

THE MEPECER



MEPEC Membership Campaign is underway!

MEPEC has been experiencing non-stop growth since its foundation in 2018. Moving into to 2024 we want to improve the membership and registration process for our members!

We have listened to your feedback about the whole registration process and we have been working to give you, our valued member, the best service! These changes will make the process straightforward.

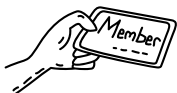
Our first Membership Campaign is underway! We are asking our members to update their membership information, which will be valid through one year.

What's new?

- 1-year renewal membership to ensure your information is always up to date.
- When registering to an activity or event, all you need to give us is your name and contact information.
- You no longer have to worry if your registration form went though, you'll be immediately notified on screen.
- Our new registration platform will maintain the utmost privacy of your personal information.

In order to ensure this process runs smoothly, we need your help! Whether you are a member or subscriber, please fill out the form [HERE](#) to confirm your membership type. We know this process might be an inconvenience, but it will enhance your experience within the community. Thanks in advance!

If you need assistance, contact us at info@mepec-pemca.org



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If you have been forwarded this publication and wish to subscribe to receive it, contact us or visit our website to become a member.

Did You Know...?

INTERNATIONAL VOLUNTEERS DAY

Jennifer Garofano

Thank You

According to Statistics Canada, in 2018, more than 24 billion people volunteered and dedicated 5 billion hours to volunteer activities. This number equates to 2.5 million full-time, year-round jobs. Where would we be without the precious dedication of volunteers? Well, 5 billion hours behind!

International Volunteers Day is an opportunity to share gratitude and appreciation for those who offer their personal time to voluntary services. December 5th is a day to celebrate and recognize volunteer efforts in all avenues, regardless of the tasks, and a day to talk about these selfless souls.

As a non-profit organization, MEPEC appreciates the support and commitment of our volunteers, who've become the glue of our growth and progress as a non-profit. Our board members have participated in countless hours of the strategic development of MEPEC, which supported in the foundation and building blocks of who we are. Our Library volunteers, our mom volunteers, and our art and activities volunteers have all contributed in a special way.

Most importantly, MEPEC would like to shine a very bright spot light on our cleaning and maintenance crew, Wendy and Jacinthe. Not only do they keep our community space and offices spotless, but they also support us with library tasks, administrative tasks, watering our precious plants and much more.

Illuminating a room when they enter, Wendy and Jacinthe wear many hats in our Community Space and continue to always offer everyone unlimited help and kindness. Their love and dedication towards MEPEC is only matched by appreciation and love we, at MEPEC, reciprocate to them. Wendy and Jacinthe have continuously given, without expectation of receiving.

Thank you both for your smiles, love and kind-hearts.



MEPEC's 55+ Activities and Services



ART HIVE: KNITTING AND WORKSHOPS

Empower yourself through creating art! Join our free art space for dialogue and bonding between members of all ages.

Our Knitters have their own name: The Knitting Wits! They will be taking a break in December and will return in January, start date to be defined soon.

Stay tuned to knit with this wonderful group every **Tuesday afternoon from 1 to 4 p.m.** in our Community Space, registration will open soon!



LEGAL TOOLS FOR PLANNING AHEAD SNACK AND LEARN WORKSHOP

On **December 5th, from 6:30-8:30 p.m.** attend this overview of some important legal tools to make life easier for your loved ones down the road.

This workshop will cover the basics of :

- Power of attorney
- Protection mandate
- Advance medical directives
- Wills

Register for this workshop at our Community Space, [HERE](#).



CALLING ALL KNITTERS

NEW

We are seeking volunteers who are interested in teaching elementary school students the art of knitting. The event would be held in a classroom of 20 students each at both Mountainview Elementary School in Otterburn Park and Cedar Street Elementary School in Beloeil. Let us know if you're interested helping weave a brighter future, one stitch at a time! Contact us: info@mepec-pemca.org



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 **January 31st, 2024**. The book for January will be "Reykjavik" by Ragnar Jonasson and Katrin Jakobsdottir. Don't miss out on this wonderful group reading activity!

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



SOUTH SHORE LITERACY COUNCIL: MOTHER GOOSE PROGRAM

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.



55+ DROP IN: GAMES, CARDS & CRAFTS

Drop by the MEPEC Community Space every **Thursday (except the first Thursday of the month) from 1 pm. to 4 pm.** Come to play a variety of board games or card games, work on an art project, or just chat over a cup of coffee/tea.

We guarantee a great time and the making of new friends! If you have any games or crafts that you would like to share, please feel free to bring them with you.

To join, 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 between 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.

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

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

Seniors' Sneakers Otterburn Park: Until December 11th meet us at the Otterburn Park Legion on **Mondays from 10 to 11 a.m.** for an hour of light-intensity exercise program with chairs.

