



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

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Information source for the South Shore English-speaking community

THE ADVISOR

As we step into 2025, we want to extend our warmest wishes for a year filled with joy, health and success to our entire community.

To kick off the new year in the best way possible, we are thrilled to announce our first **Community Dinner Dance** of 2025, happening on **Saturday, January 25!** This promises to be a night of great music and fantastic company, featuring the **True North Duo**. The True North Duo will make sure the dance floor is never empty, adding an unforgettable touch to our evening. We look forward to seeing you there! Space is limited, so please register on our website at www.arc-hss.ca/jan25 or contact Marianne at (514) 971-9511 or [by email](#).

Our regular activities are resuming next week and we have a wide range of programs lined up for everyone to enjoy. Here's a glimpse of what you can look forward to:

- **Senior Wellness:** Our Senior Wellness activities will be held at three locations (Greenfield Park, Chambly and Clarenceville), providing a mix of activities designed to keep our senior community engaged.
- **Therapeutic Rock Painting:** Unleash your creativity and relax with our therapeutic rock painting sessions. It's a calming, fun activity that promotes mindfulness and self-expression.
- **Weekly French Conversation Group:** Practice your French in a relaxed and friendly setting. This group is perfect for improving your language skills while meeting new people.
- **Drawing Classes:** Whether you are a beginner or an experienced artist, our virtual drawing classes will help you sharpen your skills and bring your creativity to life.
- **Gentle Yoga:** Join our virtual yoga sessions designed to improve flexibility, balance and relaxation.
- **Walking Group:** Stay active while enjoying the great outdoors with our GPK walking group. It's a wonderful way to get some fresh air, stay healthy and socialize.
- **Caregivers Café:** A special space for caregivers to unwind, share experiences and receive support in a warm, welcoming environment.

All the details are available on the next page and be sure to sign up to reserve your spot. We're looking forward to seeing you all back next week!


2025 RESOLUTIONS
THE ULTIMATE LIST

- DRINK ENOUGH WATER
- MAKE PLANS TO TRAVEL & EXPLORE
- PRIORITIZE ECO-FRIENDLY CHOICES
- SPEND 5 MINUTES A DAY CLEANING
- WAKE UP AT THE SAME TIME EVERY DAY
- DEVELOP A SKINCARE ROUTINE
- SET UP A MONTHLY BUDGET
- TRY SOMETHING NEW
- TAKE BREAKS MORE OFTEN
- DITCH ONE BAD HABIT
- MAKE TIME FOR SELF-CARE
- START A DREAM JOURNAL
- DO A LITTLE ACT OF KINDNESS WEEKLY

January 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 ARC OFFICES CLOSED	2 ARC OFFICES CLOSED	3	4
5	6	7	8	9	10	11
12	13 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	14 Social Cooking @ Activity Centre 10:00 am-12:00 pm	15 Caregivers Cafe @ Activity Centre 10:00-11:30 am SHARP: via zoom <i>Thinking About Your Mental Health ?</i> 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm	16 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm	17	18 Family Wellness Saturday @ St-Jean Military College 10:00 am-12:00 pm
19	20 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	21 Social Cooking @ Activity Centre 10:00 am-12:00 pm Zumbini @ CGPKC 10:00-11:30 am Book Club (St-Jean) 7:30-9:00 pm	22 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm	23 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm	24	25 Community Dinner Dance @ GPK (Legion) 5:00-10:00 pm
26	27 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	28 Social Cooking @ Activity Centre 10:00 am-12:00 pm Zumbini @ CGPKC 10:00-11:30 am	29 Caregivers Cafe @ Activity Centre 10:00-11:30 am Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm	31 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm		

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.

- January 15: Start the new year with our welcome back activity, followed by a discussion on New Year's resolutions.
- January 22: Sleep is crucial for both physical and mental health. Join us for an important educational session on improving sleep.
- January 29: We are excited to welcome Rachel Wagner from South Shore Literacy Council, who will lead a special workshop on media literacy.

For more information or to register, contact [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](#).

Join **Ilana's Virtual Drawing Class** on Zoom every Monday from 2:00-3:30 p.m. for an interesting and fun time. 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](#).

