

# THE MEPECER

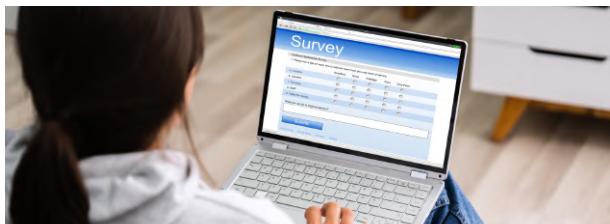


## The importance of filling out our Surveys!

Surveys are a powerful tool for gathering valuable feedback and insights from our members. In February, we launched some of our first surveys, and we are actively working to collect more responses and feedback from our programs and workshops. Surveys serve essential purposes, including:

- Collecting honest feedback: Surveys provide a safe and anonymous platform for everyone to share their opinions, concerns, and suggestions honestly.
- Identify areas for improvement: Analyzing survey results helps us identify the areas that require improvement.
- Measuring engagement: Engagement surveys enable our organization to measure engagement levels and track changes over time.
- Making data-driven decisions: Survey data provides concrete information to make informed decisions and enhance the organization's performance.

We would like to thank you if you already completed out our surveys! If not, we encourage everyone to fill out our surveys because it's an important tool not only for reporting, but for getting to know you, our valuable member. This will help us understand your needs and improve our programs and workshops.



### 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



## MEPEC's 55+ Activities and Services

*Please note that all our activities are not only for women, we encourage men to participate and sign up!*



### KNITTING GROUP

Our Knitters have their own name: The Knitting Wits!

Come to knit with this wonderful group every **Tuesday afternoon from 1 to 3 p.m.** in our Community Space.

To participate, click [HERE](#).



### SENIORS DROP-IN: ENERGY BALLS COOKING TUTORIAL

NEW

Drop by MEPEC Community Space on the 3rd Thursday of the month for a special activity: **Energy Balls, Cooking tutorial on March 21st from 1 to 3 p.m.** This is a special activity during the Seniors Drop-in.

To register for this creative and fun adventure, click [HERE](#).



### BILINGUAL CONVERSATION GROUP

If you would like to improve or maintain your skills in either French or English, then 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.

Join our educational and fun Bilingual Conversation group every **Wednesday from 10 am to 11:30 pm** at our Community Space. To participate, click [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 **March 27th, 2024**. Members must select a genre, setting or author relating to their theme choice, "Ireland". Don't miss out on this wonderful group reading activity!

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



## TRIVIA NIGHT WITH MCGILL NURSES: LEARN MORE ABOUT VACCINATIONS

NEW

Join us for a special Thursday night edition of our popular Trivia activity! **On Thursday March 21st from 7 to 8 pm on Zoom**, a Team of McGill nursing students will be testing your knowledge of Vaccinations...and not just the COVID-19 one!

This event is open to all and topics will range from early childhood to seniors vaccine safety.

PLUS! At the end we will spin our prize wheel and one lucky winner will receive a special prize. Register [HERE!](#)



## FLOWER POT DECORATION, ART HIVE

NEW

Join us for an interactive and creative workshop using pots, paints and plants! Decorate your own planter with paint and decorations. Options and possibility to plant sprouts!

When: **March 28th from 1:00pm to 3:00pm.**

Where: 555 Sir Wilfrid Laurier, MEPEC Community Space.

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



## TOTE BAG PAINTING, ART HIVE

NEW

Join us for an interactive and creative workshop with canvas tote bags. We will be painting and styling your very own bag you get to keep!

When: **April 4th from 1:00pm to 4:00pm.**

Where: 555 Sir Wilfrid Laurier, MEPEC Community Space.

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



## VIRTUAL ACRYLIC PAINTING

We invite you to join us in being creative and open in the comfort of your own space. Join us on **Mondays from 2:30 to 4:30 pm**, virtually! The paint classes are led by Beverly Laundry from Preville Art Centre. Last session: March 18th.

