


Mepec FALL & WINTER



Programs and Activities
2023-24



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MEPEC Mission

MEPEC's mission is to serve the interests of the English-speaking community in the Montérégie-Est region.

TO ACHIEVE THIS WE...

CONNECT

Connect with and represent the English-speaking community

COLLABORATE

Work in collaboration with citizens and public, private and community organizations

COMMUNICATE

Improve communication between the ESC and local service providers

FACILITATE

Increase opportunities for the ESC and facilitate access to English documentation and services



Become a Member

MEMBER BENEFITS

- MEPEC newsletter straight to your inbox every month
- Discount rental of our Community Space
- Access to all MEPEC programs
- Invitation to our Annual General Meeting
- Access to partners programs and workshops
- Volunteer opportunities
- Opportunity to join Steering Committee and Board of Directors
- Access to over 2800 books in the MEPEC Community Library



**TO JOIN THE MEPEC COMMUNITY SCAN THE QR CODE OR
VISIT OUR WEBPAGE AT WWW.MEPEC-PEMCA.ORG**

Community Space

It has been one year since our Community Space has been up and running and it has been busy! From seniors' art activities to moms and tots yoga to weekly staff meetings, there is something for everyone all week long. Check out some of the highlights from the past year below!



Knitting Group
March 2023



Moms & Tots Yoga
October 2022



Sprouts
August 2022



Dream Catcher Workshop
September 2022

Community Library

Stop by and borrow one of our 2800 books and enjoy the lovely artwork done by local elementary school students. Our wonderful volunteers would love to see you!

email library@mepec-pemca.org for more information

NEW!! KINDLE RENTALS

Kindles are available to borrow as a part of our regular book lending program. Drop in and choose a digital book from our library!

NEW!! TWEENS & TEENS

Did you know we have a huge selection of books for young readers? From Magic Tree House, Harry Potter, Babysitters Club and everything in between!

BOOK CLUB

The book club is an enjoyable social activity and an opportunity to expand your literary horizons. Each month we discuss a new book that has been chosen by the group. **Meetings are held the last Wednesday of each month from 6:30 pm to 8:00 pm starting September 27th in person in MEPEC's community space.**



OPENING HOURS:

TUE, 1:30 PM TO 3:30 PM

WED, 1:30 PM TO 3:30 PM

THU, 1:30 PM TO 3:30 PM

Activity Registration

Scan the QR code to register for all activities



On your smart phone or tablet, open the built-in camera app. Point the camera at the QR code. Tap the banner that appears on your screen. Follow the instructions to proceed to your activity registration.



Open to Everyone

VOLUNTEER OPPORTUNITIES

There are many enriching opportunities available for you to make a difference in your community.

There are currently positions available in:

- Art Hive
- Bilingual Conversations
- **NEW!** Knitting with Kids
- Office Maintenance

Please contact us to explore the possibilities: info@mepec-pemca.org

ART HIVE

Feeling creative? Our Art Hive provides a judgement free space for skill sharing and empowerment while strengthening links between community members of all ages.

KNITTING GROUP

Tuesday afternoons, beginning September 5th, take part in our knitting group for an opportunity to improve your skills and give back to the community.

CRAFTING WORKSHOPS

Time to get creative!! Our unique art workshops will be held between **12:30-4:30 pm on the first Thursday of the month starting September 7th.**

*a fee of \$5 for those under 55 will be charged for each art workshop.

Open to Everyone

DROP IN (GAMES, CARDS & CRAFTS)

Drop by the MEPEC Community Space the **last three Thursdays of the month from 1pm-4pm beginning September 14th** to play cards or board games, work on an art project, or just chat over a cup of coffee/tea. We bet you will make some new friends and have a good time! If you have any games or crafts that you would like to share, please feel free to bring them with you.

