

May 2026



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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HAPPY
MOTHER'S
DAY

Sunday, May 10th



Information source for the South Shore
English-speaking community

THE ADVISOR

As May arrives, we continue to enjoy the beauty of spring in full bloom, along with longer days and new opportunities to connect and grow. This edition of *The Advisor* is filled with activities, events, and initiatives designed to bring our community together and support well-being for all.

As Sunday, May 10 approaches, we would like to take a moment to celebrate the incredible mothers and mother figures who enrich our community. Whether you're a mom, stepmom, grandmother, guardian, mentor—or someone who shows care and compassion in a motherly way—this day is for you. Wishing you a very **Happy Mother's Day** and heartfelt thanks for all that you do.

We're also excited to share that ARC will be hosting **Community Health Day**, a free outdoor event for youth and families focused on physical activity, mentorship, and community connection. This multi-station event encourages confidence, teamwork, and life skills, while also connecting families with valuable local resources. See page 6 for more details.

If you enjoy hands-on, creative activities, don't miss our upcoming **Potting Workshops** in Greenfield Park on May 28 and June 4. Join us for a relaxed and social session where you'll create your own planter with provided materials—no experience needed. Space is limited. See page 2.

We are currently **seeking volunteers** to support older adults in building confidence with technology. This is a meaningful opportunity to make an impact in someone's life, with training provided to help you succeed in the role. See page 8 for more information.

Looking ahead, please save the date for our **Annual General Meeting** on Wednesday, June 17 at 1:30 p.m. More details and the official notice will be shared soon—we hope you'll join us.

Be sure to explore this month's events, updates, and ways to get involved. Whether you're connecting with others, learning something new, or giving back to your community, there's something here for everyone. Here's to a month of growth, appreciation, and continued connection.

Have questions or need support? Call us at (514) 605-9500 or email info@arc-hss.ca.

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

Our **Senior Wellness Greenfield Park** activity is located at St. Mary's, 735 Miller St., Greenfield Park. This large and comfortable space allows us to welcome more participants safely. Join us on Thursdays from 1:30 to 3:00 p.m. for engaging weekly activities designed to stimulate your mind, body, and creativity! Registration for all activities is **REQUIRED**. For more information or to register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

- **May 7:** We will welcome **Akim Bamboo**, a master of the chromatic shakuhachi, a luthier, and a career musician. Akim has been designing flutes, foraging building materials, and leading community workshops, including meditation concerts and group flute-building sessions.
- **May 14: Pass the Painting Around** – Get creative! Each person adds to a painting as it travels from one person to the next.
- **May 21:** Stay alert and protect yourself with our **Fraud Prevention** session! Learn practical tips, recognize common scams, and gain confidence in keeping your personal information and finances safe.
- **May 28:** Experience the sights, sounds, and flavours of Bangladesh from the comfort of your seat! Join our **virtual travel** session to explore vibrant markets, serene rivers, and rich cultural traditions.

Ancestor Hunters Genealogy Club welcomes both experienced genealogists and beginners. Participants can learn to navigate archival resources and share research challenges with others. All experience levels are welcome. Join the group on **May 5** from 1:00 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park. To register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Take part in our monthly **Cooking Demonstration**—no chopping required, just good food and good company. Join us on **May 12** from 10:00 a.m. to 12:00 p.m. at 91 Churchill Blvd., Greenfield Park for a watch-and-learn session on traditional Indian dishes, co-hosted by Meena Gandhi. We are fortunate to have such talented cooks in our class and look forward to learning about Indian spices and cuisine. Space is limited and registration is required. Register with Courtney at info@arc-hss.ca or (514) 604-9455.



Join us **May 6**, 1:30–3:00 p.m. at 91 Churchill Blvd., Greenfield Park for our second **Men's Café**; a space for men to connect, converse, and find some commonalities. This session we'll explore the history of the places where we grew up and share some stories with each other. This space is all about exchanging, learning from one another, and discovering new things. For more information, contact Brandon at cmttydev@arc-hss.ca or (438) 465-4514.

Join us on **May 13** from 1:30 to 3:00 p.m. for **Mindful Together**, an activity to allow yourself a moment to pause and reconnect with yourself. Held at 91 Churchill Blvd., Greenfield Park and led by Brandon Stewart, these sessions explore the "art of being present". This month we'll explore calming techniques and learn to identify what makes you feel good about yourself. You'll leave the session with a worksheet that you can use to practice at home. Register with Brandon at cmttydev@arc-hss.ca or (438) 465-4514.