Supplies will be provided. A fee of \$20 applies for the Winter 2024 session. Register, [HERE](#)



## 55+ AQUA FITNESS

*Please note that we are at capacity for both days.*

Did you know that swimming regularly has also been referred to as "the fountain of youth"? Join us at our Aqua Fitness session on **Wednesdays from 10:15 to 11:15 am**. Register, [HERE](#).

We also have a second Aqua Fitness class on **Mondays from 10:45 to 11:45**. Register [HERE](#).



## SENIORS' SNEAKERS: OTTERBURN PARK AND SAINT BRUNO

*Please note that we are at capacity for both days.*

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

**Seniors' Sneakers Otterburn Park:** 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:** meet us at the Saint-Bruno Legion on **Wednesdays from 9:30 to 10:30 am or Fridays from 10:30 to 11:30 am** for an hour of moderate-intensity exercises. To participate, register [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 on **Thursdays, 9:30 a.m. at Manoir Saint Bruno**. Last session: March 14th.

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





## 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 & Coffee will be provided. **Registration fees for this session is \$5.**

To participate, register [HERE](#).

*Please keep in mind that there will be no drop-in at our community space between March 4th - 8th.*



## 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. Activities are fun and help to increase a child's awareness of language, physical, and sensory experiences. **Registration fee for the session is \$10.**

Come join our weekly circle time activity every **Tuesday and Thursday at 9:30 a.m.** \*You may only register to one day of Sprouts activity, either Tuesday or Thursday. Register [HERE](#).

*Please keep in mind that there will be no Sprouts programming at our community space between March 4th - 8th.*



## PUDDLES

Come splish splash with your children at Beloeil's Aqua center waddling pool every **Monday from 10:45 to 11:45am and Wednesday at 10:15 to 11:15am.**

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. \*You may only register to one day, either Monday or Wednesday. To register, click [HERE](#).

*Please note that we are at capacity for both days.*

# 55+ Wellness Centre

## GIS GUARANTEED INCOME SUPPLEMENT FOR SENIORS

Jennifer Garofano

For many seniors, navigating retirement can pose financial challenges, especially for those with limited income. However, there exists a crucial lifeline in the form of the Guaranteed Income Supplement (GIS), designed to provide essential support to individuals aged 65 and older who are in need.

The GIS is a monthly payment available to recipients of the Old Age Security (OAS) pension who have low income. Unlike the OAS pension, which is available to most Canadians aged 65 and older, the GIS specifically targets seniors with modest financial means, ensuring that they have access to additional assistance to meet their basic needs.

For more information on if you qualify and how to apply, please visit the Service Canada website, [HERE](#)

- Do you qualify?

Guaranteed Income Supplement eligibility is based on income and is available to low-income Old Age Security pensioners. Consult the detailed eligibility criteria, including benefits for spouses and common-law partners.

- How much you could receive?

Estimate how much money you could get from Guaranteed Income Supplement.

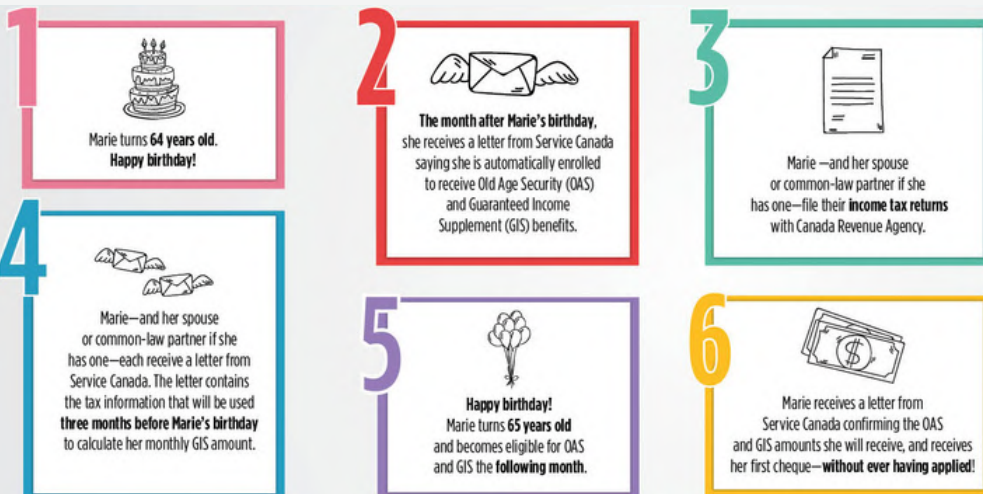
- Your application:

You may have to apply. Consult detailed information on how to apply.

