

THE MEPECER



Annual General Meeting at MEPEC

MEPEC's Board of Directors

On **September 26th**, MEPEC is going to hold its 5th Annual General Meeting (AGM). We are pleased to invite our partners and members to participate in our special event, which will take place at MEPEC's Community Space.

Once again this year, our 5th AGM will be held in-person and virtually via Zoom. The doors of the Community Space will open at 6:00 p.m. and the meeting will start promptly at 7:00 p.m.

To participate in the Annual General Meeting, please register [HERE](#) by September 19th.

Six days prior to the meeting, we will email to all attendees the MEPEC's Annual Report, the Financial Report, the agenda, minutes of last year, and other relevant documents. A Zoom link will also be provided to those who registered to participate virtually.

We look forward to seeing you at our 5th Annual General Meeting!



INSIDE THIS ISSUE

DID YOU KNOW...?

P.2

MEPEC'S ACTIVITIES AND SERVICES

P.5

MEPEC'S COMMUNITY INFORMATION

P.7

PARTNERS' ACTIVITIES AND SERVICES

P.11

Did You Know...?

TERRY FOX, THE REKNOWN CANADIAN HERO

Alexandra Blasetti Kuhn

Everyone knows Terry Fox. How could you not know who he was? How could you not know his life story and accomplishments? He is known by everyone in Canada. It's a memorable story of perseverance beyond life's adversities.

This is the point of view of someone who has lived abroad: is our Canadian hero as well-known in other countries as he is in Canada? "Who is Terry Fox?" should not be a common question for anyone. His legacy is so great that everyone in the world must know him.

Without any doubt, his life is one of those stories worth telling!

Terry Fox was born in Winnipeg in July 1958 and inspired the whole country with his courageous fight against cancer and his determination to raise funds for cancer research.

He was always an athlete, but shortly after losing his leg to cancer, he decided to run across Canada in "The Marathon of Hope" to raise awareness. He began his marathon on April 12, 1980, in St. John's, Newfoundland, and finished 143 days later in Thunder Bay, Ontario.

He ran over 5000 km with his prosthetic leg. It was a moving challenge that had all the citizens spellbound.

Unfortunately, he was forced to end The Marathon of Hope when cancer again invaded his lungs.

Before his death on June 28, 1981, Terry had achieved his once unimaginable goal of getting \$1 from every Canadian for cancer research.

He said, "I want to set an example that will never be forgotten". His challenge has inspired millions of people to participate in the Terry Fox Run for Cancer Research held in September.



Terry Fox was an inspiration and helped raise awareness of one of the most devastating diseases of our time.

His life story provides us with an important message to spread throughout the world.

You can read more about Terry Fox's story on [The Terry Fox Foundation website](https://www.terryfoxfoundation.ca/) and find the local Runs in your area.

THE GREAT TERRY FOX WEEKEND IN THE VALLÉE-DU-RICHELIEU TO TRIUMPH OVER CANCER

Get involved in your local Terry Fox Run and fundraiser events! Contribute your grain of sand for a good cause!

Mail Montenach, Beloeil: There will be a kiosk on Friday, September 8th, and Saturday, September 9th to raise funds and to inform the population about the benefits of their contributions towards cancer research.

Parc Gilles Plante, McMasterville: There will be a Zumba-ton on Saturday, September 16 from 7:30 p.m. to 9:30 p.m.

Terry Fox Run, Walk, and BBQ on Sunday September 17th from 10 am. to 2 pm. Departure: Parc Gilles Plante.

Registrations online: visit the official website [HERE](https://www.terryfoxfoundation.ca/) to find out more information.

MEPEC's Senior & Adult's Activities and Services



MEPEC IS LOOKING FOR VOLUNTEERS

Do you want to get involved in your community and make a difference? Do you have a special talent that you would like to share with the community? Share your skills with others for a good purpose!

We are looking for general office maintenance volunteers for painting, patching holes, etc. We are also looking for volunteers for some of our activities. We want to know more about you!

