



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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We would like to invite you to attend the **Annual General Meeting (AGM)** of the Assistance and Referral Centre (ARC), which will be held on Tuesday, June 18 at the Cynthia-Coull Arena in Greenfield Park. [Click here to register.](#)

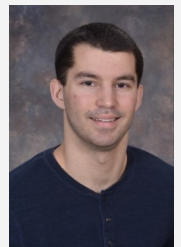
Agenda:

- 1:30 to 3:00 p.m. - Annual General Meeting
- 3:00 to 3:30 p.m. - Break with refreshments
- 3:30 to 4:15 p.m. - Demographic Portrait Presentation

Everyone in the community is welcome to attend, but only those who are members are entitled to vote. This is your opportunity to express your opinion and participate in our organization's future orientation by [becoming a member](#) prior to the meeting.

The Regional Health and Social Services Partnership Table (RHSSPT) will be hosting the **2024 Community Fair** at this year's RIBFEST in Greenfield Park on Saturday, June 1 from 11:00 a.m. – 6:00 p.m. You can find us and other community organizations on Churchill Blvd near Empire St.

We are pleased to welcome Andre Bergeron as our newest employee. Andre is a recent graduate from Concordia University in Leisure and Recreational Studies (BA). He is our new Community Outreach Coordinator in the **St-Jean office**. Born and raised on the South Shore, he is involved with the community either from working part-time with the City of Longueuil, or from coaching youth football for the Greenfield Park Packers. Despite having a French name, Andre's first language is English and he understands the difficulties English speakers face and is ready to help those in need and make a difference within the community. Andre can be reached at stjean@arc-hss.ca or (514) 357-0386.



We have a few tickets left for the **Community Dinner Dance** in Greenfield Park on Saturday, June 8 with True North in the house! Tickets are \$15/adults and \$7.50/kids (8 and under). There will be a 50/50 draw and lots of fun! For tickets, [register here](#) or call (514) 951-9711.

June is the last month of our regular activities until after Labour Day in September. We will be having a few special member-only activities in July, so if you're already a member, keep an eye on your email for more information coming next week.



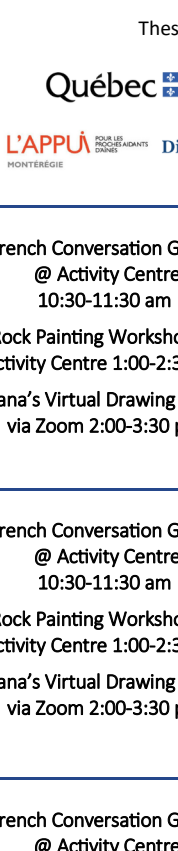
Do you know an employee or a volunteer at a community or public organization who stands out for having made a special effort to improve the health and wellbeing of English-speaking community members?

We invite you to nominate them for the **Special Thanks and Recognition Program** (STAR Program) by click on this graphic.

June 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> 					<p>1</p> <p>ARC tent at the Rib Fest from 11:00am-6:00pm on Churchill Blvd.</p>
2	<p>3</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	4	<p>5</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>6</p> <p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:00-11:30 am</p>	7	<p>8</p> <p>Community Dinner Dance @ Legion 5:00-10:00 pm</p>
9	<p>10</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>11</p> <p>Summer Garden Party with Jody (Closed Group)</p> <p>Caregivers Support Group via Zoom 7:00-8:30 pm</p>	<p>12</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p>	<p>13</p> <p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:00-11:30 am</p>	14	15
16	<p>17</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>18</p> <p>ARC AGM Cynthia-Coull Arena 195 Empire St., Greenfield Park 1:30 pm</p>	<p>19</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>SHARP: via zoom "User rights and filing complaints with the health system" 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>20</p> <p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:00-11:30 am</p> <p>Book Club @ St Jean 7:30 pm</p>	21	22
23	<p>24</p> <p>ARC OFFICES CLOSED</p>	25	<p>26</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p> <p>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	<p>27</p> <p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:00-11:30 am</p>	28	29
30						

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



Our **55+ Seniors Wellness activities** take place on Wednesdays from 1:30-3:00 p.m. To register, please [contact Tania](#).

