7:00-8:30 pm	6 ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	7	8	9
10	11 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	12 Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Stand Up! @ Activity Centre 12:00-4:00 pm Caregivers Support Group via Zoom 7:00-8:30 pm	13 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	14 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	15	16
17	18 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	19 Stand Up! @ Activity Centre 1:30-3:00 pm	20 Caregivers Café @ Activity Centre 10:00-11:30 Moms & Tots Walking Club (St-Jean) 10:30 am SHARP: Via Zoom 10:00-1:30 pm Topic: <i>Thinking about your cognitive health. Community resources for people living with dementia and their caregivers</i> SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	21 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	22	23 Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm

## September 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**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	29	30
	Mother Goose GPK English Conversation @ CISSS <b>Moms &amp; Tots Walking Club (GPK) 10:00 am</b> French Conversation Group @ Activity Centre 10:30-11:30 am <b>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</b> <b>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</b>	English Conversation @ CISSS <b>Stand Up! @ Activity Centre 1:30-3:00 pm</b>	English Conversation @ CISSS <b>Moms &amp; Tots Walking Club (St-Jean) 10:30 am</b> <b>Addie's Colour Café via Zoom 2:00-3:30 pm</b> Affordable baskets @ Activity Centre 3:00-7:00 pm <b>ARC OFFICES CLOSED ALL DAY for team building activity</b>	English Conversation @ CISSS <b>Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre</b> <b>Walk &amp; Talk @ GPK 10:30-11:30 am</b> <b>Stand Up! @ Activity Centre 1:30-3:00 pm</b> <b>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</b> TBN Café Our Harbour 2:00-4:00 pm		<b>National Seniors Day Dinner Dance @ Legion GPK 5:00-10:00 pm</b>

**WE ARE** →

# HIRING!

JOIN OUR TEAM

**NEW POSITION!**

**COMMUNITY OUTREACH COORDINATOR**  
IN ST-JEAN-SUR-RICHELIEU

WWW.ARC-HSS.CA

That's right! ARC is expanding its reach to have an impact on the lives of even more English speakers in new territory. Are you ready to take on an amazing new challenge? We're recruiting for a Community Outreach Coordinator in the Haut-Richelieu. The [job posting is available here](#).

If you are interested in applying for this position, please email your resume and cover letter to [pm@arc-hss.ca](mailto:pm@arc-hss.ca).



## September is Suicide Prevention Month

Suicide can be a very hard topic to talk about, for the person experiencing suicidal ideas or the person that they choose to ask for help. The stigma and shame about having suicidal thoughts, fear of rejection or unsupportive reactions from others may cause the person to stay silent. They may also worry about the consequences of telling other people, such as being hospitalized or receiving unwanted treatment. There are also several myths about suicide that impact how and if we talk about suicide.

**Myth:** Suicide only affects individuals with a mental health condition.

**Fact:** Many individuals with mental illness are not affected by suicidal thoughts and not all people who attempt or die by suicide have mental illness. Relationship problems and other life stressors such as criminal/legal matters, loss of a job, death of a loved one, illness, trauma, sexual abuse, rejection, and recent or impending crises are also associated with suicidal thoughts and attempts.

**Myth:** Most suicides happen suddenly without warning.

**Fact:** Warning signs verbally or behaviourally precede most suicides. Therefore, it is important to learn and understand the warning signs associated with suicide. Many individuals who are suicidal may only show warning signs to those closest to them.

**Myth:** People who die by suicide are selfish and take the easy way out

**Fact:** Typically, people do not die by suicide because they do not want to live, people die by suicide because they want to end their suffering. These individuals are suffering so deeply that they feel helpless and hopeless. Individuals who experience suicidal ideation do not do so by choice. They are not simply, "thinking of themselves," but rather they are going through a very serious mental health symptom due to either mental illness or a difficult life situation.

**Myth:** Talking about suicide will lead to and encourage suicide.

**Fact:** There is a widespread stigma associated with suicide and as a result, many people are afraid to speak about it. Talking about suicide not only reduces the stigma, but also

allows individuals to seek help, rethink their opinions and share their story with others.