Take part in one of our upcoming **Potting Workshops** and create your own beautiful planter filled with an herb, a flowering plant, and a decorative "spiller". Join us on either **May 28** or **June 4** from 1:30 to 3:30 p.m. in Greenfield Park (*address to be provided closer to the date*). Plants and materials will be provided, however, participants must bring a pot (approximately 10–12 inches wide and 12–14 inches high, with a drainage hole). Bringing a box/container/large bag for transport is recommended. Space is limited. Register with Courtney at info@arc-hss.ca or (514) 604-9455.



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GPK Activities *continued from previous page...*

Join us on **May 19** for a personalized computer support workshop as part of our **Digital Skills** series. Participants can bring their own questions and receive individual help with their specific computer challenges. This hands-on session is designed to provide tailored guidance in a supportive environment. Register with Tania at gpk@arc-hss.ca or (514) 213-3744.

Looking to improve your French in a relaxed, supportive setting? Join our weekly **French Conversation Group** Mondays from 10:30 to 11:30 a.m. at 91 Churchill Blvd., Greenfield Park. Practice speaking while building confidence and connecting with others on the same journey. For more information, contact Courtney at info@arc-hss.ca

Looking for a stress-free, relaxing activity? Let go of your thoughts and express yourself through **Rock Painting**, a fun, calming way to get creative and unwind. Join us **each**

Monday from 1:00 to 2:30 p.m. at 91 Churchill Blvd., Greenfield Park. For more information, contact Thérèse at outreachgpk@arc-hss.ca or at (514) 605-9500.

Our **Walk & Talk Group** meets each Thursday at 10:30 a.m. for an hour-long stroll around Greenfield Park. Walking can boost heart health, strengthens muscles and joints, improves mood, reduces stress, and is a great way to make new friends and connect with others. Meet us at 91 Churchill Blvd. and enjoy good company and fresh air! Register with Courtney at info@arc-hss.ca

Offered by the CHSSN's **Service for Aging in the Right Place (SHARP)**, this month's presentation will take place on **May 20** from 10:00 to 11:30 a.m. via Zoom. The topic will be *Supporting Older Adults and Caregivers in Navigating the Quebec Health System*. To register for the Zoom session, click [here](#).

Tania Blood is ARC's Outreach Program Coordinator in Greenfield Park.

For information, please feel free to reach out to her at (514) 213-3744 or gpk@arc-hss.ca.

Caregivers Café

Join us every Wednesday in May, 10:00 to 11:30 a.m. at 91 Churchill Blvd., Greenfield Park, for **Caregivers Café**, a welcoming space to step away, learn, and recharge. Sessions offer practical legal guidance, conversations on aging, shared learning, and insights on hearing health to help you feel informed, supported, and confident. New and returning caregivers are welcome. For more information or to register, contact Christine at caregivers@arc-hss.ca.

May 6 – Legal Tools for Caregivers (Educaloi): Meet experts from Educaloi for a practical session on the legal tools available to caregivers. Explore how these tools apply in real-life situations and gain a clearer understanding of your rights, responsibilities, and options while caring for a loved one.

May 13 – Semaine des aînés de Longueuil: Discover ARC: Special guest: Varsha Bhat, of the *Aging with Dignity* Podcast. Join us for a special session inspired by everyday conversations about aging, caregiving, and planning ahead. Varsha, the driving force behind the *Aging with Dignity* podcast, has established a platform for sincere introspection on caring for elderly relatives and skillfully navigating care with respect, kindness, and candour.

May 20 – Older Adults and Caregivers: Navigating the Quebec Health System (SHARP Learning Session)- Steve Guimond, PNN CHSSN. This session offers practical guidance on navigating the Quebec health system and accessing the supports available to you and those you care for.

May 27 – Understanding Hearing Loss— Keara Blair, Hear Quebec: This session explores how hearing loss develops, its impact on communication and independence, and practical strategies for daily life. Learn how Hear Quebec supports individuals through community programs, resources, and connection.

The poster is titled "ARC caregivers cafe" and "MAY LINEUP". It lists four events for May: May 6 (Legal Tools for Caregivers), May 13 (Semaine des aînés de Longueuil), May 20 (Supporting Older Adults and Caregivers), and May 27 (Understanding Hearing Loss). Each event includes a brief description and a photo of the guest or topic. The poster also includes contact information for Christine Prince and the phone number (514) 608-9600.

