



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



MAY 12

Mother's Day

# THE ADVISOR

Information source for the South Shore English-speaking community

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**5 FUN ACTIVITIES TO DO DURING SPRING**

- PICNIC IN THE PARK**  
Enjoy a fun picnic with family or friends at a local park while enjoying nature.
- RIDING A BICYCLE**  
Take a leisurely bike ride along the scenic route, enjoying views of blooming flowers.
- GARDENING**  
Experience the pleasure of gardening in a cool and calm spring atmosphere.
- FISHING**  
As the snow melts, the fish migrate to shallow waters and become more active.
- WALKING**  
Walking in the spring provides cool air. Warm temperatures make walking more enjoyable.

*“May, the month of sunshine, blooming flowers, and endless possibilities.” – Unknown*

We sent an email a few weeks ago with a call to community members to **participate in a survey** with a few socio-demographic questions about you and your household living in the Montérégie-Centre. Your participation in this consultation activity is a key factor in the success of the project.

Your answers will allow us to better identify and analyze the issues and opportunities for different segments of the population in order to offer programs and services more suited to your needs.

[Click here to participate](#). Note that in order to take part in the draw for one of the three \$50.00 gift cards, your email address is required. The balance of the information gathered will remain anonymous. Thank you in advance for your participation.

We announced earlier in April that the **Community Network Bursary** application period is now open for 2024-2025! The Community Network Bursary Program provides financial support to students in health and social services programs; it is designed to respond to regional and local priorities for access to health and social services in English. The deadline to apply is May 7, 2024. Read more on page 6.

We’re hosting a new activity in Clarenceville for those looking to explore their green thumb. This **Intergenerational Generational** activity will be held on Saturday, May 18 from 10:00 a.m.-2:00 p.m. For more information, see page 4.


Mark your calendars for these upcoming events:

- The next **Community Dinner Dance** will be held on Saturday, June 8. Being an ARC member has its perks - early bird sign-up will be available to members several days prior to opening the registration to the community at large. Next week, keep an eye on your inbox, our social media and website for more details and how to sign up. If you’re not already a member, [sign up here](#).
- Our **Annual General Meeting (AGM)** will be held on Tuesday, June 18, beginning at 1:30 p.m. Following the AGM we will be presenting a demographic portrait of the Montérégie-Centre. More details will be forthcoming by email and social media in the coming weeks.

# May Activity Calendar

For information or to register, please contact our

Administrative Coordinator at: [info@arc-hss.ca](mailto: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 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy &amp; Me Walking Club (St-Jean) 10:00-11:00 am Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p>	<p>2 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk &amp; Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	3	4
5	<p>6 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</p>	7	<p>8 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy &amp; Me Walking Club (St-Jean) 10:00-11:00 am Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>9 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk &amp; Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	10	11
12 <b>Happy Mother's Day</b>	<p>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</p>	<p>14 Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Caregivers Support Group via Zoom 7:00-8:30 pm</p>	<p>15 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy &amp; Me Walking Club (St-Jean) 10:00-11:00 am SHARP: via zoom "Alternative living arrangements for ageing in the community" 10:00-11:30 am Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p>	<p>16 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk &amp; Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm Book Club @ St Jean 7:30 pm</p>	17	18
19	<p><b>ARC OFFICES CLOSED</b></p>	<p>21 Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>22 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy &amp; Me Walking Club (St-Jean) 10:00-11:00 am Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	<p>23 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk &amp; Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	24	<p>25 Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm</p>
26	<p>27 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p>	<p>28 Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>29 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy &amp; Me Walking Club (St-Jean) 10:00-11:00 am Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p>	<p>30 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk &amp; Talk @ GPK 10:30-11:30 am Ilana's Virtual Drawing Class in-person @ Activity Centre from 1:00-3:00 pm Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	31	

What's new from the

# GREENFIELD PARK OFFICE



Are you getting the most from the features on your device or do you need some technology TLC? There is a **Tech Clinic** happening on May 16 from 9:30-11:30 a.m. at our Activity Centre (91 Churchill Blvd, GPK). Come by with your phone or tablet for a chance to get answers to all your tech questions and concerns!

Our **55+ Seniors Wellness** activities take place on Wednesdays from 1:30-3:00 p.m.

