



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

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It's hard to believe that we're in the last month of 2024!

Our offices will be closed from December 23 to January 3. We'll be back in the office on January 6, with activities resuming the week of January 13.

For December we have three weeks filled with our regular activities, many with a festive flare! Holiday season parties, crafts, gift making and decoration creation at our Senior Wellness activities in Chambly and Greenfield Park. Read more on pages 3 and 4.

Due to popular demand, the Computers and Tablets Workshop will be back again in Greenfield Park on December 10. Space is limited, so please [register with Tania](#).

We occasionally hold Drawing Classes with Ilana in person. This month Ilana will be facilitating a session at the Activity Centre on Thursday, December 12, located at 91 Church-ill. If you are interested in attending, [please email Marianne](#).

Read all about our successful initiatives in social development and employment in 2024 on page 6.

While the holiday season may be thought of as "the most wonderful time of the year", it can also be the most stressful time of year. For tips on how you can connect with your health and help lessen the holiday stress, read the mental health column on page 5.


With the Canada Post Labour Dispute, the Gouvernement du Québec is doing everything in its power to enable thousands of government program beneficiaries to receive their cheques. Cheque distribution began on November 15. We invite you to visit this [website](#) on a regular basis to keep you up to date about the situation and actions being taken to ensure distribution of government cheques.

Members of the staff and board here at ARC wish you and your family all the best for a joyous holiday season.

December Activity Calendar

For additional information or to register for an activity, please contact

info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>These activities are made possible thanks to our funders</p> 						
1	2 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	3 Genealogy Workshop @ Activity Centre 1:00-3:00 pm	4 Caregivers Cafe @ Activity Centre 10:00-11:30 am Coffee Talks - Parent & Child Lacolle 10:00 am-12:00 pm Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm	5 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am	6	7 Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm
8	9 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm	10 Computers & Tablets Workshop @ Activity Centre 10:00-11:00 am Social Cooking (Closed Group)	11 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm	12 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Ilana's In-Person Drawing Class @ Activity Centre 1:00-3:00 pm	13	14
15	16 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	17	18 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm	19 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Book Club (St-Jean) 7:30-9:00 pm	20	21
22	23 ARC OFFICES CLOSED	24 ARC OFFICES CLOSED	25 ARC OFFICES CLOSED	26 ARC OFFICES CLOSED	27	28
29	30 ARC OFFICES CLOSED	31 ARC OFFICES CLOSED				



What's new from the **GREENFIELD PARK OFFICE**



Our **Senior Wellness Activities in Greenfield Park** take place every Wednesday from 1:30-3:00 p.m.

- December 4: The Longueuil Police will be here to talk about fraud prevention and how to protect yourself from scams. It's a great opportunity to stay informed and stay safe.
- December 11: Get into the holiday spirit with a fun-filled afternoon of crafting! Create a festive decoration to keep for yourself or gift to a loved one.
- December 18: Celebrate the season at our *Holiday Season Party!* Enjoy festive treats, great company and plenty of holiday cheer.

Computers and Tablets Workshop at our Activity Centre, 91 Churchill Blvd., Greenfield Park on December 10 at 10:00 a.m. Participants are encouraged to bring their devices but are not obligated. There will be a Q&A period at the end of the workshop. Space is limited, so be sure to register today by calling (514) 213-3744 or [emailing Tania](mailto:emailing.Tania).



Bonjour, come and be a part of our **French Conversation Group** every Monday at 10:30 a.m. A great opportunity to practice your French, meet new people and take part in engaging conversations. A fun and rewarding experience. Come join us and let's improve our French together! To register email Therese.

In addition to the regular Mondays with **Ilana's Virtual Drawing Class** on Zoom from 2:00-3:30 p.m., she will be hosting a **special in-person drawing class on Thursday, December 12**. This fun and interesting art activity will take place at our Activity Centre from 1:00-3:00 p.m. Registration required by calling (514) 951-9711 or sending an email to info@arc-hss.ca.