Our Social Cooking Class is held every 2nd, 3rd and 4th Tuesday of the month from 10:00 a.m.-12:00 p.m. at our Activity Centre located at 91 Churchill in GPK. Learn how to cook fun and interesting recipes right on the spot! Registration is obligatory by calling Jody at (514) 647-5679 or send an email to: ceccarelli@videotron.ca.

The Community Health and Social Services Network (CHSSN) hosts monthly virtual health education sessions called SHARP (Services for Healthy Aging in the Right Place) for older adults. This month's SHARP session, titled *Thinking About Your Mental Health? Community Resources for English-Speaking Seniors*, will take place on January 15 from 10:00-11:30 a.m. Register using the following [link](#).

CHSSN
Services for Healthy Aging in the Right Place (SHARP) invites you to

Thinking about your mental health?
Community resources for English-speaking seniors

FREE on

Wednesday, January 15
10:00 - 11:30 am

For more info: gpk@arc-hss.ca
(514) 213-3744

Health Canada Santé Canada

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program

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 take place in Chambly on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30-3:00 p.m. For more information or to register, please contact Therese at stjean@arc-hss.ca or call (514) 605-9500.

January 15: Word of the Year. Join us for a guided mental health activity that helps you focus your intentions and energy for the year ahead, setting a positive and purposeful tone for the months to come. Don't miss out on this uplifting way to kick off 2025!

January 22: Armchair Travel. Embark on a virtual adventure where we'll explore a country's history, landscape, culture and gastronomy. Get ready to expand your horizons without leaving your seat - it's travelling with a twist!

January 29: Gentle Stretching. We will share a gentle stretching video that will guide us through simple exercises designed to improve flexibility and promote relaxation. Perfect for beginners and those looking to release tension, this activity will help you move your body in a mindful and comfortable way.

Mother Goose - Saint-Jean

The South Shore Literacy Council's Mother Goose program will be taking a break in January, resuming February 19 at a new location: Bibliothèque Adélar-Berger, 180 Laurier Street in Saint-Jean-sur-Richelieu from 10:00-11:00 a.m. every Wednesday. Mother Goose is a pre-literacy singing activity for parents and their babies, aged 0-4 years. For more information or to register, contact [Alysia Scerri](mailto:Alysia.Scerri).

Volunteers Needed for Mommy & Tots in Saint-Jean: Our weekly playdate program needs to find a new volunteer coordinator! If you are interested in welcoming babies and their parents to enjoy fun activities on a weekly basis in our Saint-Jean office, please contact Céline.

ARC Book Club - Saint-Jean

Looking for a fun and relaxed way to meet new people, discuss books and share stories? Our English-language book club is the perfect place to connect with others in a welcoming atmosphere. This month we're reading *Big Little Lies* by Liane Moriarty. Join us in person on

ARC January Book Club

Join us to discuss *BIG LITTLE LIES* by Liane Moriarty

NEW DAY!

Tuesday, January 21

7:30 p.m.

927-B du Séminaire Blvd. N.
St-Jean-sur-Richelieu
or online through ZOOM

REGISTER NOW (514) 980-8900
hrr@arc-hss.ca

Secrétariat aux relations avec les Québécois d'expression anglaise Québec

A limited number of books is available to borrow upon request, subject to conditions

ARC 55+ COMMUNITY

WEDNESDAYS 1:30-3:30

2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4

COME AND JOIN US!

CHSN

Secrétariat aux relations avec les Québécois d'expression anglaise Québec

Tuesday January 21 at 7:30 p.m. Those who cannot attend will be able to join virtually. Contact Céline to register.

Family Wellness Saturday in Saint-Jean

Kick off the new year with a fun and engaging experience for the whole family! Join us on January 18 for *Self-care Through the Senses*, an all-ages event that will explore wellness in a hands-on and sensory way. From babies to adults, everyone can participate in this interactive activity designed to promote relaxation, mindfulness and connection. The fun goes from 10:00 a.m.-12:00 p.m. at the Royal Military College in the Dextrase Building, located at 15 Jacques-Cartier Street N. in Saint-Jean. Afterwards, enjoy a delicious lunch for only \$15 in the Dextrase dining room. RSVP to gpk@arc-hss.ca or call (514) 605-9500.