- **May 1:** Want to add a personal touch to your reading experience? We will welcome Marie-Claude back for a special creative workshop where she will teach us how to make our own unique bookmarks. Everyone will be able to leave with their very own homemade bookmark.
- **May 8:** Have you heard of podcasts and how everyone is listening to them? We'll introduce you to a highly recommended podcast for older adults called *The Retirement Wisdom Podcast*. Let's enjoy an episode of this podcast titled, *The Best Day of my Life*, which will encourage participants to write down some thoughts and ideas that come up. Afterwards, we will have a discussion and sharing circle.
- **May 15:** Join us for another day of exercising our body and mind, with follow-along exercises and another game show competition with Jeopardy. Prizes, laughs and lots of fun!
- **May 22:** We will welcome the talented Michael McLean for another sing-along session.
- **May 29:** For those who know and love Marianne (our Office & Program Coordinator), you are probably aware that she loves plants. For the first time, Marianne will be helping facilitate a gardening workshop. We will decorate our very own plant pots, which will include soil and seeds, and you will be able to take them home to watch them grow. This activity is limited as we have a specific amount of pots and seeds. Prior registration is required by contacting Tania at (514) 213-3744 or [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca).

Our **Tai-Chi classes** take place at the GPK Community Centre (located at 330 Gladstone St. GPK) from 9:00-10:00 a.m. on Thursdays. Why not get out there and try something new? It's free, fun and a great way to invest in your well-being by practising 'meditation in motion'. If you are a new student or continuing on your Tai Chi journey, we kindly ask you to email and confirm your attendance with certified instructor Sandra Mitchell @ [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com).

Our **GPK Walk & Talk** group is a wonderful way to meet some pretty amazing people who love to stroll, socialize and connect with the community. It's also a great opportunity to get some fresh air. Why not give it a try? You'll be glad you did. To register [email Tania](#).

Have you ever wanted to improve your French? You can do it with ARC in a fun and informal social setting! Our **French Conversation Club** takes place on Mondays at the Activity Centre from 10:30-11:30 a.m. For more information, send an [email to Tania](#).

**Virtual drawing** classes with Illana via zoom, free of charge. Mondays from 2:00-3:30 p.m. To register, contact [info@arc-hss.ca](mailto:info@arc-hss.ca) or (514) 951-9711.

Namaste.....the gentle way. This is a great activity that's open to all. So what exactly is **gentle yoga**? Often intended to be less strenuous, gentle yoga is less intense, meditative, and can be restorative. The benefits? Gentle yoga can help relieve stress, calm the nervous system, gain clearer thinking, and even restore an overall sense of balance to the body, the mind and the soul. This activity takes place on Thursdays from 2:00-3:30 pm via Zoom and is free of charge. To register: [info@arc-hss.ca](mailto:info@arc-hss.ca).

**SHARP (Service for Healthy Aging in the Right Place)** topic for May: *Alternative living arrangements for ageing in the community*. On Wednesday, May 15 at 10:00 a.m via zoom. Register with the following link by clicking [here](#).

**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](mailto: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 we are welcoming spring with a fun range of activities. On May 1 we will be joined by Therese, our Mental Health Coordinator and drafting a community poem. It will be a fun and informal way to pay attention to the all of the good things around us. May 8 there will be a guest presenter from Hope for Dementia giving a presentation titled, *Modifiable Risks for Dementia*. The following week on May 15 we will be learning all about bees with special guests from Dawson College. Next, on May 22 we will be having a lot of fun together and learning all about and participating in Laughter Yoga with an instructor from Institut du rire. Lastly, on May 29 we will be joined by a presenter from CAAP where we will learn about the client's rights in health and social services and then finishing with some fun games.

Contact [stjeanseniorcoord@arc-hss.ca](mailto:stjeanseniorcoord@arc-hss.ca) or (450) 525-1176 to sign up or for more information.



### Family Wellness Saturday

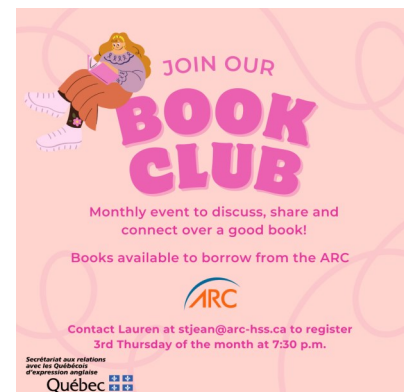
This month at Family Wellness Saturday we will be participating in a drama workshop to get the whole family involved. This event will take place on Saturday, May 25, at the Royal Military College in St-Jean-sur-Richelieu. Contact [lacolle@arc-hss.ca](mailto:lacolle@arc-hss.ca) or (514) 980-8900 for registration and questions.