If interested, contact us at info@mepec-pemca.org

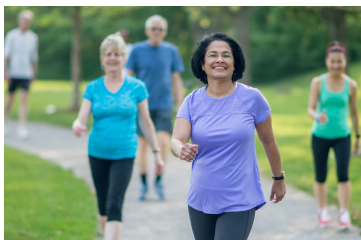


ART HIVE: KNITTING AND WORKSHOPS NEW

Empower and share your art skills! Come to our free art space for dialogue and bonding between members of all ages.

Our Knitters have their own name: The knitting wits! Come to knit with this wonderful group on September 5th, 12th, 19th and 26th, from 1 to 4 pm in our Community Space. Register [HERE](#).

Join our upcoming workshop! Wood burned cheese boards on September 7th, 12:30 to 4:30pm in our Community Space. Limited places, Register [HERE!](#)

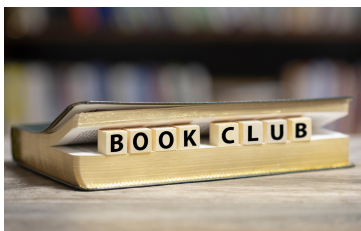


WALKING GROUP

The Seniors' Walking Group walk in different locations throughout Beloeil and surrounding areas.

Come for a walk every Monday at 10 a.m. Contact us to receive the schedule for the month and the meeting point details.

To participate, please register [HERE!](#)



BOOK CLUB

Every last Wednesday of the month, the book club meets at 6:30 p.m. in our community space. For September, instead of choosing a specific book, participants were asked to choose any book or author, any genre, as long as it deals with, takes place in, or relates to the specific theme chosen.

If you would like to participate in our next book club, please register [HERE!](#)



INDOOR PICKLEBALL

The popularity of Pickleball is attributed to the short learning curve, appeal to a wide range of ages and fitness levels, and low costs. Join us at the Beloeil Centre des Loisirs for Indoor Pickleball! Saturdays from 11:00 a.m. to 1:00 p.m.

This will be an unstructured activity, with two courts available for use. Paddles and balls will be provided.

To participate, register [HERE!](#)



ONLINE ACRYLIC PAINTING

Online Acrylic Painting from the comfort of your own home!

Starting October 16th to December 18th, Join us on Monday afternoons from 2:30 to 4:30 pm for acrylic paint classes Led by Beverly Laundry from Preville Art Centre.

Supplies will be provided. A fee of \$20 applies for the Fall session.

To participate, please in advance register [HERE!](#)



WINE AND CHEESE PAINT NIGHT

Our popular Wine and Cheese Paint Night is back this Fall season! Led by Beverly Laundry from Preville Art Centre, we promise you will be pleasantly surprised by your masterpiece. All supplies will be provided. A fee of \$20 applies.

Join us at the Manoir Saint-Bruno on September 14th at 7:30 pm for a fun Wine & Cheese Paint Night! To participate, please register and save your spot [HERE!](#)



TRIVIA NIGHT

Every SECOND Tuesday of the month, we host an online Trivia Night. We invite you to put your thinking caps on and join us to test your knowledge.

Join us on September 12th at 7:30 pm. Team up with your family or play by yourself in the comfort of your home, answer and win!

To participate, please register [HERE!](#)



SENIORS' SNEAKERS: OTTERBURN PARK AND SAINT BRUNO NEW

Same date and time, two different locations, and different exercise intensities! A fee of \$20 applies for the Fall session.

Seniors' Sneakers Otterburn Park: Starting October 2nd to December 11th, meet us at the Otterburn Park Legion on Mondays from 10 to 11 a.m. for an hour of light chair exercises adapted for seniors. To participate, please register [HERE!](#)

Seniors' Sneakers Saint Bruno will be a bit more intense than the classic relaxed session in Otterburn Park. Starting October 2nd until December 4th meet us at the Saint-Bruno Legion on Mondays from 10 to 11 am for an hour of moderate exercises adapted for seniors. To participate please register [HERE!](#)



MEN'S COFFEE CHATS NEW

A new activity specifically for men to come together and get to know each other and chat over a cup of coffee. Starting on October 25th, Men's Coffee Chats will be held weekly on Wednesdays from 8:30-10:00 am. in the Community Space.