Use the skills of active and empathetic listening to help you connect with the person you are concerned for. Bring them to a quiet, calm place and direct all your attention to them. You can start by asking the person, "do you feel safe at the moment?" instead of "are you having suicidal thoughts?" You can offer them the choice of not responding right away and offering the times when you are able to have another discussion. Offer the person your support and any direct aid that you can offer. Encourage them to find professional help and to inform those around them so they can receive daily support. You can suggest that they create a safety plan that includes a list of personal strategies to use when they are having suicidal thoughts. This can include:

- Activities that calm you or take your mind off your thoughts.
- Your own reasons for living
- Key people to call if you are worried about your safety.
- Phone numbers for local crisis or suicide prevention helplines

**If you or someone you know is experiencing suicidal thoughts, contact:**

**Access Crisis Centres**

Telephone: (450) 679-8689

**Centre de crise et de prévention du suicide du Haut-Richelieu-Rouville**

Telephone: (450) 348-6300 /1 (866) 277-3553

**Crisis text Line powered by Kid's Help Phone**

Text "CONNECT" to 686868

**Suicide Action Montreal**

Hotline: 1 (866) 277-3553

Sources:

Canadian Mental health Association "Preventing Suicide". Canadian Mental Health Association Feb 28, 2016. [Preventing Suicide - CMHA National](#)

Pravesh Sharma, M.D. 8 common myths about suicide. Mayo clinic health system Dec 20,2021 , [8 common myths about suicide - Mayo Clinic Health System](#)

**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](mailto:outreachqpk@arc-hss.ca).



# Appel à Projets Call for Projects

Le Collectif GPK Collective met à la disposition de la communauté, à travers le fonds des Éclaireurs, un appel à projet d'initiatives rassembleuses de citoyen-nes et d'organismes-bénévoles de Greenfield Park.

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

**Ouvert du 1er au 30 septembre 2023**

**Open from September 1 to 30, 2023**

Montants  
disponibles:  
Funding available:

- 2 X 1000\$;
- 1 X 750\$;
- 1 X 500\$;
- 1 X 250\$.

***Vous avez un événement rassembleur  
qui a un impact dans le quartier et vous  
aimeriez recevoir un financement?***

***Do you have a unifying event that has an impact in  
the neighbourhood and you would like to receive  
funding?***



Information:

<https://forms.gle/Qp1LfC2Spm2Jj1DYA>



[collectifgpkcollective@gmail.com](mailto:collectifgpkcollective@gmail.com)



514 712-6575

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

Québec





**SHARP** (Services for Healthy Aging in the Right Place) will hold a zoom session on September 20 at 10:00 a.m. on **Thinking About Your Cognitive Health at a Glance** presented by Claire Webster, Founder of McGill University's Dementia Education Program. Register with the following [link](#).

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

**Thinking About Your Cognitive Health**  
Resources for people living with dementia and their caregivers

Speaker: Jennifer Hobbs, M.ScA, BCN, CNEd, Senior Advisor – JHCP

FREE on [icon]

**Wednesday, September 20**  
10:00 - 11:30 am

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

Health Canada Santé Canada **ARC**

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

**Jody's Social Cooking class** will hold a demonstration of how to make focaccia bread on September 12 from 10:00-11:30 a.m. at the ARC Activity Centre on Churchill. There will also be information about the upcoming fall cooking sessions. **Everyone** must register for the classes, even returning participants. Once the number of people interested have been counted, the groups will be made. The classes will begin on October 10. To register, please contact Jody at [ceccarelli@videotron.ca](mailto:ceccarelli@videotron.ca). Jody will be away in September but will answer your emails upon her return.

#### Did you know September 10 is Grandparent's Day?

"A grandparent is a little bit parent, a little bit teacher, and a little bit best friend." Be sure to give a big hug to your grandchildren, your hugs are definitely their favourite!

Our 55+ **Seniors Wellness Centre** activities will return every Wednesday from 1:30-3:00 p.m. Join us for physical, cognitive, creative, and social stimulating activities. First day back will be September 13.

**September 13**, we will welcome Margaret Duthie, an associate at **Celiac Support Group Quebec**, for a presentation to spread awareness and knowledge on Celiac Disease, followed by questions and answers.

**September 20**, we will welcome Asmieeta who will run a **mandala workshop**. Creating mandalas brings a feeling of relaxation, helps with balance, peace, calmness, concentration and creates room for mindfulness. Come join us and put your thoughts aside and let your creativity flow.

Please note that on **September 27**, there will be no activities and the activity centre will be closed for the day except for the affordable basket pick up from 3:00-7:00 p.m. For more information or questions contact [Tania](#).

**The Greenfield Park Terry Fox Run 2023** is being held on **September 17** at the Greenfield Park Legion, located at 205 Empire Street. The race begins at 10:00 a.m. and registration starts at 9:15 a.m. The Terry Fox Run is an annual non-competitive charity event held around the world to raise money for cancer research in commemoration of Canadian cancer activist Terry Fox and his Marathon of Hope.