ARC caregivers cafe
WEDNESDAYS 10:00-11:30 AM | 91 CHURCHILL BLVD., GREENFIELD PARK

MAY LINEUP

- MAY 6**
LEGAL TOOLS FOR CAREGIVERS – WITH EDUCALOI
Meet experts from Educaloi for a practical and engaging Caregivers Café – Legal Edition. Explore the tools available to caregivers and how they can be applied in real-life situations. Take this opportunity to empower yourself with knowledge and build a clearer understanding of your rights, responsibilities, and the resources available to you while caring for a loved one.
- MAY 13**
SEMAINE DES AÎNÉS DE LONGUEUIL – DISCOVER ARC!
VARSHA BHAT, HOST - AGING WITH DIGNITY PODCAST
Sparked by everyday conversations about aging, caregiving, and preparing for what lies ahead, the *Aging With Dignity* podcast has grown into a space that brings these important, often unspoken experiences into the open. Join us at a special edition of the Café that offers a thoughtful, personal perspective on how we support older loved ones and navigate care with dignity, compassion, and honesty.
- MAY 20**
SUPPORTING OLDER ADULTS AND CAREGIVERS IN NAVIGATING THE QUEBEC HEALTH SYSTEM
SHARP WEBINAR - WITH STEVE GUIMOND, PNN CHSSN
Ready to get SHARP-er with another learning opportunity? We're taking part in a valuable webinar hosted by the CHSSN SHARP Program alongside caring people across the province. Join us at the Café for this live online session and connect with the broader caregiving community.
- MAY 27**
UNDERSTANDING HEARING LOSS
SPECIAL GUEST: KEARA BLAIR - HEAR ENTENDRE QUÉBEC
Hearing loss can be particularly difficult as we age and experience a loss of independence. This session offers an overview of ear function, the progression of hearing loss, and its effects on communication and daily life. Learn practical strategies for managing these changes and highlight how Hear Québec supports individuals through community programs, resources, and membership.

CHSSN
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Québec

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

Christine Prince is ARC's Communications and Program Coordinator in Greenfield Park.

For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.



May 2026 Greenfield Park

To register for an activity :
info@arc-hss.ca / (514) 604-9455

Locations / Notes:

 **ARC Activity Centre**
91 Churchill
Greenfield Park

 **St. Mary's Parish**
125 Grove
Greenfield Park

 **Virtual via ZOOM**
(email info@arc-hss.ca
for link)

**** Affordable Produce Baskets from CAPL :**
capl.inter@gmail.com
(450) 486-1400 **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom) Cribbage 6:00 - 8:00 pm	5 Genealogy Club 1:00 - 3:00 pm	6 Caregivers Café 10:00 - 11:30 am Men's Café 1:30 - 3:00 pm ** Affordable Produce Baskets ** 3:00 - 7:00 pm	7 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	8	9
10	11 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	12 Cooking Demo. 10:00 am - 12:00 pm	13 Caregivers Café 10:00 - 11:30 am Mindful Together 1:30 - 3:00 pm	14 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Book Club (full) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	15	16
17	18 VICTORIA DAY Cribbage 6:00 - 8:00 pm	19 Digital Skills Workshop 1:30 - 3:00 pm	20 Caregivers Café 10:00 - 11:30 am SHARP: Navigating the Quebec Health System 10:00 - 11:30 am (Zoom) ** Affordable Produce Baskets ** 3:00 - 7:00 pm	21 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Ilana's Drawing 1:00-3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	22	23
24	25 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	26	27 Caregivers Café 10:00 - 11:30 am Craft, Create, Connect 1:30 - 3:00 pm	28 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am 1:30 - 3:00 pm Potting Workshop Senior Wellness 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	29	30
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HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness Activities in Chambly take place on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30 to 3:00 p.m. For more information or to register, please contact Tania by email at gpk@arc-hss.ca or phone (514) 213-3744. Here's what's coming up this month:

- **May 6:** We will welcome **musician Akim Bamboo**. Akim is a master of the chromatic shakuhachi, a luthier, and a career musician. He has been designing flutes, foraging building materials, and leading community workshops, including meditation concerts and group flute-building sessions.
- **May 13:** We're excited to welcome the one and only **Andy O'Donnell**, who will be leading a hands-on presentation all about the basics of **changing your car's oil and tires**—practical skills you can actually use!
- **May 20:** **CAAP Montérégie** will present how to **file a complaint regarding health and social services**.
- **May 27:** Experience the charm of **Portugal from the comfort of your seat**. Stunning landscapes, vibrant cities and rich culture.