To participate, register [HERE!](#)



55+ AQUA FITNESS

The 55+ Aqua Fitness is a class with fun music adapted to seniors and led by an instructor. Meet us at the Centre Aquatique Beloeil for a fun hour of exercises in the pool!

Starting October 18th to December 20th, classes will be held Wednesdays from 10:00 to 11:00 am.

To participate, register [HERE.](#)



BILINGUAL CONVERSATION

The French-English conversation group is a great opportunity to share experiences with others and practice your language skills!

Come to this chat group every Wednesday morning from 10 to 11:30 a.m. at our Community Space.

Register [HERE!](#)



55+ DROP IN: GAMES, CARDS & CRAFTS NEW

Drop by the MEPEC Community Space all Thursdays (except the first Thursday of the month) from 1 pm. to 4 pm. Beginning September 14th, come to play a variety board or card 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. Register [HERE!](#)



BRUNCH AND LEARN: THINKING ABOUT YOUR COGNITIVE HEALTH

Join us on September 21st, from 9:30 am to 12 pm. at Manoir Saint-Bruno for a special brunch and learn workshop entitled Thinking About Your Cognitive Health...Community Resources for People Living with Dementia and their Caregivers.

Register for this event in advance to ensure we have enough brunch for everyone attending! To participate, contact us at info@mepec-pemca.org

MEPEC's Family Activities and Services



PUDDLES NEW

Come splish splash with your children at Beloeil's Aqua center waddling pool! Starting October 18th, every Wednesday at 10 am.

Early swimming fosters a growing sense of self-esteem, confidence, independence, and well-being. Time spent having fun and learning in the pool is an ideal opportunity for parents and children to bond in a relaxed and fun environment!

To register, please click [HERE](#).



MUMS AND TOTS FITNESS AND YOGA

Come with your little ones and participate in this energizing activity. This class begins with a fun 30 min of Fitness followed by a relaxing. Children can join in with you or keep busy with free play.

This activity is held in our Community Space on Thursdays from September 14th to November 2nd, at 9:30 a.m.

To register, please click [HERE](#) as space is limited.



SPROUTS

Sprouts focuses on social interactions among young children and their parents through creative expression and play. Sprouts is an excellent way to familiarize children with the concept of time, early literacy, language, gross motor, and fine motor development.

Starting September 12th, come join our weekly circle time activity every Tuesday at 9:30 a.m. To register, click [HERE](#).



ECO-KIDS NEW

Starting September 15th, every Friday from 9:30 to 11:30 am, let's explore the outdoors, the nature and learn what animals and insects do in their natural habitats but also how plants and trees grow. Did you know 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! To participate, register [HERE](#).



LITTLE BEATS MUSIC CLASSES FOR KIDS NEW

Calling all little Beethoven's and Mozart's! In this classes toddlers will learn about melody, rhythm, tempo, dynamics, movement, and much more using fun 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.

Join us on Mondays at 9:30 a.m. from September 18th to November 27th.

To register, click [HERE](#).



COOK WITH DAD! NEW

Spend quality time with your Dad! Cooking together is an excellent bonding activity that fosters many other early childhood developments such as basic math skills, listening to instructions, fine motor development, and boosting self-esteem. The best part is that you both get to eat what you make!

Our monthly activity will be offered on September 23rd, October 21st, and November 25th from 9:30-11:30 a.m. To register, please click [HERE](#).

55+ Wellness Centre

WALKING SAFELY OUTDOORS

Megan Firth

Walking is a great way to get outside and get exercise. With fall quickly approaching and the weather starting to cool down a bit, you may find yourself more able to get out and enjoy the fresh air by walking.

Here are some Safety Tips for walking outdoors from the [National Institute on Aging](https://www.nia.nih.gov/health/safe-walking).



