

THE MEPECER



MEPEC Fall 2023 Program of Activities

Fall is officially here and MEPEC is ready with numerous programs to kick off this new season. Come pick up your Program at our offices or find the online version [HERE](#). Take a look at the activities going on for Seniors, Families, and Youth. Click [HERE](#) to access our online calendar.

Are you a MEPEC member yet? All members receive free attendance or discounts on our programs, activities, and services, receive health and community information, special invites to activities and events, receive our monthly newsletter and more. Here is our membership form, [REGISTER](#) now!

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Did You Know...?

BEST APPS FOR LEARNERS WITH DISABILITIES

Jessica Sypher

Do you have a child who faces certain barriers to learning? Here is a list of the best apps for iPad and android curated by Educators Technology. These apps facilitate learning in numerous subjects such as math, literacy and music. Check out the chart below or go to <https://www.educatorstechnology.com/> for more resources.

The Best Apps for Learners with Disabilities

Category	Apps for iPad	Apps for Android
Learners with Autism	<ul style="list-style-type: none"> Sight Words Sequences for Autism See Touch Learn Verbal Me Autism iHelp Autism/DDT Shapes Autism DDT Letters Speech with Milo 	<ul style="list-style-type: none"> Let Me Talk Speak Quietly Autism Talking Pictures Birdhouse Aiko and Ego Animation for Autism myVoice Communicator Social Skills for Autism Sesame Street and Autism Speech Assistant AAC Autism Therapy with MITA
Learners with Dyslexia	<ul style="list-style-type: none"> Sound Literacy What Is Dyslexia Dyslexia Quest Happy Math Multiplication Rhymes Phonics with Phonograms Dyseggia DD's Dictionary: A Dyslexic Dictionary 	<ul style="list-style-type: none"> Google Text to Speech Vocab Builder Voice Dream Reader Go Read Eye Games Dyslexia Spell 4 You Talk-Text to Voice OCR Instantly Pro Gboard- The Google Keyboard
Learners with Visual Impairments	<ul style="list-style-type: none"> ViA Dragon Dictation Light Detector Color ID TapTapSee Be My Eyes- Helping Blind See Talking Calculator AccessNote Visual Braille 	<ul style="list-style-type: none"> TapTapSee CamFind- Visual Search Engine BeSpecular- Help The Blind NewsSpeak Eye-D for Visually Impaired Zeta Keyboard Ray App for Visually Impaired ScanLife Barcode & QR Reader Magnify MessageEase Keyboard
Learners with Writing Difficulties	<ul style="list-style-type: none"> The Writing Machine iWrite Words Letter School Alpha Writer ABC Pocket Phonics Word Magic 	<p>We don't know how to develop KPIs and how to best communicate metrics so that they inform decision-making.</p>

Graphic credit: Educators Technology

<https://www.educatorstechnology.com>

Kharbach, N. (2023, May 19). Updated chart of the best iPad apps for learners with special needs. Educators Technology. <https://www.educatorstechnology.com/2017/08/updated-chart-of-best-ipad-apps-for/html1f6cd1wAR2Ughpvn-Cu-Ww2a30RjnEzg2E7Wmea-J-oUkyJUD8m40uJ2,59x9SLa>

MEPEC's 55+ Activities and Services



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 October 3rd, 10th, 17th, 24th and 31st, from 1 to 4 pm in our Community Space. Register [HERE](#).

Join our upcoming workshop! Halloween Wreaths on October 5th, from 1 to 3 pm in our Community Space. 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!](#)



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!](#)



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



ONLINE ACRYLIC PAINTING NEW

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!](#)



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. Come to play a variety board or card games, work on an art project, or just chat over a cup of coffee/tea.

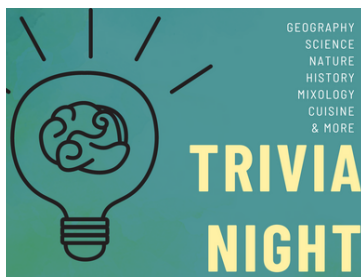
We bet you will make some new friends and have a good time! If you have any games or crafts that you would like to share, please feel free to bring them with you. Register [HERE!](#)



WEEKLY RESPITE FOR CAREGIVERS

In collaboration with the Alzheimer's Society, this service provides a break for caregivers and families, while the affected person benefits from cognitive and socially stimulating activities. Come on Mondays 1 to 4 p.m. in our Community Space.

For more information contact Olga from the Alzheimer Society at 579 371-1078.



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 October 10th 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!](#)



BOOK CLUB

Every last Wednesday of the month, the book club meets at 6:30 p.m. in our community space. The next book club meeting will be held on October 25th, don't miss out this wonderful group reading activity!

If you would like to participate in our next book club, please 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.

We are at capacity, registrations are closed. To put your name on the waiting list contact us at info@mepec-pemca.org



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!](#)

MEPEC's Family Activities and Services



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 October 21st and November 25th from 9:30-11:30 a.m. To register, click [HERE](#).



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 at 9:30 a.m.

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



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



ECO-KIDS NEW

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](#).



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.