Parlez-Vous? Let's Chat! This month we're diving into the journey of coffee, from tree to cup, while practicing French in a relaxed, enjoyable setting. Through conversation and hands-on experiences, you'll learn about coffee culture while connecting with others. Join us from 6:30 to 8:00 p.m. on **May 14** at 409 Jacques-Cartier Street South in Saint-Jean for a fun, informal conversation centred around all things coffee. Then, on **May 28**, we'll meet at the artisanal roastery *Bean et Bonheur* (131 Saint-Jacques Street, Saint-Jean) at 6:30 p.m. for a guided tour of the roasting process. **RSVP before May 21**. Parlez-Vous? is a casual, welcoming space to practice French, discover new interests, and make friends. To register, contact Céline at hrr@arc-hss.ca or (514) 980-8900.

ARC Book Club – St-Jean: Join us on **May 21** from 7:00 to 8:30 p.m. at the Collectivement Elles women's centre (390 Georges-Phaneuf St., Saint-Jean) to discuss *The Turn of the Key* by Ruth Ware. This gripping psychological thriller follows a young nanny who takes a position in a remote, high-tech house—only to find that something isn't quite right. As tensions rise and secrets unravel, the story offers a gripping turn toward a darker genre than the club has explored so far this year. To participate in our book club, you will need to purchase a \$5 Collectivement Elles membership, which grants you access to all of the centre's programming and resources until August 2026. A limited number of books are available to borrow (some conditions apply). contact Céline at hrr@arc-hss.ca or (514) 980-8900 for more information.

Family Wellness Saturday at Saint-Jean Garrison – Join us **May 23** from 10:00 a.m. to 12:00 p.m. for supervised indoor rock-climbing for all ages (3 and up) at the Saint-Jean Garrison Sports Centre. All equipment and guidance will be provided by certified instructors so everyone can climb safely and confidently. We'll also have a soft-play and gross-motor skills area for younger children to explore and move. **RSVP is required to access the military base**, located at 25 Grand Bernier South in Saint-Jean. Email hrr@arc-hss.ca or call (514) 980-8900 to get on the list.

WELLNESS 55+ CHAMBLY

Join the vibrant 55+ community in the Haut-Richelieu and take part in welcoming English-language activities that keep you active, engaged, and connected. Enjoy opportunities to learn, share, and spend meaningful time with others.

WEDNESDAYS 1:30 - 3:00 PM

Activity	Date
SPECIAL MUSICAL GUEST: AKIM BAMBOO We welcome guest musician Akim Bamboo, a Montérégie-based artist and chromatic shakuhachi master. As a flute maker and performer, he designs instruments from foraged materials and offers meditation concerts and flute-building workshops, promoting a musical experience connected to sound, craftsmanship, and nature.	MAY 6
UNDER THE HOOD – CAR CARE MADE SIMPLE We're excited to welcome Andy O'Donnell for a hands-on presentation on the basics of changing your car's oil and tires. This beginner-friendly session is designed for those with little or no experience, offering clear, practical guidance to help you feel more comfortable and confident with simple car maintenance.	MAY 13
UNDERSTANDING THE COMPLAINT PROCESS CAAP Montérégie guides you through filing a complaint in the health and social services system, outlining each step and the support available along the way. They clarify how the process works, explain your rights, and highlight the assistance available should you choose to move forward with a formal complaint.	MAY 20
VIRTUAL TRAVEL – DESTINATION PORTUGAL! Experience the charm of Portugal as we journey through its sun-soaked coastlines, historic cities and picturesque villages. From the colourful streets of Lisbon to the scenic beauty of the Douro Valley and the Atlantic coastline, we'll explore the country's rich heritage, warm culture, and vibrant traditions. No need to pack a suitcase for this vacation!	MAY 27

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Québec

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Contact us:
(514) 213-3744
gpk@arc-hss.ca
For more info:
www.arc-hss.ca
#arcess

PARLEZ-VOUS? French Conversation Group

Develop your French language skills each week by focusing on vocabulary, conversation, and listening practice, all leading up to a fun, real-world experience.