- Carry a piece of ID, cellphone, a small amount of cash, and some water with you.
- Ensure you can hear bike bells and cars by keeping headphone volume low or not using them at all.
- Stick to well-lit, well-used, and safe areas.
- Wear bright and/or reflective clothing.
- Wear sturdy shoes.
- Let someone know where you are going, your intended route, and when you expect to be back.
- Walk facing oncoming traffic.
- Walk on the sidewalk or path wherever possible or along the edge of the road if there is no sidewalk or path available.
- Cross at crosswalks and stop signs and only cross when you have the pedestrian crossing signal. Jaywalking increases your risk of a serious accident.
- Do not assume drivers see you crossing, try to make eye contact with drivers as they approach.
- Look across all of the lanes before you cross, and make sure each lane is clear. Look left, right, and left again before crossing.
- If you do not feel safe/comfortable walking outdoors for any reason, be active inside instead. You can walk in malls or large stores, walk up and down the stairs, stretch at home, watch a fitness video online, etc.
- Check the weather conditions before you leave, if the weather is not going to be agreeable (too hot, cold, humid, windy, etc.) choose an indoor option instead.
- Drink plenty of water while walking, especially in the heat.
- Dress in layers so you can add/remove layers if you get too hot or cold.
- Know the signs of heat and cold-related illnesses (e.g. heat stroke and hypothermia) so you can get medical help right away if needed.

MEPEC ART HIVE IS LOOKING FOR DONATIONS!

We are planning the Art Hive workshops for 2023-2024! We are looking for items to incorporate into the crafts. If you have any of these items in good condition and would like to donate them, please provide a description and quantity of the items to info@mepec-pemca.org. Thank you!

- | | |
|---|---|
| • Sequins | • Thread |
| • Ribbons | • Embroidery thread |
| • Lace | • Batting |
| • Feather boa (black, purple or orange) | • Artificial flowers |
| • Buttons | • Fabric: they will be cut so it is ok if they are not in perfect condition (jean, suede, corduroy, velvet, plaid, linen, leather (pants or jackets), fur and wool (coat) |
| • Scrapbooking paper | |
| • Sparkles | |
| • Needles | |

For Youth and Families

BACK TO SCHOOL SEASON

Paige Pelletier

Do you have school-aged children who are heading back to school in the coming weeks? This time of the year can be stressful, for parents and children alike. However, there are many things you can do to reduce stress in your household and be excited about going back to school!

Routine: Establishing a simple back-to-school routine can alleviate loads of stress by assuring everything runs smoothly. This allows expectations to be clear and consistent while setting your child up with a "to-do list" to get themselves ready. After a while, it feels like running on autopilot! Read more about it [HERE!](#)

Be Prepared for Challenges: It's no surprise that going back to school will be more challenging for your child than summer vacation, including increased behavioral and academic demands. Your support during this transition can make a huge difference and help ease the transition. Find more resources on [LearnQuebec](#), [Alloprof](#), and [ParentsCanada](#) websites.

Be understanding: Going back to school can cause a lot of anxiety for children of all ages. Supporting your child through these moments by being understanding and empathetic can help melt away their anxiety and instill feelings of confidence in pride in their abilities! To find help with general anxiety visit Help Children Heal website [HERE](#). Find resources about back to school anxiety [HERE](#).



Employability and Education

ENGLISH CONVERSATION GROUPS FOR HEALTH PROFESSIONALS

Regina Uyoga

MEPEC in collaboration with Dialogue McGill is pleased to offer Health Professionals working in our region an opportunity to practice their English Conversational skills in small informal groups during lunch or on a one-to-one basis.

If interested, scan the QR code below or click [HERE](#) to fill out the form and receive more information!



Dialogue McGill |  Health Canada Santé Canada

CONVERSATION EN ANGLAIS 100% GRATUIT

POUR QUI?
Les professionnels de la santé et
des services sociaux travaillant
dans la communauté de la
Montréal Est

QUAND?
Une fois par semaine.
10 sessions établie selon
vos disponibilités

JE M'INSCRIS
Remplissez notre formulaire
d'inscription ci-dessous pour nous
faire savoir que vous êtes intéressé



 www.mepec-pemca.org
 info@mepec-pemca.org
 106-555, bd. Sir Wilfrid Laurier
Beloeil, QC, J3G 4J1
 (450) 281-3732


Monteregie East Partnership
for the English-Speaking Community
Partenariat de l'est de la Montréal pour
la communauté d'expression anglaise

MEPEC's Community Library

SPOTLIGHT TO OUR NEW PARTNER:

minibiblioplus
PROPOSEE PAR POWERED BY FRASER HICKSON [DEPUIS 1885]

The Fraser-Hickson Institute is a duly constituted non-profit charitable organization that offers its minibiblioplus project to other organizations to facilitate access to books, encourage reading and foster literacy development for children ages 0-8. This partnership is made possible with funding from the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA).