BILINGUAL CONVERSATION GROUP

If you would like to improve or maintain your skills in either French or English this group is for you. The group will discuss various topics of interest together over coffee. Part of the discussion will be conducted in French and part in English. This activity takes place **weekly on Wednesdays from 10:00 – 11:30 am in the MEPEC community space.**

ONLINE TRIVIA NIGHT

Every second Tuesday of each month, MEPEC hosts an online Trivia Night from 7:00-8:00pm. We invite you to put on your thinking caps and test your knowledge. Team up with your family and friends or play alone, in the comfort of your home.

Seniors Wellness

Programs for 55+

NEW!! MEN'S COFFEE CHATS

A new activity specifically for MEPEC men to come together and get to know each other and chat over a cup of coffee. Men's Coffee Chats will be held weekly on **Wednesday mornings from 8:30-10:00 am starting on September 6th in the community space.**

NEW!! SENIORS' SNEAKERS (SAINT BRUNO)

For a **higher intensity** workout head over to the Saint-Bruno Legion Monday mornings at 10:00am for an hour of adapted exercises. Starting October 2nd until December 4th.

***a fee of \$20 for members and \$100 for non-members per session applies.**

NEW!! PICKLEBALL

Join us at the Beloeil Centre des Loisirs for indoor pickleball! The session will start **Saturday September 9th from 11:00am – 1:00pm and run until November 18th.** This will be an unstructured activity, with two courts available for use. Players who are present will rotate to ensure everyone gets an equal chance to play.

*a fee of \$30 applies.

**Players must bring their own paddles and balls

Seniors Wellness

Programs for 55+

SENIORS' AQUA FITNESS

Back by popular demand! **Starting October 18th, join us Wednesday mornings from 10:00am – 11:00 am** for 10 sessions of adapted aqua fitness classes. Classes will be held at Centre Aquatique Beloeil. Stay tuned for information on our winter session starting January 7th!

*a fee of \$20 for members and \$100 for non-members per session applies. Swim caps are required for all participants.

EDUCATIONAL WORKSHOPS

Join us for lunch and learn workshops led by experts presenting on different Health and Social Service topics. Grab a plate and get ready to learn! Our first workshop "Community Resources for People Living with Dementia and their Caregivers" will take place **September 21st from 9:30 am – 12:00 pm**

*stay tuned for more information regarding monthly topics in your newsletter.

WALKING GROUP

Continuing until October 23rd, join us every Monday from 10:00 to 11:00am for a weekly stroll. Grab your sneakers and get to know the walking trails of Montérégie-Est!

Seniors Wellness

Programs for 55+

INTERGENERATIONAL PEN PALS

Take part in meaningful exchanges between school-aged children and seniors of our region to encourage literacy and social connections. The program will include writing letters back and forth with elementary school students **from October to June.**

SENIORS' SNEAKERS (OTTERBURN PARK)

Grab your sneakers and get ready for an **adapted fitness program** using chairs. This crowd favourite is a fun way to get exercise! **Starting October 2nd to December 11th, meet us at the Otterburn Park Legion Mondays from 10:00 – 11:00 am.** A winter session will be offered at the Otterburn Park Legion **starting January 15th to March 18th.**

*a fee of \$20 per session for members and \$100 for non-members per session applies.

**For more information on seniors' programs please email:
info@mepec-pemca.org**

Employment & Education

DIALOGUE MCGILL HEALTH & SOCIAL SERVICES STUDENT BURSARY

With funding from McGill University, MEPEC is pleased to offer the Health and Social Services Community Leadership Bursary Program. The Bursary provides a financial incentive for students from the Montérégie-Est region pursuing full-time studies in health and social services at a Quebec government-recognized educational institution to return to (or stay in) their region to work and serve their communities after completing their studies. **Bursary amounts: \$2,000 to \$10,000.** Visit our website for more information.