Come join our weekly circle time activity every Tuesday at 9:30 a.m.

To register, click [HERE](#).

55+ Wellness Centre

OCTOBER 17-23: NATIONAL AUTONOMOUS COMMUNITY ACTION WEEK!

The National Autonomous Community Action Week is held every year in the week surrounding National Autonomous Community Action Day on October 23rd.

The aim is to showcase the work of the 4000 autonomous community action organizations, and to pay tribute to the 60000 workers and 425000 activists and volunteers who work within them on a daily basis.

The Réseau Québécois de l'Action Communautaire Autonome RQ-ACA and a number of other organizations across Quebec are highlighting, in their own way, the pride of belonging to a movement that helps to build Quebec's social safety net.

For more information, visit their website [HERE!](https://rq-aca.org/)

**NATIONAL
AUTONOMOUS
COMMUNITY
ACTION WEEK** #NACAW 2023



HISTORY

The autonomous community action movement (or ACA) came about in the 1960s when citizens in Quebec society began to focus on citizen participation, the recognition of rights, and collective action to improve their living conditions.



NUMBERS

Québec is currently home to 4,000 autonomous community action organizations that employ 60,000 workers and are supported by 425,000 volunteers. Together these organizations are actively supporting millions of Québécois provincially.



SERVICES

Autonomous community action organizations are important resources for the implementation of services adapted to the needs of the populations that they serve and the promotion of community participation in the resolution of social issues.

ACA CRITERIA

- Have non-profit status.
- Be rooted in the community.
- Maintain an associative and democratic life.
- Be free to determine the mission, orientations, approaches and practices of the organization.
- Have been formed as a result of the initiative of community members.
- Pursue an organization-specific social mission that promotes social transformation.
- Use civic practices and broad approaches to focus on the globality of the issue(s) being addressed.
- Be governed by a board of directors that is independent of the government and public network.

ABOUT ACA

Autonomous community action is a movement initiated by citizens or community that strives for individual and collective empowerment and is aimed at transforming living conditions and promoting social justice.

DOWNLOAD TOOLS

Every October, *National Autonomous Community Action Week* (#NACAW) highlights the engagement of the Autonomous Community Action movement across Québec. English resources are available from the RQ-ACA [here](https://rq-aca.org/).

The Réseau

The Réseau québécois de l'action communautaire autonome (RQ-ACA) represents 70 national groups and organizations and links over 4,000 independent community action organizations fighting throughout Québec for greater social justice.



The Action Plan

The *Government Action Plan for Community Action 2022-2027: committed to our communities* (PAGAC) represents a total investment of \$1.1 billion over five years to implement 29 measures taken by 23 government departments and agencies to better support community organizations.



Sources:

The Réseau québécois de l'action communautaire autonome, August 2023. Available: <https://rq-aca.org/>
Ministère de l'Emploi et de la Solidarité sociale, August 2023. Available: <https://www.mtess.gouv.qc.ca/sacais/action-communautaire/>

This information sheet was made possible with the financial support of the Secrétariat aux relations avec les Québécois d'expression anglaise.

For Youth and Families

WELCOME PAIGE PELLETIER!

I am very happy to join the MEPEC team as their Family and Community Outreach Worker!

I am a longstanding member of the Montérégie English-speaking community and can attest to the importance of MEPEC's work firsthand. I have been familiar with MEPEC since 2021 when I had the pleasure of collaborating with them during Mental Health Week at Heritage Regional High School. It has been reassuring to know that MEPEC is available to help support the needs of our community and help it thrive!

I am coming into this position with an academic background in Psychology as well as several years' experience working with youth in support roles in high schools.

I am passionate about mental health and wellness, specifically relating to helping youth during difficult times.

I am looking forward to working with MEPEC in my new role and hope to be a useful resource for youth, families and the community.

Visit the about us section on our website [HERE!](#)



10 h +
ZUMBA EN FAMILLE

11 h 15 +
SPECTACLE DE MAGIE
Joël Bérard

12 h 30 +
JEUNES EN SANTÉ
Animations actives

13 h 30 +
ZOOMOB
Animation zoo mobile

14 h 30 +
ALICE AU PAYS VIRTUEL
Conférence sur la cyberdépendance

Activités
gratuites

Salon de la famille 8^e édition

14 OCTOBRE | 9H à 16H | GALERIES ST-HYACINTHE

SALON DE LA FAMILLE

8^e édition du Salon de la Famille

On October 14th, les Galeries St-Hyacinthe will be hosting their program "Salon de la Famille". Our executive director (Karoll-Ann Carrier) and Youth Coordinator (Kareen Massé) will be in attendance as MEPEC representatives. See below for their program schedule and join in on the fun!

Visit their website for more details, [HERE](#)

Employability and Education

EMPLOYMENT & EDUCATIONAL WORKSHOPS

Regina Uyoga

As part of an effort to support students (14-24 years) and young adults (25-44 years) to develop their careers, MEPEC along with some of its partner organizations in the employment, education and legal space is planning to provide and deliver a series of educational workshops to help guide and prepare our youth for the job market and help them succeed in their future careers.