HOW THEY WORK

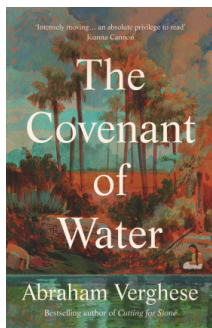
"We offer a free public mini-library service to partner organizations, giving access to our collection, support and early literacy tools.

We curate books that allow educators, parents and volunteers the opportunity to instill in children the desire to read!"

Visit their website [HERE](#). We are thrilled to working together!



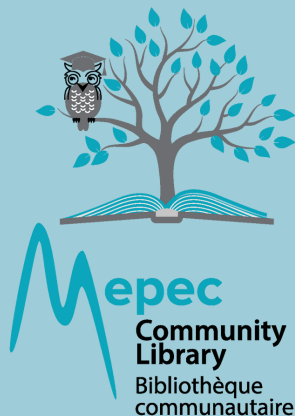
NEW BOOK ALERT! FIND IT IN OUR LIBRARY



The Covenant of Water by Abraham Verghese is now available in our library!

"A rich, heartfelt novel. A lavish smorgasbord of genealogy, medicine and love affairs, tracing a family's evolution from 1900 through the 1970s, in pointillist detail. What binds and drives this vast, intricate history as it patiently unspools are vibrant characters, sensuous detail and an intimate tour of cultures, landscapes and mores across eras. Verghese's technical strengths are consistent and versatile: crisp, taut pacing, sensuous descriptions that can fan out into rhapsody.

Verghese's compassion for his ensemble, which subtly multiplies, infuses every page. So does his ability to inhabit a carousel of sensibilities—including those of myriad women—with penetrating insight and empathy. Rich and reverberant. The further into the novel readers sink, the more power it accrues. Grandly ambitious, impassioned. A magnificent feat."—Joan Frank, Washington Post



OPENING HOURS:

TUESDAY

1:30 PM TO 3:30 PM

WEDNESDAY

1:30 PM TO 3:30 PM

THURSDAY

1:30 PM TO 3:30 PM

**BOOK CLUB: EVERY
LAST WEDNESDAY
OF THE MONTH
6:30 PM**



Partners' Activities and Services



CALL FOR PARTICIPANTS FOR A RESEARCH STUDY ON FRENCH-LANGUAGE LEARNING

Are you an English speaker living in Quebec? The goal of this research is to examine the barriers, gaps, and outcomes in learning French among English speakers in Québec's labor market.

This study is being conducted by the Provincial Employment Roundtable, a not-for-profit, multi-stakeholder initiative aimed at addressing the employment and employability challenges facing the English-speaking communities in Québec.

To participate, please fill out the form [HERE](#).



PERT WEBINAR ON ENGLISH-SPEAKING IMMIGRANTS & RACIALIZED COMMUNITIES

In this webinar, policy experts will dive into the numbers and examine the obstacles faced by English-speaking racialized and immigrant communities, as well as the potential solutions and strategies to improve the availability of employment supports for these communities.

Join online on September 18th, from 12 to 1 p.m. Sign up [HERE](#).

MCLL

MCGILL COMMUNITY LIFELONG LEARNING

For people who want to learn for the joy of it! Do you know about the MCLL for Seniors? The McGill Community for Lifelong Learning, part of McGill University, is a non-profit, volunteer-based community of seniors focused on peer learning.

Check out their website [HERE](#).



MOTHER GOOSE PROGRAM

Got goose? That's right, Mother Goose is back in person, and online too! Mother Goose is a pre-literacy singing program free of charge for parents and young children (ages 0-4).