Come and join our **Rock Painting Class**, every Monday at 1:00 p.m. A great time is guaranteed, with different painting techniques and lots of colours. Fun for all ages. To register email Therese.

Tai Chi is a gentle and flowing martial art that promotes relaxation, balance and overall well-being. Join our Tai Chi class to improve your flexibility, increase your mindfulness and reduce your stress, all while discovering peaceful and harmonious movements. Classes are held every Thursday from 9:00-10:00 a.m. at the Greenfield Park Community Centre (330 Gladstone St.). We kindly ask you to email and confirm your attendance with certified instructor Sandra Mitchell at taichirivesud@gmail.com.

Join our **Walk & Talk** group every Thursday at 10:30. Take a stroll in the beautiful community of Greenfield Park; it's a great way to stay active, enjoy nature and engage in meaningful conversations. To register, [contact Tania](mailto:contact.Tania).

Are you looking for a fulfilling volunteer activity that you can do in the comfort of home? Our English conversation activity takes place for one hour per week on the phone. Volunteers are matched with employees who work in health and social services to chat in English for 20 minutes. This helps them become more knowledgeable and comfortable when helping English-speaking patients and their families. If you are interested, please contact Tania at (514) 213-3744 or gpk@arc-hss.ca.



Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 213-3744.

HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness Activities in Chambly

December 4: Celebrate the power of music therapy! Let's explore how music can uplift our spirits, promote relaxation and bring joy. We'll play with instruments and make music together and discuss some fascinating studies that prove a physical transformation happens when we listen to music as a group. We'll also explore music therapy and how music can bring comfort and peace during the death and dying process.

December 11: Come enjoy some music and festive snacks at our Christmas party. It's the perfect opportunity to spread joy and share the warmth of the season together!

December 18: We are holding a community games afternoon. We will play a few rounds of Bingo and you can bring your favourite board or card game to play in small groups. Take a relaxing break from the rush of the season to connect and unwind.



Senior Wellness Activities in Clarenceville We are now providing enriching weekly activities on Wednesdays in English at the Centre des Loisirs in Clarenceville, located at 1A Tourangeau Street. Starting December 4. Contact Céline to register.

Mother Goose - St-Jean

On Wednesday mornings ARC's St-Jean team welcomes the South Shore Literacy Council's Mother Goose program, a pre-literacy singing activity for parents and their babies, aged 0-4 years. For more information or to register, contact [Alysia Scerri](#).

ARC Book Club - St-Jean

December's book club pick is Sarah Morgan's *The Book Club Hotel*. Set in Vermont during the Christmas season, the novel follows the lives of four women at pivotal moments in their lives. As they each face personal challenges, they come together at the cozy and enchanting Book Club Hotel, where friendship, healing and new beginnings await. Join us at the ARC office on December 19 at 7:30 p.m. to discuss the book and make new friends! A limited number of books will be available to borrow by contacting [Céline](#).

With regards to our **Family Wellness Saturday**, join us on December 7 for a Christmas Movie Morning. Wear your holiday jammies, craft your favourite drink from our hot chocolate bar and enjoy a relaxing morning of cookie deco-

rating and games, or curl up and watch the movie, *Klaus*. The fun starts at 10:00 a.m. at the Royal Military College in the Dextrase Building, located at 15 Jacques-Cartier Street N. in St.Jean. RSVP to outreachgpk@arc-hss.ca or call (514) 605-9500.