### Book Club

The ARC Book Club is meeting this month to discuss *Tiny Beautiful Things: Advice by Dear Sugar* by Cheryl Strayed. *Tiny Beautiful Things* is a collection of essays that were compiled from the advice column Dear Sugar which was written anonymously at the time by Strayed. Through her powerful storytelling, Strayed helps readers to navigate grief, loss, heartbreak and other universal struggles with grace and empathy. Join us on Thursday, May 16 at 7:30 p.m. at the St-Jean office. Everyone is always welcome whether or not they have started or finished the book. The more the merrier!

### Intergenerational Gardening (Clarenceville)

We're expanding our activities out into the border area. Join us in Clarenceville on May 18 for an intergenerational gardening workshop led by our very own volunteer Luisa. On this day we will learn about effective practices in planting and maintaining a successful garden. There will be learning opportunities and activities for children, parents and grandparents. Exact location to be confirmed. Contact [lacolle@arc-hss.ca](mailto:lacolle@arc-hss.ca) or (514) 980-8900 for more information.



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

**Ashley Daniel** is our Outreach Coordinator in Lacolle. She can be reached at [lacolle@arc-hss.ca](mailto:lacolle@arc-hss.ca) or (514) 980-8900.

# CAREGIVERS CORNER

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

May brings more opportunities for caregivers to meet weekly and build community together at our Caregivers Cafe in Greenfield Park, including two special workshops hosted by our lead consultant, Penny Fleming. Come take time for yourselves and socialize, learn and grow with an exceptional, diverse and welcoming group of individuals.

For caregivers who prefer the flexibility of evening activities from the comfort of home, our monthly online support group with social worker Emma Pepall-Schultz is a great way to surround yourself with people who understand the complexities of caregiving for someone you love. This month our discussion will centre around managing disappointments and missed opportunities. Also, online this May, Penny Fleming will give an interactive workshop on a topic that deeply resonates with the caregiving community: *Is it Stress, Depression, Burnout or All of the Above? Information and Tools to Support Caregivers*.

## Caregiving Community Activities for May



May 1: Caregivers Cafe, 10:00-11:30 a.m. at 91 Churchill

May 8: Caregivers Cafe hosted by Penny Fleming, RN. Discussion topic: *The Caregivers Lexicon - Key Vocabulary to Use at the Bedside and in the Community*, 10:00-11:30 a.m. at 91 Churchill

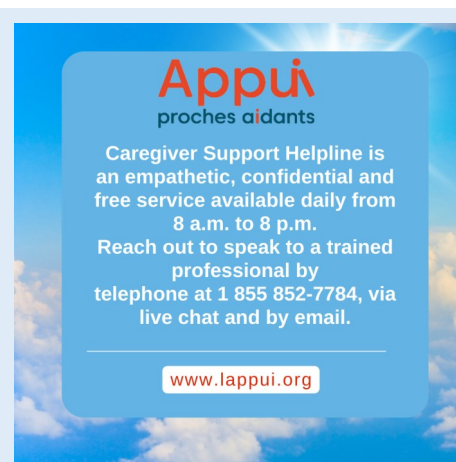
May 14: Caregiving Community Online Support Group with Emma Pepall-Schultz, 7:00-8:30 p.m. via Zoom

May 15: Caregivers Cafe, 10:00-11:30 a.m. at 91 Churchill

May 22: Caregivers Cafe at 91 Churchill hosted by Penny Fleming, RN. Discussion topic: *Understanding caregiving-related burnout and depression*, 10:00-11:30 a.m. at 91 Churchill

May 22: Caregiving Community Online Workshop facilitated by Penny Fleming, RN. Discussion topic: *Is it Stress, Depression, Burnout or All of the Above? Information and Tools to Support Caregivers*, 7:00-8:30 p.m. via Zoom