- June 5: Let's get creative with a card-making workshop facilitated by Gail Adams. You will learn fun techniques to make personalized cards to keep! Limited spaces available.
- June 12: Unleash your creativity and make unique and colourful t-shirts! Give it a try and rock your one-of-a-kind tie dye creations! Limited spaces available.
- June 19: Hope your vocals are ready for our final part of the song sing-along with the talented Michael McLean!
- June 26: What better way to celebrate the end of another senior wellness initiative with a delightful summer picnic? Bring your own lunch and favourite snacks and let's enjoy some sunshine in great company! A final farewell for the summer season.

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, reduce stress and improve mindfulness. Every Thursday from 9:00 to 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](#).

Take a stroll in the beautiful community of old Greenfield Park and meet some wonderful people. It's a great way to stay active, enjoy nature and engage in meaningful conversations. Every Thursday from 10:00 to 11:00 a.m. To register, please [contact Tania](#).

Bonjour, French conversation club is a wonderful way 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! [Contact Tania](#).

How about taking part in our **virtual drawing class**? Join us on Zoom and unleash your creativity, learn new techniques and have fun from the comfort of your home. Whether you

are a beginner or experienced artist, you'll get guidance and meet fellow art enthusiasts. Grab a pencil and let's create amazing art together. Mondays from 2:00 to 3:30 p.m. To register: info@arc-hss.ca or (514) 951-9711.

How about incorporating yoga into your routine? Invest in your wellness with a mindful approach to improve flexibility, build strength, and find inner peace. Whether you are a beginner or seasoned yogi, this class is available for all levels. Take a deep breath and let's embark on a journey of mindfulness and self-discovery through yoga. This activity takes place on Thursdays from 2:00-3:30 p.m. via Zoom and is free of charge. To register: info@arc-hss.ca or (514) 951-9711.

Closure of Simard Boulevard starting June 3. The detour will be via Victoria Avenue, Sir-Wilfrid-Laurier Boulevard (Route 112) and Riverside Street. Local traffic will be allowed throughout the work, with access points and routes varying as work progresses. Click [here](#) for more info.

SHARP (Service for Healthy Aging in the Right Place) -Users Rights and Filing Complaints with the Health System. June 19 at 10:00 a.m. Register by clicking [here](#).

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

User rights and filing complaints with the health system

FREE on

Wednesday, June 19
10:00 - 11:30 am

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

Health Canada Santé Canada

A CHSN 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



Activities This Month

This month in the **ARC 55+ Community** in Chambly, a wide and fun range of activities centred around mental health, cognitive, physical and emotional dimensions will be happening.

June 5: An exciting activity of show and tell is planned, where people from the community will have the opportunity to present and share something valuable or a story that is meaningful to them with their peers. The goal is teaching people a little more about each other and form new friendships and connections along the way.

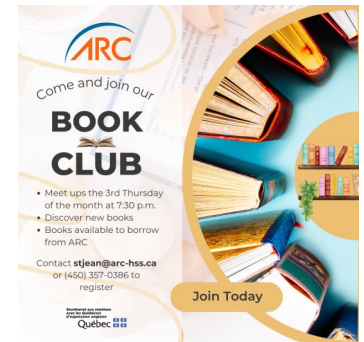
June 12: A stroke prevention, management and care activity is planned that focuses primarily of the importance of one's mental health. The activity will be informal and educational while providing tools and useful information to help you reduce your stroke risk.

June 19: We have a intergenerational picnic activity planned. This will be an opportunity for members of the community to share a meal and have the opportunity to socialize with one another as well as with members of the ARC team.



Book Club

The ARC Book Club is meeting is on Thursday, June 20 at 7:30 p.m. at the St-Jean office. *The Housemaid* by Freida McFadden is an unbelievably twisty read that will have you glued to the pages late into the night. Anyone who loved *The Woman in the Window*, *The Wife Between Us*, and *The Girl on the Train* won't be able to put this down! ARC's satellite office, located at 927 de Seminaire Blvd. N. has a copy of this book available for you. Send an email to Amanda to become a member of our amazing Book Club!



Mommy & Me Walking Club

Will be held every Wednesday starting June 5 from 10:00-11:00 a.m. Everyone is welcome. For more info on how to join this club, email Amanda or Nicole.