Our program of activities will be running throughout the year (October 2023- June 2024) and will consist of several workshops. If you are interested in participating, kindly fill out the Expression of Interest Form [HERE](#) and return to us at your earliest convenience.

We will work with you to schedule a day and time that is most convenient for your schedule. We will also propose various delivery methods to tailor to your needs, including online, hybrid, lunch and learn, and in-person sessions.

Visit the employment section on our website [HERE](#). We understand the numerous challenges English speakers face when accessing Employment services in our region and we are here to help, accompany, and support you in your employment journey.

Feel free to check out our Employment & Educational Workshops [HERE](#) to help prepare for the job market ahead.

MEPEC has developed partnerships with local employment organizations to improve access to employability services for the English-speaking population in our region. Here is a list of those organizations and their respective websites:



MEPEC's Community Library

NEW BOOK ALERT

LADY TAN'S CIRCLE OF WOMEN BY LISA SEE



According to Confucius, "an educated woman is a worthless woman," but Tan Yunxian—born into an elite family, yet haunted by death, separations, and loneliness—is being raised by her grandparents to be of use.

Her grandmother is one of only a handful of female doctors in China, and she teaches Yunxian the pillars of Chinese medicine, the Four Examinations—looking, listening, touching, and asking—something a man can never do with a female patient. But when Yunxian is sent into an arranged marriage, her mother-in-law forbids her from helping the women and girls in the household.

Yunxian is to act like a proper wife; embroider bound-foot slippers, pluck instruments, recite poetry, give birth to sons, and stay forever within the walls of the family compound, the Garden of Fragrant Delights.

How might a woman like Yunxian break free of these traditions, go on to treat women and girls from every level of society, and lead a life of such importance that many of her remedies are still used five centuries later?

Visit our Community Library to see our newly added book by Lisa See. You can check our library opening hours and Book Club information, [HERE](#).

KINDLE PROGRAM AT OUR LIBRARY

Our Community Library offers members the opportunity to borrow a Kindle tablet for one month at a time. Fortunately, MEPEC has unlimited access to the Kindle library, and you can leave with up to 3 e-books per month. We offer training by our library volunteer during our office hours. Thank you to New Horizons for funding this project and making this experience possible.



For more information, visit
MEPEC's Community Library



OPENING HOURS:

TUESDAY

10 AM TO 12 PM NEW

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](#).



CHSSN WEBINAR FOR OLDER ADULTS

Have you been thinking about your physical health? Join us virtually on Wednesday, October 18 from 10:00 am to 12:00 pm for the SHARP webinar on "Safer Sex for Older Adults". With special guest, Crystal Harrison, Education for Prevention Coordinator, Aids Community Care Montreal.

Register [HERE](#) for a spot to tune in, in the comfort of your own home. Questions about this event? Contact MEPEC at 450-281-3732 or e-mail info@centreconnexions.org. For related resources, click [HERE](#).



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).

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 am. 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.

OCTOBER 16th - 6:30pm: Bipolar, Depression, Young Family & Friends

📍 91 Churchill BLVD, Greenfield Park.

OCTOBER 23rd - 6:30 pm: Family & Friends, Hoarding, Kaleidoscope

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).
- OCTOBER 13th & OCTOBER 27 **Free** 9:30-10:30, Coffee get-together at the Community Centre (St-Bruno)
- OCTOBER 19th: Early Childhood Musical Education for children registered in the drop-in daycare
- OCTOBER 26th: 9:00-11:00 am, Knitting get-together with the Cercle de fermières of St-Bruno.

For more information, contact info@camestbruno.com **Free**



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

Retiring this year? Have you retired? Want to keep in touch with retired colleagues and have fun?

Anyone who has worked with Students or Staff in Elementary and High School Education can join. To participate contact southshoreretirededucators@gmail.com



CENTRE PREVILLE

Sign-up **ANYTIME!**

Centre Preville is a fine arts centre that offers an array of educational activities such as, robotics, dance, art, music group classes, private lessons in various subjects and many more.

Most classes occur on Saturday and sometimes weeknights, and all are bilingual for both adults and children.

For more information, we invite you to visit their website, [HERE](#).



TRUTH & RECONCILIATION COMMISSION WORKSHOP

On Tuesday, October 12th at 1:00 pm-2:00 pm, The Canadian Race Relations Foundation, in partnership with the Woodland Cultural Centre, will be providing a virtual workshop on the Truth and Reconciliation Commission, facilitated by culturally-trained Indigenous experts.

Reserve a spot, [HERE](#)



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.

Until October 31st, make a donation [HERE](#). For support with your fundraiser, contact quebecsupportgroup@celiac.ca



QUEBEC SUPPORT GROUP OF CELIAC CANADA, RESTAURANT EVENT



On Friday, October 27th at 6:30 pm, Celiac Canada is hosting an event at 6:30 pm at the Villa Peruvian:

📍 4701 Wellington Street, Verdun - 514-768-0102

To participate, register at quebecsupportgroup@celiac.ca

If you are newly diagnosed with celiac disease, we encourage you sign up [HERE](#), for their free diagnosed program.



**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