May 29: Caregivers Cafe, 10:00-11:30 a.m. at 91 Churchill



## Did you know?

ARC's Caregiving Community Programs are made possible through funding and support from **L'Appui proches aidants**. L'Appui works with organizations that support caregivers across the province and an important part of their mandate is to provide direct assistance. For information, learning opportunities, a support group or a resource, you can contact their website for tools by topic, call their Caregiver Support Helpline and speak to a professional, or use the live chat feature. [Find out more here.](#)

**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](mailto:caregivers@arc-hss.ca).

## Community Activities

**The English Book Club** invites participants to share their love of reading with other enthusiasts at the St Lambert Library, 490 Mercille Ave., on May 2 at 7:00 p.m. Featuring the book *The Orchard* by Kristina Gorcheva-Newberry. Register via the Tuxedo platform [here](#), then come pick up a copy of the book at the library if needed. This activity is funded by the Friends of the Saint-Lambert Library Foundation.

**The Wise Investor Workshop:** May 8 from 7:00-8:00 p.m. at the Brossard Library. Led by a CPA Canada chartered accountant, this workshop is intended for women who aspire to adopt strategies to become informed investors. Importance of investing, the power of women and financial habits, long-term stability, investment management options, stocks, mutual funds, exchange-traded funds, tax incidents, retirement planning resources, learning objectives, and much more. Registration is required by contacting Michèle Tibblin at (450) 923-6350 ext. 6280 or by email at [michele.tibblin@brossard.ca](mailto:michele.tibblin@brossard.ca).

**Mornings for Retirees** on May 10 from 9:30-12:00 p.m. at the St. Lambert Library, 490 Mercille Ave. Registration is required by clicking [here](#).

**The St. Lambert Lawn Bowling Club Open House:** May 10 from 4:00-7:00 p.m. and May 11 from 10:00 a.m.-2:00 p.m. All are welcome to try out this fascinating, competitive and very social sport. All equipment will be provided. St. Lambert Lawn Bowling Club, 622 Oak. For information call (450) 923-6612.

**St. Augustine's Parish Sale of vegetables, herbs & annuals:** May 11 from 10:00 a.m.-12:00 p.m. at 1741 Roberval in St Bruno. For more info call (450) 653-4402 or email [staugustine.bulletin@yahoo.com](mailto:staugustine.bulletin@yahoo.com).



St. Augustine's Sale of Vegetables,  
Herbs and Annuals  
Saturday, May 11th from 10 am to noon.  
1741 Roberval, St. Bruno, J3V 2K8

St. Augustine's Church is having an early sale of tomato plants, herbs, vegetable plants, and annuals on Saturday, May 11th from 10 am to noon. Available for the sale are:

- |  |  |
|--|--|
| <b>Tomato Plants:</b>  | <b>Herbs:</b>  |
| <ul style="list-style-type: none"><li>• Super Sweet 100 cherry</li><li>• Tiny cherry in red, orange, or yellow</li><li>• Yellow pear cherry</li><li>• Roma and Italian</li><li>• San Marzano</li><li>• 2 varieties of Heirloom</li></ul> | <ul style="list-style-type: none"><li>• Basil - classic and Thai</li><li>• Chives - classic and Chinese</li><li>• Coriander</li><li>• Parsley - curly and flat leaf</li><li>• Oregano</li><li>• Rosemary</li><li>• Sage</li><li>• Tarragon</li><li>• Thyme</li></ul> |
| <b>Vegetables:</b>   | <b>Annuals:</b>  |
| <ul style="list-style-type: none"><li>• Butternut squash</li><li>• Green and purple bush beans</li><li>• Green onions</li></ul>  | <ul style="list-style-type: none"><li>• Geraniums</li><li>• Carna lilies</li></ul>   |

Prices will be competitive with local nurseries. Please tell your friends and come out to support this sale. Proceeds will go to the Heritage Fund of St. Augustine's Parish. Should you have any questions, please email [staugustine.bulletin@yahoo.com](mailto:staugustine.bulletin@yahoo.com) or call the parish office at 450-653-4402.

**Our annual sale of perennials, annuals, and indoor plants will be on June 8th from 10 a.m. to 2 p.m. Please save the date!**

**Spring Market:** May 11 at St. Lambert United Church, 415 Mercille Ave. Candles, jewelry, art and much more. For more info email [stlucartians@gmail.com](mailto:stlucartians@gmail.com). **Our Harbour** will be on site and holding a raffle for various pieces of art. Click [here](#) for tickets.