Seniors' Sneakers Saint-Bruno: until December 4th meet us at the Saint-Bruno Legion on **Mondays from 10 to 11 a.m.** for an hour of moderate-intensity exercise program.

Stay tuned to participate in the Winter 2024 session!



MEN'S COFFEE CHATS

Looking to meet new people and connect?

Our Men's Coffee Chats is an activity at our MEPEC Community Space specifically for men to come together and get to know one another through chats and coffee. Our chats occur weekly on **Wednesdays** from 8:30-10:00 am.

We invite you to come alone or perhaps bring another male friend! To join us, register a spot, [HERE](#).



LUNCH & LEARN: CAREER COACHING WORKSHOP

Join Tam Nguyen, certified facilitator and career coach in this 60-minute, interactive workshop that will help guide you towards a successful career journey. Connect with like-minded individuals, clarify skills and generate future possibilities.

Join us, **December 2nd**, at 10:00 am, at the MEPEC community space in Beloeil.

To register, fill out our form [HERE](#).



DECORATIVE BROACHES WORKSHOP

Our next Art Hive Workshop is coming up! We will be making decorative broaches just in time for your holiday parties.

Join us, **December 21st, 1 to 3 pm**, at Manoir Saint-Bruno for a creative session with friends. Location: **1540 Rue de Montarville, Saint-Bruno-de-Montarville, QC J3V 3T7**

To register, fill out our form [HERE](#).

MEPEC's Family Activities and Services



MUMS AND TOTS FITNESS AND YOGA

Come with your little ones and participate in this energizing activity. This class begins with a fun 30 minutes of Fitness followed by a period of relaxation. 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.



PUDDLES

Come splish splash with your children at Beloeil's Aqua center waddling pool! Meet us every **Wednesday at 10 a.m.**

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](#).



PARENT-CHILD DROP-IN

This Winter, Eco-kids merged to the Parent-Child Drop-In! Come every **Friday morning from 9:30 to 11:30 a.m.**

Our drop-in program is for parents and children to attend together and participate in free play activities, optional crafts and group discussions with other parents. Snacks and Coffee will be provided.

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

SPOTLIGHT ON ONE OF OUR PARTNERS: SENIORS RESPITE MONTRÉRIE

Jennifer Garofano



RÉPIT AÎNÉS
SENIORS RESPITE
Montréal

Seniors Respite Montérégie offers services through their day center, at home and in residences or hospitals. They offer flexible packages with a variety of options that suit the needs and requirements of clients. Senior Respite Montérégie offers adults in need, a safe and secure environment that will promote their well-being through the use of physical activities and mental stimulation. In doing so, this offers caregivers a much-needed break in attending to their own personal needs.

Day Center

This service provides respite for caregivers Monday through Thursday from 10 to 3:30 pm.

Activities are designed to stimulate and encourage physical, cognitive and social skills.

In Home Services

Led by a qualified and experienced specialist, this service provides assigned clients with personalized one-on-one activities based on client needs. Available seven days a week.

In Residences or Hospitals

This service offers clients personalized group activities at designated seniors' residences. Stimulating games, cognitive activities and socialization are always available for your loved ones.

MEPEC is proud to partner with Seniors Respite Montérégie. Our continued collaboration allows us both to succeed in our missions, by sharing with others educational and informative material. For more information on their services and resources, visit their website [HERE](#).

DID YOU KNOW THEIR EXECUTIVE DIRECTOR IS OFFICIALLY A WRITER?

Executive Director of Seniors Respite Montérégie, Franca Sparapani is officially an author! MEPEC would like to salute her for her successful entry of her chapter into "Empowering Women to Succeed, Leaders with Impact Vol. II" by Randi Goodman.

This chapter book includes stories of women who have had to overcome many obstacles in order to rise in a leadership position. Each author shares stories of strength, courage, resiliency and wisdom in the hopes of supporting other women on similar journeys.

To support these vulnerable stories and authors, we encourage you to purchase this kindle, [HERE](#).



Senior Respite Montérégie

(450) 486-4722

info@seniorsrespitemonteregie.ca

83 Boulevard Churchill, Greenfield Park, QC J4V 3L8

Sources: <https://www.seniorsrespitemonteregie.ca/our-services>

For Youth and Families

EMBRACING THE SPIRIT OF CHRISTMAS

Paige Pelletier

As the holiday season approaches, there is excitement in the air! Christmas is a time of joy and love, but sometimes it is easy to get sidetracked by stress and consumer culture. There is no doubt that the holidays bring about a lot of pressure, from hosting the perfect family dinner to buying gifts that are even better than last year. In all this hustle and bustle, it is easy to lose sight of what matters most – togetherness. This year, we're sharing these tips to help you to shift the focus from Christmas presents to *Christmas presence*.