**Bread and Beyond** is a Montreal-based community organization with a mission to provide a reliable supply of fresh, nutritious sandwiches to organizations serving clients in a homeless and vulnerable situations, such as The Old Brewery Mission, Chez Doris and Welcome Hall Missions. St. Paul's Anglican Church is seeking volunteers to make sandwiches in an effort to help the homeless. Sandwiches will need to be delivered to St. Paul's, 321 Empire St., Greenfield Park, on Wednesdays between 11:30 a.m. and 1:30 p.m. If you would like to help or have any questions, please contact Gloria Kidd at [gtkidd71@yahoo.com](mailto:gtkidd71@yahoo.com) or call (450) 678-2460.

**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](mailto:gpk@arc-hss.ca) or call (514) 213-3744

# HAUT-RICHELIEU-ROUVILLE

## Review



### New Season, New Activities

One of our priorities this season is to meet with our partners in the border area and to open an ARC point of service in this part of Haut-Richelieu. In the past, we have developed significant activities in the area, with our partner organization, CABI, "[Centre d'Action Benevole Interaction](#)" in St-Georges-de-Clarenceville. With our own ARC point of service, we will be able to create more activities on a regular basis for those living in the area, while making stronger relationships with our partner organizations. We are currently hiring for a new position (see the job posting on page 4).

We recently visited the CAB in the border area, which is located in Lacolle, where they develop activities and programs directed mainly towards seniors, and are very much appreciated by the local community. This organization offers various services, such as Meals on Wheels, medical transport, the [Securicab](#) program, medical equipment loan, among others. These services are available to our English-speaking community by contacting [CAB de la Frontière](#) and asking for information directly from director Annie Cartier. She will be happy to converse with you in English and welcome you to the region.

If you want to donate or become a volunteer, contact them at (450) 246-2016 or send an email to: [centre.benev@hotmail.com](mailto:centre.benev@hotmail.com).

### What's Happening at ARC in September

These beautiful days are filled with warm sunlight and bright blue skies, and the **Moms and Tots St-Jean-sur-Richelieu** Walkers are back! Don't miss this opportunity to socialize with other parents, while enjoying this outdoor physical activity and sharing smiles with our lovely group of babies.

Contact our volunteer coordinator for this activity, Nicole Marsh, by visiting our [Facebook group Mom and Tots South Shore Community Group](#).

Our **Chambly Senior Wellness Centre** will be returning on September 13 for the fall season. We have weekly activities planned that will keep you on your toes - both physically and mentally. We look forward to catching up with familiar faces as well as welcoming new ones. Our group meets on Wednesdays from 1:30 to 3:30 p.m. at Randell Hall in Chambly. For more information or to be added to the email list, please contact [npi@arc-hss.ca](mailto:npi@arc-hss.ca) or call (450) 525-1176.

**Family Wellness Saturday** is back on September 23 with Family Bingo! Come and join us for a morning of fun and companionship. You can also stay on for an optional lunch. Email [npi@arc-hss.ca](mailto:npi@arc-hss.ca) or call (450) 525-1176 to register.

The fall session of **Mother Goose** starts the first week of October. Email registration begins on Monday, September 11 by contacting [lhewitt.clc@gmail.com](mailto:lhewitt.clc@gmail.com).



**FAMILY WELLNESS SATURDAY**

**FAMILY BINGO**

*A fun activity for all ages*

**SEPTEMBER 23, 2023**

**10 A.M. - 2 P.M.**

ROYAL MILITARY COLLEGE ST-JEAN  
15 JACQUES-CARTIER N. 338 8R8  
SALLE LE GRAND FORT

LUNCH OPTION \$8.50/ADULT, \$7.50/CHILD

*Social gathering for English-speakers in the Haut-Richelieu in collaboration with Fort St-Jean*

Registration: (450) 525-1176 or [npi@arc-hss.ca](mailto:npi@arc-hss.ca)



# CAREGIVERS CORNER

"Caregiving is a constant learning experience."

- VIVIAN FRASER

Our Caregivers Community Program is back strong this September with brand new content at our online workshops hosted by our medical coordinator, Penny Fleming, RN. Join us on Wednesday, September 6 at 7:00 p.m. for the launch of this weekly series of informative sessions on Zoom. We've got great medical and self-care topics for caregivers but with a community feel. Add to your knowledge toolkit, ask some questions and start building your community. Stay tuned to our social media for more info!

Our monthly Caregivers Support Group is back on Tuesday, September 12 at 7:00 p.m. with social worker Emma Pepall-Schultz. We have a wonderful group of caregivers and are always happy to welcome new faces to this insightful online discussion group.