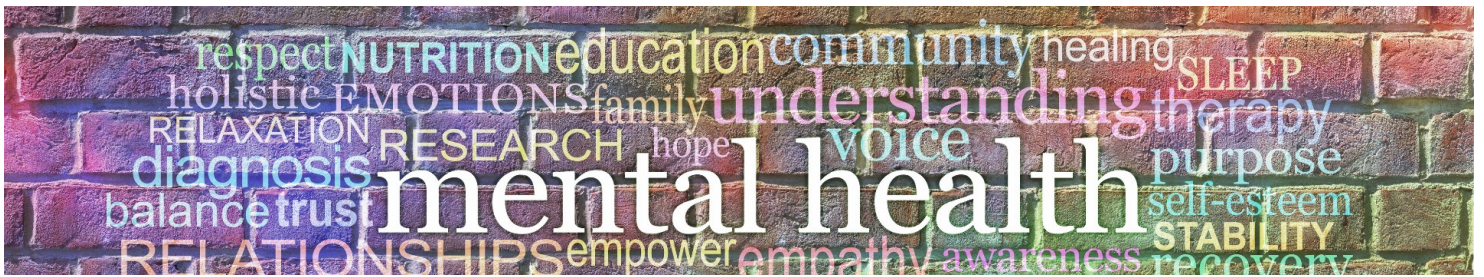
Mommy & Tots Playdate in St-Jean: Our weekly playdate program is taking a break while we find a new volunteer-mom coordinator. If you are interested in welcoming babies and their parents to enjoy fun activities on a weekly basis in our St-Jean office, please contact [Céline](#).

Coffee Talks Parents & Child in Lacolle: In partnership with L'Étoile, ARC invites parents and children aged 0-5 to join us on Wednesday, December 4 from 10:00 a.m.-12:00 p.m. It's a friendly, welcoming environment where parents can meet, share concerns, stories and tips, while children play and interact. No registration needed and transportation is available upon request. Support is available in English and French. For more information, contact [Céline von Engelhardt](#) or [Céline Leprince](#).

Mental Health Support in St-Jean

We are offering a weekly social activity for English-speaking adults experiencing mental health challenges. Join us on Tuesdays from 10:00-11:30 a.m. in collaboration with Maison Le Point Commun, 177 Longueuil Street. Register by calling Therese at (514) 605-9500.

Céline von Engelhardt is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR).
For information, please feel free to reach out to her at (514) 980-8900 or hrr@arc-hss.ca.



Connect for Your Health

The “most wonderful time of the year” can quickly turn into the most stressful time of the year for many. The holidays can introduce stressors such as complicated relationship dynamics at family gatherings, grief over losing a loved one or simply trying to live up to the unattainable expectations of the “perfect holiday.” It’s important that all people consider the impact of the holidays on emotional well-being and of all the things on your holiday preparation to-do list, the most critical one is maintaining your mental health and practising self-care. Here are some things that you can do to lessen the holiday stress:

Stay hydrated. Drink plenty of water and herbal teas, and don’t forget to hydrate your skin with lotions and lip balms. Hydration nourishes the brain and its physical effects can improve your overall mood.

Find time to exercise. The holiday season is a great time to ice-skate, ski or hike. If you don’t have access to these outdoor activities, any form of exercise will release endorphins, which can lessen the symptoms of depression.

Indulge without overconsuming. Treating yourself can make you happy, but overindulging in unhealthy food and alcohol around the holidays can negatively impact your mental health.

Make a budget. Do your best to stick to a budget while still leaving a small amount extra for wiggle room; the holidays tend to bring out the generosity in us.

Come up with a plan. Spread out your errands, so you don’t become overwhelmed with too many tasks at once, and don’t forget to schedule some relaxation time!

Find the best time to shop. Malls are less crowded on weekdays and weeknights. Practicing mindful activities

while you wait in line can also help you stay calm among the holiday shopping chaos.

Be kind to yourself. All you can do is your best and your best is good enough. It’s impossible to please everyone, but we are often our own harshest critics.

Managing grief after a loss is one of the greatest holiday stresses. The empty seat where they would have sat can fill families with a sense of grief, loss and emptiness. The following recommendations can help you and your family cope:

It’s not all sad. Know that some parts of the holiday will be wonderful and some parts will be sad. The anticipation of sadness may be stressful, but the holidays provide an opportunity for healing. You can still take joy in the relatives that are present and remember fond memories of holidays past.

It is okay to feel the way you feel. It is healthy to acknowledge your feelings and work through them, rather than suppressing them.