Establishing and Maintaining Traditions

Creating everlasting memories with your family that will be passed down for generations is the glue that binds families together during the holidays. These rituals, big or small, help foster a sense of belonging and become the building blocks for cherished memories.

Try creating special moments such as baking holiday cookies with grandparents, crafting handmade ornaments, taking a drive with hot chocolate to see Christmas lights, or decorating your tree and finishing off the night with a festive movie and family dinner!



Values of Gratitude and Generosity

Christmas is the season of giving and the heartwarming feeling that comes from generosity is magical. Begin cultivating the spirit of giving in your families by encouraging your kids to perform small acts of kindness or participating in charitable activities and volunteering.

Try lending a helping hand by volunteering your time at local organizations, visiting or writing a letter to seniors in your community, donating food and gifts to families in need or cooking meals for family and friends! Look into this initiative in our community: [La guignolée des médias](#)

Slowing Down

If you're not careful, the world wind of Christmas can pass you by in the blink of an eye! That's why it is crucial to remind ourselves to stop and take a breath, savoring precious moments with our loved ones. The memories you make will long outlive the fleeting gifts and material possessions for years to come.

Try unplugging from the demands of the holidays by dedicating days free of phones and errands, going for winter walks or skating, or spending cozy nights at home with games or movies!



WINTER 2024 REGISTRATIONS COMING SOON!

Stay tuned for our Family and Early Childhood Winter 2024 registrations! We are aiming to be ready with more information come mid-December.

Employability and Education

SPOTLIGHT PARTNERSHIPS: ÉDUCALOI, JA QUÉBEC, AND EMPURPOSE

Regina Uyoga

MEPEC is happy to announce our newest collaborations and partnerships with JA QUÉBEC, ÉDUCALOI and EMPURPOSE. Each serve a mission that reflects highly with MEPEC's values, and we believe the programs and services they offer will be enlightening and empowering for all the members in our community.

ÉDUCALOI

Éducaloi has developed numerous information and legal education workshops over its 20-year history, that equips individuals to have a deeper understanding of the law, their rights, and their responsibilities within Quebec.

Their mission is to explain the law to the population of Quebec in everyday language and enhance their legal competencies.

In collaboration with Éducaloi, MEPEC will be facilitating workshops that will cover a variety of topics tailored to suit the needs of the English-speaking community in our region.

These workshops will always be led by one of Éducaloi's lawyers and notaries, either in person or online.

Some workshops will be offered to students (from secondary 1 to 5 and 16- to 21-year-olds) entering the job market and conducted directly in the schools, while others will be held for all our members online or in our community space.

Do not miss our first collaborative workshop with Éducaloi planned at MEPEC's Community Space. Register [HERE](#).

For more information on Éducaloi, visit their website [HERE](#)

JA QUÉBEC

JA Québec is a non-profit organization existing in Québec since 1962. As an affiliate of JA Canada, their mission is to offer free financial and entrepreneurial education to students aged 8 to 18, helping them make wise financial decisions.

JA Québec's educational programs and its volunteers are dedicated to offering free training for students to encourage them to make smart financial decisions, start a business, develop a career path and be innovative. Their programs teach work readiness, entrepreneurship, and financial literacy.

MEPEC's first collaboration with JA Québec was held last month where students at a school within our community got the chance to participate in two workshops covering the Financial Literacy programs for Schools offered by JA Québec. MEPEC is excited about this partnership, and we look forward to offering more workshops for the youth in other schools.

If you are an individual or from the business community and would like to talk about your passion with today's youth and share your professional story and expertise with the youth in our region, JA Québec would be happy to have you as a volunteer/mentor.

For more information on JA Québec, visit their website [HERE](#)

EMPURPOSE

Empurpose was founded by Tam Nguyen, an Impact Career Coach whose mission is to equip underserved communities with essential tools and resources that foster both individual career success and a positive impact on society, utilizing a human-centered coaching approach and the art of storytelling.

As a dedicated career coach, she is passionate about empowering individuals to thrive in meaningful work that transcends traditional boundaries.

MEPEC's first collaboration with Empurpose was on December 2nd. An interactive coaching workshop designed to guide individuals towards a successful career journey was conducted.

Over a lunch and learn session, participants got to explore their aspirations, clarify skills, and connected with like-minded individuals.

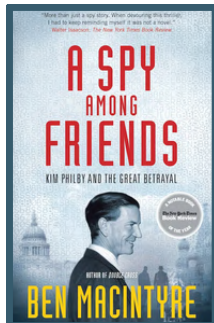
Be on the lookout for the next 'Who You Are Matters' Workshop for Career Growth & Connection! session in 2024!

Explore more about Empurpose by visiting their website, [HERE](#)

MEPEC's Community Library

NEW BOOK ALERT: A SPY AMONG FRIENDS

Jennifer Garofano



Rated 4.1/5 on Good Reads, Ben Macintyre is a master storyteller who brings to life the twentieth century's greatest spy story.