**St. Lambert Horticultural Society:** May 16, with Patrick Robson. Topic: *Planning for Perennial Colour All Season Long*. For more info click [here](#).

**St. Augustine's Parish Spring Tea:** May 25 from 2:00-4:00 p.m. at 1741 Roberval in St Bruno. Reservation required by calling (450) 653-4402 or email: [stawomensguild@gmail.com](mailto:stawomensguild@gmail.com).

**Story time (in English):** May 25 from 11:00 a.m.-12:00 p.m. at the Brossard Library. For ages 3+. Find all the pleasures of stories, rhymes and songs for the whole family! For more information, contact Magda Zemmou by telephone at (450) 923-6350 # 6136 or email at [magda.zemmou@brossard.ca](mailto:magda.zemmou@brossard.ca).

## The Community Network Bursary application for 2024-2025 is now open!

The Community Network Bursary Program provides financial support to students in health and social services programs; it is designed to respond to regional and local priorities for access to health and social services in English.

### Bursary Amounts

Bursary amounts depend on the level of study and whether the educational institution is located within or outside the student's home region.

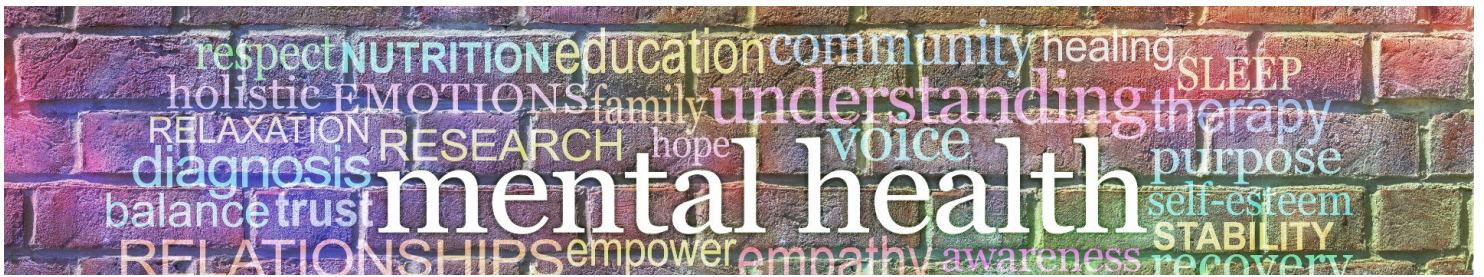
**Outside Home Region:** This type of bursary is offered to students studying in an educational institution located outside their home region. University \$10,000.00, Cegep \$5,000.00, Vocational \$1,000 to 2,000.00

**Within Home Region:** This type of bursary is offered to students studying in an educational institution located within their home region. University \$5,000.00, Cegep \$2,500.00, Vocational \$1,000 to 2,000.00

For each bursary awarded, recipients commit to working in their home region, or the catchment area of the sponsoring community network, following the successful completion of their studies for a minimum of one (1) year full-time in [a public health and social services institution](#).

Priority will be given to community-involved students whose field of study will lead them to a career in health and social services that will help address the priority service areas identified for the region.

**The deadline to apply is May 7, 2024**, by sending all completed documents to [pm@arc-hss.ca](mailto:pm@arc-hss.ca). For more information and to download the documents, [visit our website](#).



## Activities + Workshops

The [Canadian Mental Health Association](#) marks mental health awareness week from May 6-12, with a call to treat each person, including yourself, with kindness and compassion. Compassion involves both the awareness of the physical and mental suffering of others and actions taken to alleviate that suffering. Both receiving compassionate attention and giving it has been shown to positively impact life in various ways including an increased sense of connection to others, a strengthened immune system, lower stress levels, higher self-esteem and a reduced risk of anxiety and depression.