Career Connect

We are excited to announce a new employment initiative in partnership with [Quartier de l'Emploi](#) aimed at youth seeking to gain valuable employment experience. This 16-week workshop will teach participants how to create a CV, provide tips and tricks for mastering interviews and include an internship component to put learned skills into practice. Concerned about your language skills? Worry not. This initiative has got you covered! Regardless of your mother tongue this workshop will help strengthen your confidence navigating your search for employment.



Alexi Utrera is our Senior Coordinator in St-Jean-sur-Richelieu. She can be reached at (450) 525-1176 or stjeanseniorecord@arc-hss.ca.

Andre Belanger is our Outreach Coordinator in St-Jean-sur-Richelieu. He can be reached at stjean@arc-hss.ca or (450) 357-0386.



Intergenerational Gardening

On May 18, we hosted a successful Intergenerational Gardening activity in Clarenceville, bringing together participants of all ages to explore the benefits of gardening and environmental care.

The event featured discussions on the therapeutic and ecological advantages of gardening, tips for maintaining a successful garden and methods for fostering biodiversity and sustainability. This inaugural event in the border area highlighted and paved the way for future activities, aimed at strengthening the English-speaking community and promoted togetherness and community.

Thank you to everyone who joined and made this event a success!



Seniors Wellness Coming Soon!

Starting in September we will be hosting a bi-weekly Senior Wellness activity for the 55+ community in Clarenceville. Residents of Clarenceville, Noyan, Lacolle and surrounding areas are warmly invited to join us for a variety of creative, cognitive, social and physical activities, featuring a diverse range of topics. Stay tuned for a detailed schedule with dates and activities, and we look forward to fostering wellness and communities together.



Ashley Daniel is our Outreach Coordinator in Clarenceville. She can be reached at hrr@arc-hss.ca or (514) 980-8900.

Community Activities

The St. Lambert Library **English Book Club**: Invites participants to share their love of reading with other enthusiasts. The June 6 meeting will feature “One Hundred Years of Solitude” by Gabriel Garcia Marquez @ 7:00 p.m. at the [library](#). Click [here](#) to register.

Check out St. Paul’s (321 Empire Street, Greenfield Park) **Plant and Craft Sale** on June 8 from 10:00 a.m. to 2:00 p.m. A fantastic opportunity to find unique and beautiful plants for your house and/or garden, as well as some handmade crafts from local artisans. Don’t miss out to discover a variety of plants and crafts and support local businesses. Add a bit of greenery and creativity in your life!

St. Augustine’s Parish plant sale: June 8 at 1741 Roberval, St. Bruno from 10:00 a.m. to 2:00 p.m.

Our Harbour and Espace Pivot communities will be getting moving in solidarity for the 3rd edition of the **Défi 5 km** on June 8 starting at 10:00 a.m. This event is much more than just a race! It’s a declaration of commitment to the mental health and well-being of our communities and the wider community. By taking part in this fun run, you’ll be helping to raise much-needed funds to allow Our Harbour to continue to offer a caring, affordable, long term, supported housing program to people living with mental illness. You’ll also help raise awareness of the power of physical activity to positively affect mental well-being. Location: 440 Ave. Notre-Dame, St. Lambert. For all the info click [here](#).

Handbell Concert with The Village Ringers: June 13 at 7:00 p.m. at the St Lambert United Church, 85 Desaulniers Blvd., St. Lambert. Tickets are \$20 and available at the door.

Launch of the TD Summer Reading Club - Decorate your star keychain: June 16 from 2:00-4:00 p.m. Ages 5-12. Come decorate a keychain in the shape of a star and let your imagination run wild. At the [library](#). Click [here](#) for more info.

CAREGIVERS CORNER

"Caregiving is a constant learning experience."

- VIVIAN FRASER

We want to thank everyone who contributed to our programming. We created high-quality brand new content, invested in new partnerships, welcomed new participants, and our Caregivers Cafe proved that the community is thriving with wonderful people seeking us out to connect in person to learn, support one another and share their experiences. We are beyond grateful for your support and can't wait to relaunch in September. Have a wonderful summer and remember always to take care of yourselves.