SELF CARE SATURDAY WITH ARC

Join us with the whole family to engage your five senses and spend time for self-care

Saturday January 18
10:00 a.m. - 12:00 p.m.
Royal Military College St-Jean, 15 Jacques-Cartier N., Dextrase Building

RSVP: stjean@arc-hss.ca or (514) 605-9500

With the financial support of:
Secrétariat aux relations avec les Québécois d'expression anglaise Québec

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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.

HRR Review *continued from previous page...*

Senior Wellness Activities in Clarenceville provides enriching activities in English for seniors at the Centre des Loisirs in Clarenceville, located at 1A Tourangeau Street. These free activities are designed to stimulate physical, cognitive and mental well-being for English-speaking seniors aged 55 and over. Tea, coffee and snacks will be served. Activities are offered in English, but everyone is welcome to attend. We look forward to seeing you in Clarenceville on January 15, 22 and 29 from 1:30-3:00 p.m. Please contact Céline for more information, or to register: hrr@arc-hss.ca or (514) 980-8900.

From February 25 to March 25, Therese will be offering a therapeutic rock painting workshop with our new community partner **La Maison Le Point Commun**. La Maison Le Point Commun serves adults over the age of 18 who are experiencing mental illness and provides therapy and group workshops in St-Jean. If you are a current member of La Maison Le point Commun or interested in becoming a member, please [contact Therese](#) for more information on the workshop.

Home Cooked Cooking Collective for Military Members and Spouses in Saint-Jean

We're excited to announce a new initiative designed to bring military families together through the joy of cooking! Beginning in February, the Home Cooked Cooking Collective is a unique opportunity for adults from the military community to connect, share recipes and enjoy a collaborative cooking experience. Whether you're an experienced cook or just looking to learn something new, this project is all about fostering community and building support networks in a fun and interactive setting. Registration is open until January 20. For more information, please contact [Céline](#) or (514) 980-8900.



FREE ACTIVITIES!

55+ COMMUNITY

ARE YOU A 55+ ENGLISH SPEAKER?

- Free bi-weekly social gathering
- Activities designed to stimulate physical, cognitive and mental wellbeing
- Snacks, tea and coffee

1 Tourangeau Street
Clarenceville, QC

Bi-Weekly Wednesdays
1:30 - 3:00 pm

(514) 980-8900
hrr@arc-hss.ca

ACTIVITIES ARE OFFERED IN ENGLISH. EVERYONE IS WELCOME!

Made possible with support from:

Quebec CHSN ARC

Connect for Your Mental Health

In the past few years, several mental health self-management programs have been developed to help those who are waiting for professional services or who are able to manage their symptoms without regular therapy. **BounceBack®** is a **free program** from the Canadian Mental Health Association (CMHA) designed to help adults and youth 14+ manage low mood, mild to moderate depression, anxiety, stress or worry. Working with workbooks and a trained coach to guide you and encourage you to reflect, BounceBack® can help you build skills to improve your mental health. Check it out by clicking [here](#).

Y Mind is designed to help teens (13-18) and young adults (18-30) learn how to better manage their stress and anxiety. Check it out by clicking [here](#).

For those who need a more local form of support, please see the support groups available with our partner, **AMI Quebec**. Click [here](#) to see the calendar.

- Support Groups for Family, friends and people living with mental illness on Google Meet Mondays 6:30-8:00
- Anxiety/OCD - January 13
- Bipolar Disorder - January 13
- Depression - January 20
- Hoarding - January 27
- Young Adults - January 20
- Queer Group - January 27
- Family and Friends - January 13
- Borderline Personality Disorder for Families - January 20
- Kaleidoscope (for people living with any mental illness) - January 27
- South Shore Family and Friends In-Person support Group. 91 Churchill Blvd, Greenfield Park - January 13 6:30-8:30

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 outreachgpk@arc-hss.ca.