Take care of yourself. Find healthy ways to cope, such as exercising. Organizing family walks is a great way to get fresh air and enjoy the company of others. Don’t search for solace in unhealthy foods or alcohol. If alcohol is present, drink responsibly.

Don’t feel pressured to uphold family traditions. While they might be a comforting way to remember a loved one, sometimes family traditions are too painful to bear. Your family will find new ways to celebrate, and your traditions will adjust with time.

The holidays bring joy and happiness as well as frustration and stress. This holiday season, you may have many things to take care of, but the most important one is yourself.



Therese Callahan is ARC’s Outreach Program Coordinator and oversees the mental wellbeing initiative. For information, please feel free to reach out to her at (514) 605-9500 or outreachqpk@arc-hss.ca.

SOCIAL DEVELOPMENT & EMPLOYMENT

Social Development

The Collectif GPK Collective is making an impact in the community through Les Éclaireurs funding. With ARC acting as the fiduciary and in collaboration with many organizations, we contributed to increasing social cohesion in GPK. Here is an overview with some photos.

We are pleased to have supported all these activities: Ribfest-Kids Zone, Project Intergenerational and Cultural with OHL (community soup + pumpkin decorations), ACW St. Paul's to buy containers for frozen meals, Project with Les Petits Frères Vivre Ensemble and a few Halloween Parties throughout the neighbourhood.



Employment

A quick resume in pictures of our partners in employment. The Centennial Education and Career Fair on November 19, an Employment Clinic with Vision Travail Longueuil on September 26, ESDC taking the pulse of the English Community across Québec on October 17, and ARC's Employment Fair at Centennial RHS in May with Espace Pivot, Alliance Carrière Travail, Footlocker and more. What a year we had!

We'll be starting the new year with some great employment activities. Stay tuned!

Karine Parent is ARC's Social Development and Employment Coordinator.
For information, please feel free to reach out to her at (514) 712-6575 or gpk2@arc-hss.ca.



discover **community** activities for all

Caregivers Cafe is the place to warm up this December with a dynamic group led by our Program Coordinator Christine and Penny Fleming, RN. Drop by 91 Churchill Blvd. Wednesdays from 10-11:30 a.m. on December 4, 11 and 18 where you will find great information, support, tools, as well as a community.

Finding Nutcracker, a Holiday Benefit Performance for the Prévile Fine Arts Centre that showcases the talents of students across music, visual arts, theatre, dance, sewing and even robotics. All profits directly support the Prévile Fine Arts Centre's bursary program. Tickets: \$30 (adults & children) December 1 at 2:00 p.m. at Heritage Regional High School (auditorium). To buy tickets click [here](#).

Phoenix Art Hive-Sacred Geometry: December 6 from 6:30-8:30 p.m. at 4955 Montee St. Hubert (St. Margaret's of Antioch Church). Discover a deeper connection to your spirituality through Sacred Pathways, a program designed to explore and embrace diverse spiritual practices that nourish the soul. To register send an email to dir.phoenixprojects@gmail.com or call (438) 935-0372.

St. Lambert Horticultural Society: December 12, Annual Christmas Tree Lighting and Potluck Social. Click [here](#) for all the info.

Come and join the **South Shore Retired Educators** on December 12 for a festive luncheon. For time and place or for more info about the SSRE, send an email to south-shoreretirededucators@gmail.com. Who can join the South Shore Retired Educators? Anyone who has worked in elementary and high school education as a teacher, support staff, administrator, school board personnel or those who have worked with students or staff are all eligible. Meetings are 6 times a year, usually Thursday afternoons from 1:00-3:00 p.m. Very interesting speakers and snacks! SSRE upcoming dates in 2025: February 13, April 10 and May 15.

Mission Nouvelle Generation Christmas baskets: December 18, 19 and 20 between 3:00-8:00 p.m. Registration required by clicking [here](#).

