



2024-2025 Annual Programs & Activities



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

Monteregie East Partnership
for the English-Speaking Community





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MEPEC Mission

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

TO ACHIEVE THIS WE...

CONNECT

Connect with and represent the English-speaking community

COLLABORATE

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

COMMUNICATE

Improve communication between the ESC and local service providers

FACILITATE

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

Become a Member

**JOIN OVER 200 OTHER ENGLISH SPEAKING
COMMUNITY MEMBERS AND REAP ALL THE BENEFITS**

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



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

Activity Registration

**SCAN THE QR CODE TO REGISTER FOR ALL
ACTIVITIES**



**ON YOUR SMART PHONE OR TABLET, OPEN THE BUILT-IN
CAMERA APP. POINT THE CAMERA AT THE QR CODE. TAP
THE BANNER THAT APPEARS ON YOUR SCREEN. FOLLOW
THE INSTRUCTIONS TO PROCEED TO YOUR ACTIVITY
REGISTRATION.**

Community Library

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

email library@mepec-pemca.org for more information

KINDLE RENTALS

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

BOOK CLUB

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

MINIBIBLIO+ (EARLY CHILDHOOD LIBRARY)

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



OPENING HOURS:

TUE, 1:30 PM TO 3:30 PM

WED, 1:30 PM TO 3:30 PM

THU, 1:30 PM TO 3:30 PM

Get Involved

VOLUNTEER OPPORTUNITES

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

There are currently positions available in:

- Art Hive
- Knitting with Kids
- Office Maintenance
- MEPEC Board of Directors

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



Arts & Culture

OPEN TO EVERYONE



PAINT NIGHT

Led by one of Preville Fine Arts Centre's talented artists, come sit back relax and explore your creative side at one (or more) of MEPEC's paint nights happening in different areas across the Montérégie-Est Region.

Stay tuned for information on dates and locations.

Cost: \$25

BILINGUAL CONVERSATION GROUP

If you would like to improve or maintain your skills in either French or English this group is for you. The group will discuss various topics of interest together over coffee. Part of the discussion will be conducted in French and part in English.

Wednesdays from 10:00 am- 11:30 am

ART HIVE

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

The first Thursday of the month from 12:30pm-4:30 pm

Cost: \$5 for those under 55

Early Childhood & Families

SPROUTS

Join our literacy circle time program centered around a variety of theme-based activities that focuses on social interactions and building positive relationships among young children and their parents. Children will participate in dancing, story time, crafts, and much more! Activities are light and fun and help increase a child's awareness of language, physical, and sensory experiences. Sprouts is an excellent way to get children to become familiar with the concept of time, early literacy and motor skill development.

Every Tuesday & Thursday from 9:30-11:30

Cost: \$10

SPROUTS MOVE

MOVE-ing is important for young children for a variety of reasons, it helps to develop large muscle groups, improve coordination and balance, and promote cardiovascular health. Gross motor activities are also a great way to release energy and reduce stress. And of course, they're just plain fun!

Every Monday from 9:30-10:30

Cost: \$10

ECO-KIDS

Let's explore the great outdoors, and learn about what mother nature has to offer. 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!

Stay tuned for dates & times

Early Childhood & Families

COOK WITH DAD / MOVE WITH DAD

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

We have some activities lined up for you and your little ones throughout these next months. Our Cook with Dad activity will be taking place this Fall! It's always a fun time with Dad!

Weekends; Stay tuned for specific dates & times

LITTLE BEATS

Calling all little Beethoven's and Mozart's for this introduction to music class. Toddlers will learn about melody, rhythm, tempo, dynamics, movement and much more using fun, unique and educational musical materials. Incorporating music into routines and play in the early years has a positive influence on your child's early development. It can get them moving, thinking and inspire creativity.

Every Monday from 9:30am - 10:30am

Cost: \$10

MUMS & TOTS FITNESS AND YOGA

From caliente to namaste, come with your little ones and participate in this energizing activity. This activity begins with a fun 30 min dance fitness followed by a relaxing Yoga. This program is designed with mom & tot in mind! Regain balance, strengthen core and promote wellness.

Thursdays in St. Bruno (Time TBD)

Cost: \$10

Early Childhood & Families

PUDDLES

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.

Wednesdays from 10:30am -11:30am

Cost: \$10

DROP-IN

Open to all! Drop by our Community Space with your little ones to have a coffee and chat with other parents. Take a break from your regular routine and come connect with other families.

Fridays from 11:00am -12:30am

Cost: \$5

Seniors Wellness

Programs for 55+

KNITTING GROUP

Take part in our knitting group for an opportunity to improve your skills and give back to the community.

Every Tuesday from 1:30pm-2:30pm

SENIORS' SNEAKERS (OTTERBURN PARK)

Grab your sneakers, meet us at the Otterburn Park Legion and get ready for an hour of adapted chair exercises. This crowd favorite is a fun way to get active!

Mondays from 9:30am-10:30am

Cost: \$40

SENIORS' SNEAKERS (ST. BRUNO)

Thinking of joining an exercise class, this one is for you. Come join our Seniors Sneakers Class held at the Legion in St Bruno. It open to Seniors of all ages. Enjoy a relaxed atmosphere while exercising at your own pace.

Wednesdays from 9:30am-10:30am & Fridays from 10:30am-11:30am

Cost: \$50

Seniors Wellness

Programs for 55+

SENIORS' AQUA FITNESS

Back by popular demand! Grab your swim cap and bathing suit and get ready for adapted water aerobics. Classes will be held at Centre Aquatique Beloeil.

Wednesdays 10:30am-11:30am

Cost: \$40

ONLINE TRIVIA NIGHT

Put on your thinking caps and test your knowledge. Our Trivia night tests your knowledge on topics like health, history, science and more! Team up with your family and friends or play alone, in the comfort of your home.

Every second Tuesday of the month

INTERGENERATIONAL PEN-PALS

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

September - June

Employment & Education

DIALOGUE MCGILL HEALTH & SOCIAL SERVICES STUDENT BURSARY

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

ENGLISH CONVERSATIONS SESSIONS

French speaking Health & Social Services Professionals

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

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

Québec 

CHSSN

RDN
Regional Development Network
Réseau de Développement Régional



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