- While receiving GIS:

Guaranteed Income Supplement payments are added to Old Age Security pension payments each month. Find out what you need to know while receiving Guaranteed Income Supplement.

Here is an example of Marie and her journey to GIS:



# For Youth and Families

## MAKING THE MOST OF MARCH BREAK

Paige Pelletier

As we dive into the month of March, we're greeted with the much-anticipated March Break! This time signifies more than just a pause from the daily grind – it's a great opportunity to spend more time as a family. In the whirlwind of everyday life, it's easy to overlook the importance of slowing down and cherishing moments with our loved ones. March Break offers the perfect chance to do just that. It's a time to step back, breathe deeply, and immerse ourselves in activities that nurture our family connections.

This March Break, MEPEC encourages you to make a conscious effort to engage in activities that we often yearn for but struggle to find time for during our hectic schedules. From outdoor adventures to creative projects, there's something for every family to enjoy:

**Explore the Great Outdoors:** Take advantage of the budding spring weather and embark on outdoor adventures. Whether it's hiking in a nearby park, having a picnic by the lake, or simply playing games in the backyard, let nature be your playground.

From March 4-8th, head over to the Saint-Bruno Ski hill for their circus-themed event, "Relache vraiment cirque" and participate in activities such as inflatable games, music, and activities. See details [HERE](#).

**Get Creative:** Unleash your inner artist with fun and imaginative projects. From painting masterpieces to crafting DIY creations, let your creativity soar and bond over shared artistic endeavors.

With the first day of Spring right around the corner, March Break is a great time to begin prepping for the summer months! Try starting to sprout seeds for a garden to be planted at the end of spring or setting up bird feeders. Plain, unpainted bird feeders can be bought online or in-store and can be a great opportunity to get creative by painting with your child. The bird feeder can then be set up and you can watch the birds visit all year!

**Cooking and Baking:** Spend quality time in the kitchen whipping up delicious treats together. Whether you're baking cookies, trying out new recipes, or making homemade pizzas, cooking together is a wonderful way to bond as a family.

Every day from 10:30 am to 12 pm from March 4-8th, parents of young children can attend a "Chocolate-Pop" decorating workshop for 10\$ at Treize Chocolats in the Promenades Saint-Bruno (the workshop will likely be in French). Buy tickets [HERE](#).



**Game Nights:** Dust off those board games and gather around for some friendly competition. Whether you prefer classic board games, card games, or puzzles, game nights are a guaranteed recipe for laughter and bonding.

**Movie Magic:** Transform your living room into a cozy movie theater and indulge in a movie marathon. From timeless classics to family-friendly favorites, snuggle up with blankets and popcorn for a cinematic experience to remember.

Parents, as you navigate balancing work and family time during this break, remember to carve out moments for meaningful connections:

**After-Work Quality Time:** Instead of diving straight into chores or work-related tasks, dedicate the early evenings to spending quality time with your children. Whether it's engaging in outdoor play, reading together, or simply sharing stories about your day, these moments are invaluable. As the weather warms up and the sun begins to set later, after dinner family walks are a great way to talk about your day while enjoying fresh air and exercise!

**Weekend Adventures:** Plan weekend outings or activities that cater to the interests of every family member. Whether it's exploring local attractions, attending community events, or simply enjoying leisurely strolls, let these adventures strengthen your family bonds. Take a week-end field trip to Montreal and attend Parc Jean-Drapeau's March Break activities, see the full schedule [HERE](#).

This March Break, let's prioritize what truly matters – the love, laughter, and cherished moments shared with our families. Here's to a week filled with joy, connection, and endless possibilities.