'Conversations About Grief' resumes on Tuesday, September 5 at 7:00 p.m. via Zoom. It's a chance to connect with others who understand grief and loss and sessions are facilitated by grief support guides Leigh Bulmer, drama therapist and Emma Pepall-Schultz.

We have something brand new for caregivers starting on Wednesday, September 13 - a chance to meet and exchange with other caregivers IN PERSON at our Activity Centre. Whether you want to drop in and have some refreshments and chat with our coordinator, or just take a bit of respite for yourself after dropping off your loved one at Senior Respite Montérégie, then we're looking forward to welcoming you from 10:00-11:30 a.m.

Here's an outline of activities for September:

- September 5: Conversations About Grief with Emma Pepall-Schultz: 7:00 pm on Zoom
- September 6: Caregivers Workshop "What Kind of a Caregiver Are You - Looking At Your Caregiving Style" hosted by Penny Fleming, RN (Zoom)
- September 12: Caregivers Support Group (online) with Emma Pepall-Schultz
- September 13: 10-11:30 a.m. New! Join us at the Caregivers Cafe (91 Churchill Ave)
- September 13: Caregivers Workshop "Who Does What? And How to Talk About It With Family" - hosted by Penny Fleming, RN (Zoom)
- September 20: Caregivers Cafe (91 Churchill Ave)
- September 20: Caregivers Workshop with Penny Fleming, RN "The Caregivers Dictionary" - learn the lingo and be better prepared (online)

**Meet our Caregiving Team**  
caregivers@arc-hss.ca

**New Workshops September 6!**

**Penny Fleming, RN**  
Nurse Educator  
Medical Coordinator

**Leigh Bulmer, MA, CCC**  
Drama Therapist  
Member, CCPA

**Emma Pepall-Schultz**  
Clinical Social Worker  
Counsellor

**Christine Prince**  
Program Coordinator

For more info or to register: (514) 608-9600

#arcaccess  
www.arc-hss.ca

**CONVERSATIONS ABOUT GRIEF**  
Online Support Community

with grief support guides  
**Leigh Bulmer, MA, CCC**  
Drama Therapist, Member CCPA

**Emma Pepall-Schultz**  
Social Worker - Counsellor

Open call. For more info:  
caregivers@arc-hss.ca  
(514) 608-9600

**September 5**  
7:00 - 8:30

Appui  
proches aidants

**Caregiving Community Support Group Online**

**Tuesday, September 12 @ 7:00 pm**

To register:  
<https://forms.gle/umRCeZtBRvifPQ8>

Join our discussion about caregiving, anticipatory grief, and navigating challenges in caring for those we love while trying to care for ourselves.

For more info: caregivers@arc-hss.ca  
(514) 608-9600

Appui  
proches aidants

Let's Talk About  
Supporting one another during uncertain times  
facilitated by  
Emma Pepall-Schultz  
Social Worker

**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](mailto:caregivers@arc-hss.ca).



# discover community activities for all

**Governor General & Rose Bowl Tournament** is being held Saturday, September 2 from 10:00 a.m. to 4:00 p.m. at the St. Lambert Lawn Bowling Club. It's Quebec versus Ontario in both the Women's and Men's competitions. The ceremony opens with a parade of the players, led by a bagpiper, Flags of Canada, Ontario & Québec; followed by a rendition of the national anthem. The games themselves are from 10:30 to 12:30 and 1:30 to 2:30, followed by presentation of the trophies, medals and yellow roses, signifying friendship in the rivalry. 662 Oak. For more information call (450) 923-6612 - leave a message and someone will get back to you.

**Outdoor Zumba at Village Park, St. Lambert: September 5** from 7:00-8:00 p.m. is perfect for anyone looking to let off steam while having fun, no matter your fitness level. Free, no registration needed! *\*In case of bad weather, the activity will be at the multi-purpose centre\*.*

**Chat Hour (Celiac): September 12** at 8:00 p.m. on Zoom. Theme: *Clarifying what is celiac disease & what does gluten-free mean?* **Apple-picking Event: September** (date TBA). A get together planned for parents and children with celiac disease. Info and link available at: [quebecsupport-group@celiac.ca](mailto:quebecsupport-group@celiac.ca).