CAREGIVERS CORNER

"Caregiving is a constant learning experience."
- VIVIAN FRASER

When we reflect on some of the programs that have had a special impact in 2024, **Caregivers Café** comes to mind. We approached our post-COVID return to in-person programming for caregivers with measured expectations and a lot of enthusiasm and hope. Participation continued to build and gain momentum and suddenly a vibrant community developed. Every week featured a new topic and a rich discussion, and every week allowed us to welcome new participants and community partners. 2024 was a year filled with opportunities to share experiences, add to a growing toolkit of valuable knowledge and make lasting friendships.

Caregivers Café is coming back strong in 2025 and meets every Wednesday from 10:00 to 11:30 a.m. at our Activity Centre at 91 Churchill Blvd. in Greenfield Park.

- **January 15:** Join us for our first Café of 2025. Drop by and listen to our in-house caregiving expert Penny Fleming, RN lead the discussion about important medical topics, caregiving roles and styles, anticipatory grief and more.
- **January 22:** ARC and Seniors Respite Montérégie are pleased to present another Caregivers Café Community collaboration! We are delighted to announce we'll be welcoming Sherry Romanado, Member of Parliament for Longueuil – Charles Lemoyne for a special information session on the Pharmacare Act, also known as Bill C-64, which aims to improve the accessibility and affordability of prescription drugs. This event is open to all.
- **January 29:** Nurse Penny will be back with more tools, resources and practical information, and it's also 'Bring A Friend Day'. Let us meet the people in your life who support you on your caregiving journey or bring along someone who could use a warm welcome and a place to connect with fellow caregivers.

Community Activities

St. Lambert Horticultural Society: January 16 - Catherine McGill presents *Pollinator Gardens* via Zoom at 7:30 p.m. To register, send an [email](#).

Let's Talk in English with the Brossard Library: January 20 and 27 from 10:00-10:30 a.m. via Zoom. You will be paired with a person who speaks English, to improve understanding the language and practise oral communication. The number of places is limited, registration is mandatory. For more information: (450) 923-6350 #6280 or by [email](#).

Do you know any children who are passionate about musical theatre? Preville Fine Arts has the spring break activity perfect for them! An unforgettable week filled with singing, dancing and theatre, March 3-7 located at 415 Mercille, Saint. Lambert from 8:30 a.m.-4:00 p.m. (daycare available). For info click [here](#).

Seniors Action Quebec: January 21 from 10:00 a.m.-12:00 p.m. *The Advantages of Using Mediation to Resolve Conflicts* webinar. Ever wonder what exactly is mediation and why it's used? Presenter: Natalia Malone-Lawyer. Deadline to register is January

14 by sending an email to ruthkathleenpeltier@gmail.com. Click [here](#) for more info.

Hope & Cope: Men's Club in-person January 7 at 4:00 p.m. Bilingual activity. 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 first Tuesday of the month. Click [here](#) for more info.

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

Line dancing will be held weekly on Mondays at St. Gabriel's Church, in the basement, beginning January 13 at 7:30-9:00 p.m.

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

Bell Let's Talk Day 2025: To prioritize Youth Mental Health as young Canadians face growing crisis, January 22 is the day to launch a text-to-donate campaign with 100% of funds raised going to six youth mental health providers.

- Bell to give \$10 million towards mental health in 2025, bringing total Bell Let's Talk investment to \$184 million since 2010.
- Bell Let's Talk Day on January 22, 2025 to feature text-to-donate campaign in support of six youth mental health providers.
- Bell to match Canadians' donations by text on Bell Let's Talk Day up to \$1 million.

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



Youth mental health is in decline according to a new Mental Health Research Canada report. For complete information, click [here](#).

What is the definition of mental health for youth? Mental health is about how we think, feel and act. Just like physical health, we all have it and we need to take care of it. Our mental health is on a spectrum which can range from good to poor. With good mental health, we can think positively, feel confident and act calmly. See info about the Youth Mental Health Fund from the Government of Canada [here](#).

Words of the Day: The 5 C's of Mental Health; Connection, Compassion, Coping, Community and Care, provide a comprehensive framework for fostering mental well-being. By nurturing these elements in our daily lives, we can build resilience, reduce stress and enhance our overall quality of life.

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

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