Caregiving Cafe Activities for June

91 Churchill Blvd., Wednesdays, 10:00-11:30 a.m.

- June 5: There's always an interesting discussion and great coffee brewing. Take a break with us and pick up a summer read from our lending library.
- June 12: Our in-house caregiving expert Penny Fleming, RN will be leading the discussion with another great topic and answering your health questions.
- June 19: We're welcoming a very special guest who will introduce a great community initiative with a mission to reach those who are vulnerable, isolated or in distress. Come meet Annie Beauregard from [La Vigie Rive-Sud](#) and learn about their programs and how you can help the community or find support for yourselves.
- June 26: There's much to celebrate and Nurse Penny will be there for the fun with a special 'Ask a Nurse' wildcard edition.



Caregivers CAFE

Be our guest. Caring and community often come by the cupful!

🕒 Wednesday, June 5, 12, 19 & 26
10:00-11:30 A.M.

📍 ARC Activity Centre
91 Churchill Blvd., GPK

caregivers@arc-hss.ca
(514) 608-9600

Appu
proches aidants

Tuesday, June 11: Caregiving Community Online Support Group

with social worker Emma Pepall-Schultz meets at 7:00 p.m. on Zoom. Come be part of the discussion about caregiving, anticipatory grief, and navigating challenges in caring for those we love while trying to care for ourselves.



ARC Caregiving Community Online SUPPORT GROUP

Come join our discussion about caregiving, anticipatory grief, and navigating challenges in caring for those we love while trying to care for ourselves.

Tuesday, June 11 @ 7:00 pm

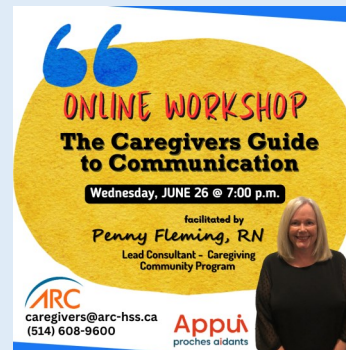
Facilitated by Emma Pepall-Schultz Social Worker

Appu
proches aidants

For more info: caregivers@arc-hss.ca
(514) 608-9600

Wednesday, June 26: Caregiving Community Online Workshop

with Penny Fleming, RN - We've got 'Caregiver Communication' at this virtual learning event at 7:00 p.m. Beat the heat, join us on Zoom and pick up some important communication tips to help with conversations with family members and have your voice heard when dealing with the health system.



ONLINE WORKSHOP

The Caregivers Guide to Communication

Wednesday, JUNE 26 @ 7:00 p.m.

Facilitated by Penny Fleming, RN
Lead Consultant - Caregiving Community Program

ARC
caregivers@arc-hss.ca
(514) 608-9600

Appu
proches aidants

Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs and grief support group. For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.

The Last Word

Affordable Fruit and Vegetable baskets are available every second Wednesday at 91 Churchill Blvd. in Greenfield Park, through a collaboration with [CAPL](#). To reserve your basket or get more information capl.inter@gmail.com or (450) 486-1400.

CAAP Montérégie a regional and independent community organization and is mandated by the Quebec Minister of Health and Social Services to provide complaint assistance and support. They are now offering news on their website in English as well. Check out their website [here](#).

Question of the day: What is the speed of the Earth's rotation?

Answer: At the equator, the circumference of the Earth is 40,070 kilometers, and the day is 24 hours long so the speed is 1670 kilometers/hour (1070 miles/hr). This decreases by the cosine of your latitude so that at a latitude of 45 degrees, $\cos(45) = .707$ and the speed is $.707 \times 1670 = 1180$ kilometers/hr. You can use this formula to find the speed of rotation at any latitude.

Are you sensitive to air pollution? Exposure to air pollutants can cause a range of symptoms. People with lung or heart disease may experience increased frequency and/or severity of symptoms, and increased medication requirements. For more info click [here](#).

Move for Migraine is a week-long event from June 15-23, bringing awareness and a fundraising campaign dedicated to bringing the community together to increase migraine awareness and foster community unity. By building community support we aim to engage individuals and communities, to foster a sense of solidarity and encourage people to come together to make a difference. Creating impact will contribute to positive social change. Click [here](#) for more info.

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.

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info@arc-hss.ca

Activity Centre
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Greenfield Park J4V 3L8
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admincoord@arc-hss.ca

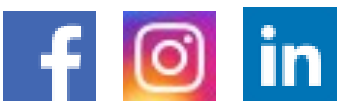
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