**Want to improve your French fluency?** This 5-week course is specifically designed to help you navigate the professional world with confidence. From engaging in conversation to standing out in job interviews and participating in workplace meetings, the course will equip you with the skills you need to succeed. Hands-on practice with key employment skills such as writing cover letters and networking emails, and optimize candidacy with industry-specific terminology. Personalized feedback from instructor and peers, track your progress and gain confidence in no time. Please note that before registering, you'll need to take a short written and oral placement test to ensure the appropriate French level. Email: [info@yesmontreal.ca](mailto:info@yesmontreal.ca) or call (514) 878-9788, x 310. Next session will begin on **September 13**, and it's only \$75.00 for the five-week program! Don't let language barriers hold you back from achieving your career goals.

**SSRE (South Shore Retired Educators) Guest presentation September 14** by Anna Boros and Jerry Shendleman about their trip to Churchill, Manitoba. For information email: [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com)

**September 19** at 8:00 p.m. - Zoom meeting by the Steering Committee for the **Quebec Support Group for Celiac Canada**. Info and link available at: [quebecsupport-group@celiac.ca](mailto:quebecsupport-group@celiac.ca).

**St. Lambert Horticulture Society: September 21** at 7:00 p.m. Dessert Social and Perennial Plant Exchange, Maison Desaulniers parking lot @ 574 Notre dame, St. Lambert, J4P 2K9

**Second Annual Streetfest** will be held Friday, September 22 in St. Hubert. Fun for the whole family! For more information, call (438) 935-0372 or visit [phoenixprograms.ca](http://phoenixprograms.ca).

**Seniors Action Quebec: September 22** from 10:30 a.m. to 12:00 p.m. *Covid and its Impact on Health and the Healthcare System*, webinar looking back to the early days of the COVID-19 pandemic and the immediate impact it had on our healthcare system, on the health of the general collective and senior population. For more info click [here](#).

**Our Harbour - September 23** at 10:00 a.m. All welcome! **The DEFI - 20th Anniversary Edition Walk** Sponsor a resident, and enjoy a BBQ on the lawn. Fun for all. In collaboration with [Espace PIVOT](#). Start/finish at: 440 Notre Dame, St. Lambert. Participation details click [here](#).

**Fall Writing Workshop: September 26-Nov 28** from 2:00-4:00 p.m. *Memoir and More—Using prompts to jog memory*, this workshop puts the accent on memoir, and aims to spark the imagination with various creative writing exercises. Read aloud and share in constructive group feedback. For all writing levels. Greenfield Park Library (now Muriel-Anne Brown Library) 225 Empire. Fee is \$50 (for 10 weeks). For info and registration contact Jeanette Paul at (450) 651-7044 or [jeanettepaul@yahoo.ca](mailto:jeanettepaul@yahoo.ca).

**Join us for an evening of music and dancing!** [Cadillac Music](#) will be performing at Randell Hall in Chambly on Friday **Sept 29**, playing hits from the 60s-90s. Doors open at 7:00 p.m., show starts at 7:45 p.m. Randell Hall is located at 2000 Bourgogne Ave. in Chambly. All tickets must be purchased in advance. \$25/person. For more details and to order tickets, email: [music2023.event@gmail.com](mailto:music2023.event@gmail.com).

## Notable Dates and Interesting Tidbits

**Labour Day (September 4)** is an annual holiday to celebrate the achievements of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.

**Creating Hope Through Action - September 9** from 1:00-2:00 pm via Zoom. With the upcoming launch of Canada's three-digit 988 crisis service scheduled for November 30th, this year's WSPD event will explore the vital role of crisis lines and feature unique speaker perspectives sharing on the theme, "What can we expect from 988?" Dr. Allison Crawford from the Centre for Addictions and Mental Health and several other panelists, will offer their insights as Canada prepares for the launch of this life-saving service. Click <https://suicideprevention.ca/events/world-suicide-prevention-day/> to register.

**Hope & Cope** is a beacon to anyone touched by cancer. They are a strong member and supporter of the clinical care teams at the Jewish General Hospital's Segal Cancer

Centre and are connected to a network of community and academic organizations to remain at the forefront of supportive cancer care. Calendar of events [here](#).

**Arthrites Rive-Sud** is a community organization dedicated to informing, supporting and helping individuals and their loved ones to live better with any form of arthritis. Calendar of activities for fall 2023. [Calendrier S-O-N-D](#). Registration can be done here: [Registration form](#) Please do not hesitate to contact us at [info@arthriterivesud.org](mailto:info@arthriterivesud.org) if you have any problems.

**Did You Know?** A cloud is a hydrometeor consisting of minute particles of liquid water or ice, or of both, suspended in the atmosphere and usually not touching the ground. It may also include larger particles of liquid water or ice, as well as non-aqueous liquid or solid particles such as those present in fumes, smoke or dust. For more info on clouds click [here](#).

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