Bells & Carols Christmas Concert with The Village Ringers Handbell Choir and The Montreal Welsh Male Choir Thursday, December 19 at 7:30 p.m. at the St. Lambert United Church, 85 Desaulniers. Tickets for sale at the door \$20.

The English Book Club invites participants to share their love of reading with other enthusiasts. December 19 at 7:00 p.m. featuring *Never Let Me Go* by Kazuo Ishiguro. Register [here](#), then come pick up a copy of the book at the library if needed. For all the info click [here](#).

Seniors Action Quebec Legal Aid-Understanding Who Qualifies webinar on December 3 from 10:00 a.m.-12:00 p.m. Click [here](#) for more information or to register send an email to ruthkathleenpelletier@gmail.com.

Hope & Cope: Men's Club in-person December 3, bilingual support group. This group offers a safe, secure space where men coping with a cancer diagnosis can confide in each other, learn and connect in a supportive environment. The group meets the first Tuesday of the month. Click [here](#) for more info.

AMI-Quebec helps families manage the effects of mental illness through support, education, guidance and advocacy. All programs are free. To consult the calendar, click [here](#).

Starting January 1, 2025, **major changes will come into effect for residual materials collections in St. Lambert.** Collection sectors, frequencies and schedules will be modified to comply with new government requirements. Click [here](#) for all the details and to download the calendar.

Chambly

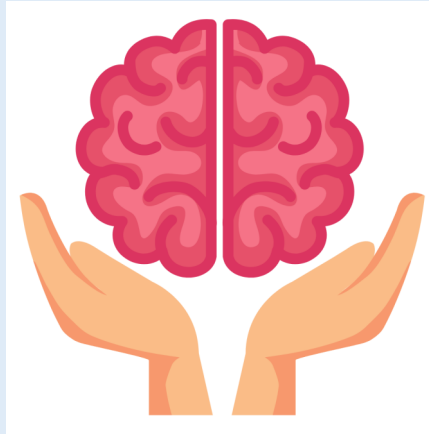
Strength & Stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgogne in Chambly. Saturday mornings from 8:00-9:00 a.m. Cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, email Devon at devon.phillips@videotron.ca.

The Last Word

The Women's Brain Health Initiative (WBHI) event on December 2 is dedicated to help protect the brain health of women, caregivers and their families. Discover the most important lifestyle choices that protect brain health while aging and what habits increase the risk for cognitive impairment. For more information click [here](#).

The Brain, the last great frontier. Exploring the great unknown that is the brain cannot be done alone-it takes courageous partners, imagination and determination. At Brain Canada, envisioning a future where scientists across disciplines collaborate to drive innovation and where people across the country have access to solutions to mysteries like ALS, epilepsy and brain injury. To sign up for a Brain Newsletter, click [here](#).

Word of the Day: *Cerebellum*. From the Latin word meaning "little brain," the cerebellum is located in the hindbrain



and is smaller than the cerebrum. The cerebellum is a part of the brain that controls balance and motor movement. Click [here](#) for more info.

Educaloi is offering a workshop with some important legal tools to make life easier down the road. This workshop will cover the basics of power of attorney, protection mandate, advance medical directives and wills. Click [here](#) to register. Free of charge.

Vent Over Tea: Pairs people who need to vent with great listeners. A free and confidential active listening service to all members of the local community to promote mental wellness and connection. For all the info click ventovertea.com.

Arthritis South Shore: Adaptive exercises and adaptive dance, click [here](#) to consult the calendar for dates, times and zoom links.

To be added to our contact list, please [email us](#) with your name and email address. We do not share our email contact list with third parties and we invite you to share our publications with family and friends.
You may [unsubscribe](#) at any time.

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 951-9711
admincoord@arc-hss.ca

Haut-Richelieu-Rouville

927-B Séminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
hrr@arc-hss.ca

Clarenceville

100 Principal St.
Clarenceville, QC J0J 1B0
Tel: (514) 980-8900
hrr@arc-hss.ca

www.arc-hss.ca

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