Wishing you all a fantastic March Break ahead!





# Employability and Education

## FREE ENGLISH CONVERSATION SESSIONS FOR HEALTH PROFESSIONALS

Regina Uyoga


Have you ever found yourself struggling to communicate your needs in a healthcare setting due to language barriers? Picture the frustration of not being able to convey important information to medical professionals or fully understand their instructions. But what if you could be a part of the solution? What if we could help encourage French-speaking intake staff and healthcare professionals in our region to improve their English conversational skills?

In Canada, every person has the right to have access to health services where and when they need them, including in the official language of their choice. At MEPEC, we're committed to addressing this issue. In collaboration with Dialogue McGill, we are offering interested healthcare and social service professionals in our region, an opportunity to enhance their English conversation skills in a supportive and collaborative environment.

If you know a social worker or clinic in our region that you feel would benefit from this program, let us know! We also invite you to speak up and promote our group during your next medical visit. Together, let's break down language barriers in healthcare! Join us and be part of the solution!

For more information, visit our Education page on our [website](#). To participate in this free conversation session, be sure to register [HERE!](#)



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 Montérégie 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



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# MEPEC's Community Library

## NEW BOOKS ALERT:

Jennifer Garofano

### "THE COLLECTOR" BY DANIEL SILVA

**Rated 4.4/5 on Good Reads. Silva's powerhouse novel showcases his outstanding skill and brilliant imagination, destined to be a must-read for both his multitudes of fans and growing legions of converts.**

Legendary art restorer and spy Gabriel Allon joins forces with a brilliant and beautiful master-thief to track down the world's most valuable missing painting but soon finds himself in a desperate race to prevent an unthinkable conflict between Russia and the West.



### OPENING HOURS:

**TUESDAY**

**1:30 PM TO 3:30 PM**

**WEDNESDAY**

**1:30 PM TO 3:30 PM**

**THURSDAY**

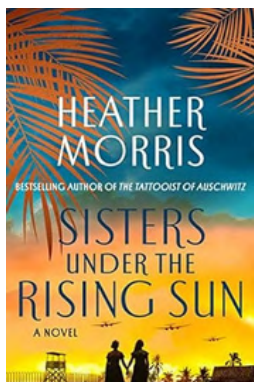
**1:30 PM TO 3:30 PM**

**BOOK CLUB: EVERY  
LAST WEDNESDAY  
OF THE MONTH**

**6:30 PM**



### "SISTERS UNDER THE RISING SUN" BY HEATHER MORRIS



**Rated 3.94/5 on Good Reads, a phenomenal novel of resilience and survival from bestselling author of The Tatooist of Auschwitz, Heather Morris.**

In the midst of World War II, an English musician, Norah Chambers, places her eight-year-old daughter Sally on a ship leaving Singapore, desperate to keep her safe from the Japanese army as they move down through the Pacific. Norah remains to care for her husband and elderly parents, knowing she may never see her child again. Sister Nesta James, a Welsh Australian nurse, has enlisted to tend to Allied troops.

But as Singapore falls to the Japanese she joins the terrified cargo of people, including the heartbroken Norah, crammed aboard the Vyner Brooke merchant ship. Only two days later, they are bombarded from the air off the coast of Indonesia, and in a matter of hours, the Vyner Brooke lies broken on the seabed.

## Partners' Activities and Services



### SENIORS ACTION QUEBEC WORKSHOPS

Seniors Action Quebec has several workshops to offer in their March 2024 calendar. Here is a glimpse of a few:

**March 12, 10:00 - 11:30 am:** "ActLab Presentation on Fake News, Disinformation and Misinformation - What is it all About?"

**March 15, 12:00 - 1:00 pm:** "Lunch & Learn Accessing Senior Care in Quebec"

**March 26, 10:00 - 11:00 am:** "Portrait of English-speaking Mature Workers"

For more information on how to register for these presentations, click [HERE](#)! Each contain a respective deadline.