MAY 14 6:30 to 8:30 p.m.	COFFEE AND CONVERSATION Practice your French while exploring the journey of coffee, from tree to cup, in a fun, social setting. 409, Jacques-Cartier St. South, St-Jean-sur-Richelieu
MAY 28 6:30 to 8:30 p.m.	ARTISANAL ROASTERY TOUR Meet at Bean et Bonheur for a private tour to see the roasting process up close, at a comfortable pace for French-language learners. SVP note: Deadline to register - May 21 131, Saint-Jacques Street, St-Jean-sur-Richelieu

Let's Chat! All levels welcome! Open to native French speakers, too!

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BOOK CLUB

WITH COLLECTIVEMENT ELLES

Thursday, May 21
7:00 to 8:30 p.m.
390 Georges-Phaneuf St.
Saint-Jean-sur-Richelieu

Our May Selection
RUTH WARE
THE TURN OF THE KEY

Your \$5 membership at Collectivement Elles women's centre grants access to their welcoming space and all programming.
A limited number of books are available for borrowing upon request.

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HRR Review *continued from previous page...*

Senior Wellness Activities in Clarenceville— Join us Wednesdays, from 1:30 to 3:00 p.m. for activities supporting the physical, cognitive, and emotional well-being of English-speaking seniors 55+. Held in the lower level of the Free Methodist Church (1076 Front Street North, Clarenceville), which is wheelchair accessible. Please contact Céline at hrr@arc-hss.ca or (514) 980-8900.

- **May 6 – Protecting yourself online: a hands-on guide to securing your devices**— Bring your laptop, tablet, or smartphone and our tech expert Eric Ouimet will walk you through the process
- **May 13 – Mindful eating, healthy minds**— Led by Hope for Dementia, explore how mindful eating and shared meals can support brain health and reduce dementia risk.
- **May 20 – Little works of whimsy: an afternoon of rock painting**—get creative, unwind, and connect while making something meaningful.
- **May 27 – Peace of mind planning - preparing for life's curveballs.** Learn how to organize key information and documents so loved ones are prepared in emergencies, with simple, practical steps to get started.

ARC
FREE METHODIST CHURCH
1076 FRONT STREET N.
CLARENCEVILLE

55 + CLARENCEVILLE
Activities *in English* designed to stimulate physical, cognitive and social well-being
Activités proposées *en anglais*, conçues pour stimuler le bien-être physique, cognitif et social

WEEKLY SOCIAL GATHERING
SNACKS, COFFEE AND TEA

ACTIVITÉ SOCIALE HEBDOMADAIRE
COLLATIONS, CAFÉ ET THÉ

MAY - MAI **WEDNESDAYS - LES MERCREDIS**
13H30-15H00

06	SECURING YOUR ONLINE DEVICES: A HANDS-ON WORKSHOP SÉCURISER VOS APPAREILS EN LIGNE: UN ATELIER PRATIQUE
13	HOPE FOR DEMENTIA PRESENTS: MINDFUL EATING, HEALTHY MINDS MANGER EN PLEINE CONSCIENCE POUR UN CERVEAU EN SANTÉ
20	LITTLE WORKS OF WHIMSY: AN AFTERNOON OF ROCK PAINTING PETITES OEUVRES DE FANTAISIE: LA PEINTURE SUR PIERRES
27	PEACE OF MIND PLANNING - PREPARING FOR LIFE'S CURVEBALLS POUR LA TRANQUILLITÉ D'ESPRIT - SE PRÉPARER AUX IMPRÉVUS

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Québec

TO REGISTER
POUR VOUS INSCRIRE
(514) 980-8900
hrr@arc-hss.ca

*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.*

ARC **PACKERS 50th ANNIVERSARY** with support from **Canada** **FLIGHT SCHOOL**

Community HEALTH EVENT
SATURDAY, JUNE 13
EMPIRE PARK GPK - PACKER'S FIELD
2:00 - 4:00 PM
CHECK-IN 1:00 PM
FOR AGES 6-17

COMMUNITY RESOURCE HUB
8 ATHLETIC MENTORSHIP STATIONS
GAMES, DRILLS, PRIZES AND MORE!

Skills, sports and community supports! Adapted for ALL abilities - come play your way!
Ready to play, try something new, and have a blast? Come move, laugh, and discover just how strong, confident, and awesome you are. Bring your energy - we'll bring the fun!