ENGLISH CONVERSATIONS SESSIONS

French speaking Health & Social Services Professionals

PRACTICE MAKES PERFECT! - With the goal of improving English conversation skills with professionals in the health and social services network, in collaboration with the program, Dialogue McGill, MEPEC is pleased to announce that it will be offering free English conversation sessions to people who want to practice or perfect their oral communication skills in English. No homework, no exams. **Session duration will be determined according to your availability. Pre-Register Today!**

Stay tuned for more workshops coming soon!

For more information please email:

r.uyoga@mepec-pemca.org

Early Childhood & Families

SPROUTS

Come join our weekly literacy circle time activity including a variety of theme-based activities, **every Tuesday starting September 12 at 9:30 am.**

Sprouts focuses on social interactions and positive relationships among young children and their parents through creative expression and play. Participating in Sprouts is an excellent way to get children to become familiar with the concept of time, early literacy, gross motor, and fine motor development. Through weekly themes, children will participate in dancing, story time, crafts, and much more!! Activities are light and fun and help to increase a child's awareness of language, physical, and sensory experiences. Registration fees for the session is \$10 for MEPEC members.

NEW!!! LITTLE BEATS

Calling all little Beethoven's and Mozart's for this introduction to music class. Toddlers will learn about melody, rhythm, tempo, dynamics, movement and much more using fun, unique and educational musical materials. Music has numerous benefits. Incorporating music into routines and play in the early years has a positive influence on your child's early development. It can get them moving, thinking and inspire creativity. **Join us on Mondays at 9:30 am from September 18th to December 11th.**

Registration fees for the session is \$10 for MEPEC members.

Early Childhood & Families

NEW!!! COOK WITH DAD!

Calling all Super Dads to participate in Dad and Me Activities!

We have some activities lined up for you and your little ones throughout these next months. Our Cook with Dad activity will be taking place this Fall! It's always a fun time with Dad! **3 Saturday morning cooking sessions taking place: September 23rd, October 21st and November 25th from 10-11:30 am**

Registration fees per session is \$10 for MEPEC members (this includes all ingredients)

NEW!!! ECO-KIDS

Every Friday, starting September 15th, from 9:30 to 11:30 am, let's explore the outdoors, nature, and the environment and learn what animals and insects do in their natural habitats but also how plants and trees grow. Outdoor play promotes mathematical learning and mental well being. When playing outdoors, the possibilities for learning are endless. Different outings will be offered throughout the season!

NEW!!! MINIBIBLIO+ (EARLY CHILDHOOD LIBRARY)

Drop by our Community Space and come check out some new titles in our Childhood library. We have received over 200 books lent to us through our collaboration with Fraser Hickson's Minibiblioplus program.

Early Childhood & Families

NEW!!! PUDDLES

Come splish splash with your children at Beloeil's Aqua center waddling pool **every Wednesday at 10:00am starting October 18th**. Early swimming improves a child's sense of self-esteem, confidence, independence and their ability to move more freely through the water. The pool is an ideal opportunity for parents and children to bond in a relaxed and fun environment that they will both love being a part of.

Registration fees for the session is \$10 for MEPEC members.

MUMS & TOTS FITNESS AND YOGA

From caliente to namaste, come with your little ones and participate in this energizing activity. This activity begins with a fun 30 min dance fitness followed by a relaxing Yoga. This program is designed with mom & tot in mind! Regain balance, strengthen core and promote wellness. This activity is **held in our community space on Thursdays from September 14th to November 2nd, at 9:30 am**.

Registration fees for the session is \$10 for MEPEC members.

MOTHER GOOSE

Join other parents and children ages 0-3 for a weekly singing! This program is great for developing connections and preliteracy music skills. The Fall sessions will held at Mount Bruno Elementary School. **Registration is set for September 11th**, for more information contact www.southshoreliteracy.org

**MEPEC's Programs
and Activities
pamphlet is made
possible through
funding from**

Canada 

Québec 

CHSSN

RDN
Regional Development Network
Réseau de Développement Régional



**Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise**

**Monteregie East Partnership
for the English-Speaking Community**



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