Kim Philby was the greatest spy in history, a brilliant and charming man who rose to head Britain's counterintelligence against the Soviet Union during the height of the Cold War—while he was secretly working for the enemy. Nobody thought he knew Philby like Nicholas Elliott, Philby's best friend and fellow officer in MI6. The two men had gone to the same schools, belonged to the same

exclusive clubs, grown close through the crucible of wartime intelligence work and long nights of drink and revelry. It was madness for one to think the other might be a communist spy, bent on subverting Western values and the power of the free world.

However, Philby was secretly betraying his friend. Every word Elliott breathed to Philby was transmitted back to Moscow—and not just Elliott's words, for in America, Philby had made another powerful friend: James Jesus Angleton, the crafty, paranoid head of CIA counterintelligence. Angleton's and Elliott's unwitting disclosures helped Philby sink almost every important Anglo-American spy operation for twenty years, leading countless operatives to their doom. Even as the web of suspicion closed around him, and Philby was driven to greater lies to protect his cover, his two friends never abandoned him—until it was too late. The stunning truth of his betrayal would have devastating consequences on the two men who thought they knew him best, and on the intelligence services he left crippled in his wake.

Told with heart-pounding suspense and keen psychological insight, and based on personal papers and never-before-seen British intelligence files, *A Spy Among Friends* is Ben Macintyre's best book yet, a high-water mark in Cold War history telling.

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



Mepec
Community Library
Bibliothèque communautaire

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



JA QUEBEC: STUDENT KIOSKS AT CHRISTMAS MARKET

We'd like to highlight the Christmas Market event on **December 12th at Jean-de-Brébeuf College at 7:30-9:00 pm**. A wonderful opportunity to network, celebrate and get to know young entrepreneurs from the Company Program at JA QUEBEC, who will introduce you to their creations at the Christmas market.

For more information, visit their website [HERE](#)



AMIQUEBEC SUPPORT GROUPS

AMI-Québec warmly welcomes everyone! They offer free support groups for: family and friends, those suffering from mental illness only, and mixed groups for both. Join on Mondays at 6:30 pm:

December 4 - Anxiety, BPD, Family & Friends, online.

December 11 - Bipolar, Depression, Family & Friends, online.

December 11 - South Shore Family & Friends, in-person.

Find more information [HERE](#).



WINTER MARCHÉ AT MOUNTAINVIEW SCHOOL

Join Mountainview School on **December 9th, from 12:00 - 4:00 pm** for a craft show, treats, hot beverages, music and several family activities.

Where? 444 Mountainview Street, Otterburn Park, QC.
We hope to see you there!



QUEBEC SUPPORT GROUP OF CELIAC CANADA: GLUTEN-FREE FOOD BANK

Does your local food bank have any gluten free options? Many individuals and families who seek local food banks also have a gluten intolerance. We encourage you to fill a brown paper bag with non-perishable gluten-free items, clearly mark it as Gluten-Free and donate them to a local bank near you.

For more information, any details and questions, contact quebecsupportgroup@celiac.ca



CENTRE PRÉVILLE: HOLIDAY SPECTACULAR!

Centre Prévilles is hosting a special fundraising concert! Join us for awe-inspiring music and dance to light up your holiday season, showcasing the talents of Prévilles's very own faculty artists. Proceeds will support Prévilles's "Help Send a Child to Camp" initiative.

**December 10th, at Théâtre de la Providence,
1425 Rue Patenaude, Longueuil, QC. Cost: \$ 20.00 per ticket**

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



SSRE: FESTIVE LUNCHEON

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 as a Teacher, Support Staff, Administrator, or School Board Personnel can join.

The next meeting will be the Festive Luncheon! Coming **Thursday, December 7th**. For more informatyion and to participate, email southshoreretirededucators@gmail.com



STUDY GROUPS FOR SENIORS - MCGILL COMMUNITY LIFELONG LEARNING

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.

The Winter 2024 Program is now available on their website! Browse about the study groups, [HERE](#) and lectures, [HERE](#).

For people who want to learn for the joy of it! Winter registration opens on Tuesday, December 5, 2023 at 9 a.m.



INTÉGRATION COMPÉTENCES: FREE CULINARY WORKSHOPS

In partnership with [La Tablee des chefs](#), Intégration Compétences will be offering free culinary workshops to youth and adults aged 16-35 from the Vallée-du-Richelieu area. The goal is to equip young adults with basic cooking skills and knowledge of healthy meals. This workshop will take place every **Thursday from 1:30 to 3:30 p.m. in Beloeil**.

Register now by contacting Mélanie Laflamme at 450 464-4481 (280) or melanielafamme@integrationcompetences.ca



**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



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Canada 

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

Québec



CHSSN