CMHA has issued a challenge for mental health week to actively demonstrate kindness and compassion in a way every day of that week. Here are some ways to integrate compassion into everyday actions:

- Speak to others and yourself with kindness
- Listen carefully and without judgment
- Apologize when mistakes are made and forgive people for making them
- Encourage other people
- Offer to help someone with a task
- Be happy for someone else's success
- Accept people for who they are
- Be patient
- Practice Mindful Breathing
- Create a Self-Compassion Journal
- Use Compassionate Touch - Place your hand over your heart or give yourself a gentle hug when you're feeling down.
- Set Boundaries - Learning to say no is a form of self-compassion. Protecting your time and energy is crucial for self-care and prevents resentment and burn-out.
- Body Scan Meditation - Perform a body scan to connect with your physical self in a compassionate manner. This involves paying attention to various parts of your body in turn, observing without judgment, and sending kindness to each part.

Taking care of your mental health by joining support groups, going to therapy and adding in learning activities is an act of self-compassion. For all the info click [here](#).

- **Online Workshop for Family and Friends with Ami Quebec**  
*Write From Your Heart*, runs for 8 sessions on Thursdays. May 2 from 10:30 a.m.-12:00 p.m.
- *Boundaries and Setting Limits*, May 7 from 6:00-8:00 p.m.

**In person workshops for family and friends at AMI Quebec offices**, 5800 Decarie, Montreal from 6:00-8:00 p.m.

- Stress Management May 22
- Exploring your contributions in Challenging Relationships May 14, 21, 28

### Support Groups with AMI Quebec click

Support Groups for Family, friends and people living with mental illness in May on Google Meet, Mondays 6:30-8:00 p.m.

- Anxiety/OCD - May 6
- Bipolar Disorder - May 13
- Depression - May 13
- Hoarding - May 27
- Family and Friends - May 6, 27
- Young Family and Friends (18-35) - May 13
- Borderline Personality Disorder for Families - May 13
- Kaleidoscope (for people living with any mental illness) - May 27
- South Shore Family and Friends in person support Group: 91 Churchill Blvd, Greenfield Park—May 13, 6:30-8:00 p.m.

### Men's Support Group (Male Caregivers)

May 13, 6:30-8:30 p.m. Online on ZOOM

The goal of this support group is to create a safe and welcoming environment for men of all ages to come and share, discuss, and reflect on issues of mental health.

Click [here](#) for more info.

**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](mailto:outreachqpk@arc-hss.ca).

# The Last Word

**Accès 65 HORS POINTE transit pass for seniors** is being offered for free to seniors aged 65 and older. This pass will be valid between January 1 to December 31, 2024. The City of St. Lambert is pleased to offer this service, to encourage its seniors to stay active and participate in activities being offered in the borough, while helping to relieve them of the worry of the cost of transportation.

This pass allows qualified seniors to make an unlimited number of trips using the regular transit or paratransit services of the RTL network, during the following off-peak hours: daytime hours 9 a.m. to 3:29 p.m., evening hours 6:30 p.m. to the end of service and Saturdays, Sundays and statutory holidays. To find out how to obtain the transit pass for seniors, click [here](#).

**National Nursing Week is May 6-12.** Changing lives and shaping tomorrow. Click [here](#) for all the information on scheduled events and downloadable resources that help recognize the contributions of the tremendous impact that nurses have on individuals, communities and the future of health care.

**Question of the day:** In a math book describing the Fibonacci sequence, it's said that often the sequence works with certain things found in nature. A picture of a pinecone is used in the book. Which brings you to wonder, how do pinecones have anything to do with the Fibonacci numbers?

**Answer:** Fibonacci numbers are a series of numbers where each, after the second term, is the sum of the preceding two numbers (e.g., 1, 1, 2, 3, 5, 8, 13, etc.). In the study of botany, these numbers have proved useful in describing the positioning of leaves around plant stems, the spiral patterns in sunflower heads, and the scales of pinecones.

**Regional Climatology and Adaptation to Climate Change:** [Ouranos](#) is a collaborative innovation hub enabling the Quebec society to better adapt to an ever-changing, evolving climate.

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.

## Greenfield Park (Main Office)

106 Churchill Blvd., 2nd Floor  
Greenfield Park J4V 2L9  
Tel: (514) 605-9500  
[info@arc-hss.ca](mailto:info@arc-hss.ca)

## Activity Centre

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

## Haut-Richelieu-Rouville

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

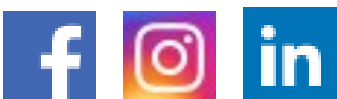
## Lacolle

10 Sainte-Marie St.  
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