Starting September 22nd, attend in person every Friday from 9:30-10:30 a.m. at Mt. Bruno Elementary School. To register, contact maureen.mgoose@gmail.com

Starting October 5th, attend online every Wednesday from 10-11 a.m. To register contact Laurel.MotherGoose@gmail.com



AMIQUEBEC SUPPORT GROUPS

AMI-Québec's support groups provide a warm welcome to everyone. Free support groups for: family and friends, those suffering from mental illness only, and mixed groups for both.

Join in person on September 11th at 6:30 p.m. 91, boul. Churchill, Greenfield Park. Join online on September 11th and 18th at 6:30 p.m. Registration is not required.

Find more information [HERE](#).



FALL 2023 ACTIVITIES C.A.M.E ST. BRUNO

Watch out some of the Fall activities for the little ones!

- Mondays at 9 a.m: Nature Walk in Boisé-Tailhandier, entrance on rue de la Bruère. Free, no sign-up needed.
- Every Tuesday 9 to 11 a.m: Coffee get-togethers at the Community Centre (St-Bruno). Free, no sign up needed.
- September 5th, 9 to 11 a.m: Open House at Parc Quincy-Sous-Sénart (St-Bruno). Free activity
- September 7th, 9 to 11 a.m: Open House at Parc Marie-Victorin (St-Bruno). Free activity

For more information, contact info@camestbruno.com



ENJOY A BIKE RIDE THIS SUMMER WITH À VÉLO SANS ÂGE

Have a phenomenal biking experience with "À Vélo Sans Âge". This organization wants seniors to have the right to feel the wind in their hair during a beautiful bike ride. The bike rides are slow and focus on embracing the environment you are surrounded by.

Visit their [website](#) to learn more about their activity and undergo a great bike ride!



SSRE GUEST PRESENTATION

South Shore Retired Educators presents their session on September 14th: Anna Boros and Jerry Shendleman on their trip to Churchill, Manitoba.

For more information about the SSRE and to participate, contact southshoreretirededucators@gmail.com



MOVIE NIGHT AT THE OTTERBURN PARK LEGION

It's time to pop the corn! Come to watch the English version of War Horse on Thursday, September 14th, 7 p.m. at the Otterburn Park Legion.

"War Horse is a 2011 war film directed and produced by Steven Spielberg. Its screenplay, written by Lee Hall and Richard Curtis, is based on Michael Morpurgo's 1982 novel War Horse and its 2007 stage adaptation."

If interested, contact rc1121pr@gmail.com



BINGO & BURGERS NIGHT AT THE OTTERBURN PARK LEGION

The first 18+ Bingo and Burgers night of the Fall season is coming up! Come share a fun evening of BBQ and games with friends. Meet us on Friday, September 22nd, BBQ will open from 5 to 7 p.m., and games from 7 to 10 p.m.

If interested, contact rc1121pr@gmail.com



FUNDRAISER EVENT- QUEBEC SUPPORT GROUP OF CELIAC CANADA

Over 100,000 people with celiac disease or gluten-related disorders rely on Celiac Canada every year. Celiac Canada and Quebec Support Group of Celiac Canada help people get access to support, free education, safe gluten-free food, and a timely diagnosis. This year is Celiac's Canada 50th birthday and everyone can help by joining the Toronto Waterfront Marathon fundraiser event.

Step up for celiac! Make a donation [HERE](#). For support with your fundraiser, contact quebecsupportgroup@celiac.ca



GLUTEN-FREE 101 - QUEBEC SUPPORT GROUP OF CELIAC CANADA

The Canadian Celiac Association develops the Gluten-free 101 webinar for those newly diagnosed with celiac to provide guidance and help increase confidence in the gluten-free diet. Join this month's webinar on September 10th at 7 p.m.

To participate, register [HERE](#).



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

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

www.mepec-pemca.org

@MepecMonteregieEast
@mepecyouth

@mepec_monteregie_east
@mepecyouth

@Mepec-Pemca

@mepecyouth



551, boul. Sir-Wilfrid-Laurier, #105 and 106
Beloeil, Qc J3G 4J1

555, boul. Sir-Wilfrid-Laurier
Beloeil, Qc J3G 4J1



Tel: 450 281-3732



info@mepec-pemca.org

This initiative is made possible with financial contributions from:

Canada 

**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

Québec



CHSSN