### SOUTH SHORE COMMUNITY PARTNERS NETWORK: TAXATION AND BENEFITS FOR SENIORS

A helpful booklet list of Tax deductions, benefits and programs related to Quebec seniors and Caregivers has been finalized.

This was created by Centre de Soutien Entraidants, which provides Bilingual Caregiver support and programs on the South Shore.

To download and print the booklet, click [HERE](#).



### SOUTH SHORE LIFE-LONG LEARNING GROUP

The South Shore Life-long Learning Group now meets every **Tuesday, at 2:30pm** at 330 Gladstone, Greenfield Park.

A variety of speakers will discuss: Climate Crisis, Antarctica, Zimbabwe, Celiac Disease, Monarch Butterflies and Human Evolution.

For more information call 450-466-1325 or contact them by email at [sscpn@bell.net](mailto:sscpn@bell.net)



### ARTHRITE RIVE-SUD WORKSHOP

Share and Shine with Arthritis (English) will be offered on **March 25th from 1:30 - 3:00 pm.**

To register for this workshop via Teams, click [HERE](#).

For information on resources and activities, we encourage you to visit the Arthrite Rive-Sud website for their calendar of activities, [HERE](#).



## SOUTH SHORE RETIRED EDUCATORS

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](mailto:southshoreretirededucators@gmail.com)



## QUEBEC SUPPORT GROUP OF CELIAC CANADA: CAMP CELIAC

Registration now open for parents of children with celiac disease aged 7 to 16. Siblings of children without celiac disease welcome, but note all food is gluten-free.

General Registration is still open. For more information, visit their website [HERE](#).



## PROVINCIAL WORKSHOP ON AUTISM FOR PARENTS

The Youth and Parents Agape Association invites you to join us for a special workshop on Autism for parents. Many families do not know where to turn to for information while waiting for or following the diagnosis of their child.

Join us for this two part adapted workshop **on March 12th, from 7:00 to 9:00 pm, or on March 19th, from 7:00 - 9:00 pm**

To register, please 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](#).



## HOPE & COPE ONLINE ENGLISH ACTIVITIES

Join Hope & Cope for their March activities. Please explore their calendar and register, [HERE](#). Weekly Schedule below:

**March 8th, 10:30am:** Feel Good Yoga  
**March 12th, 1:00pm:** Chair Workout  
**March 12th, 2:00pm:** Relaxation  
**March 14th, 1:00pm:** Group Reiki



## KICKSTART YOUR ENTREPRENEURIAL JOURNEY - YES MONTREAL

In this business bootcamp series, you will gain insights into what a business model is and discover strategies to stand out in a competitive landscape. Join this free online series on March 7th, 14th, 21st and 28th. Kickstart your business idea by winning \$500!

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



## THÉÂTRE ST-BRUNO PLAYERS PRESENTS EXIT LAUGHTING BY PAUL ELLIOTT

Théâtre St-Bruno Players will be presenting their spring production, Exit Laughing by Paul Elliott **on Friday April 12 at 8:00 p.m., Saturday matinee at 2:00p.m. and Saturday night at 8:00 p.m.**

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



## MCGILL COMMUNITY LIFELONG LEARNING: OPEN HOUSE

An online Spring information session will be offered on **March 25th at 10:00 am**, via Zoom.

To register for this session, click [HERE](#).

The official Spring Open House will be offered **March 26th at 10:00 am - 12:00 pm** at 680 Sherbrooke Street W, 2nd Floor.

To register for this session, click [HERE](#).



## AMI-QUÉBEC SUPPORT GROUPS

AMI-Québec warmly welcomes everyone! February is packed with free workshops offered by Ami-Québec.

Click [HERE](#) to view their full online schedule with additional details. Support groups begin at 6:30pm virtually.

**March 11th:** Anxiety/OCD, Borderline Personality Disorder for Friends and Families

**March 18th:** Bipolar, Depression, Young Family and Friends

**March 11th: IN PERSON, 6:30-8:00pm-** South Shore Family and Friends.





**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](http://www.mepec-pemca.org)

@MepecMonteregieEast  
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**CHSSN**