Join us!
• LEARN NEW SKILLS
• MEET POSITIVE ROLE MODELS
• FUN OUTDOOR GAMES & TEAM CHALLENGES
• SKILL-BUILDING & TEAMWORK
• FUN INFLATABLE GAMES
• AND...DISCOVER GREAT COMMUNITY RESOURCES FOR THE WHOLE FAMILY TOO!

Scan the QR code to register:

For more information:
Call: (514) 712-6575
employment@arc-hss.ca

In case of rain, this event will be postponed to Sunday, June 14. @arcaccess

Community Health Day

Community Health Day is a multi-station athletic mentorship event designed to build real world life skills, including discipline, communication and goal setting. Throughout the day, families can also explore community kiosks offering information and support related to education, employment, housing, food security, and family services.

The event is free, offered in English with bilingual support available, and open to all fitness levels. Activities will take place at Empire Park in Greenfield Park, located at 195 Empire St. on June 13 from 2:00 to 4:30 p.m., with a rain date of June 14. Participants are encouraged to arrive early to allow time for check-in, and to help ensure a smooth sign-in process.

Community Health Day is delivered in collaboration with Adrian Davis from the Athletic Academy, the Flight School and the Greenfield Park Packers. All registered participants will be entered into a prize draw for Habs tickets, athletic gear, and other giveaways. Families will also be able to purchase food and drinks from the Packers canteen to make the day more enjoyable.

*Andre Bergeron is ARC's Employment Coordinator in Greenfield Park.
For information, please feel free to reach out to her at (514) 712-6575 or employment@arc-hss.ca.*



May 2026

St-Jean | Clarenceville | Chambly

Locations / Notes:

- Chambly**
[2000 Bourgogne Ave. Chambly](#)
- Clarenceville**
[Free Methodist Church 1076 Front St. North Clarenceville](#)
- Collectivement Elles**
[290 Georges-Phaneuf St. St-Jean-sur-Richelieu](#)
- St-Jean Garrison Sports Centre**
[25 du Grand Bernier St. St-Jean-sur-Richelieu](#)
- Joie de Vivre**
[409 Jacques-Cartier St. S St-Jean-sur-Richelieu](#)
- Bean et Bonheur**
[131 St-Jacques St. St-Jean-sur-Richelieu](#)
- Virtual via ZOOM**
(info@arc-hss.ca for link)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Virtual Drawing 2:00 -3:30 pm (Zoom)	5	6 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	7 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	8	9
10	11 Virtual Drawing 2:00 -3:30 pm (Zoom)	12	13 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	14 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 6:30 - 8 pm	15	16
	18 VICTORIA DAY	19	20 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	21 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) St-Jean Book Club 7:00 - 8:30 pm	22	23 Family Wellness 10:00 am - 12:00 pm
24	25 Virtual Drawing 2:00 -3:30 pm (Zoom)	26	27 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	28 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 6:30 pm	29	30
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Connect for your Mental Health

Have you ever felt like you've tricked everyone into believing you're smarter or more capable than you really are? That uneasy sense that you're just one mistake away from being found out is known as **impostor syndrome**. People who experience this often feel conflicted between others' perception of them as capable and valuable and their own belief that they are inadequate. It is a common phenomenon with an estimated 70-80% of people experiencing it at least once in their lives. Impostor syndrome can feel like persistent nervousness and often manifests as negative self-talk. You may try to overcompensate for your fear of failure by striving for perfection, which can lead to burnout and increased anxiety. It is also linked to conditions such as anxiety, depression, low self-esteem, emotional or physical exhaustion, chronic stress, and even a weakened immune system.

Common examples of impostor syndrome include:

- Feeling like a fraud when addressed by your professional title even after mastering your role
- Attributing your success to luck or others' contributions rather than your own abilities
- Hesitating to promote your business because you feel less experienced or knowledgeable than others in your field
- Overworking or people pleasing to meet perceived expectations
- Constantly comparing yourself and your achievements to those of others

To move past these feelings, it is important to confront the deeply ingrained beliefs you hold about yourself. This can be challenging, especially if you are not fully aware of them. The following strategies can help:

- **Share your feelings.** Talk openly about your experiences. Self-doubt tends to grow when it remains unspoken.
- **Focus on others.** Although it may seem counter-intuitive, supporting others can help build your confidence. For example, if someone seems uncomfortable or excluded, start a conversation to include them.
- **Take small steps.** Rather than striving for perfection, aim to do things reasonably well. Acknowledge and reward yourself for taking action such as contributing to a group discussion or sharing your perspective.
- **Accept your feelings.** Instead of resisting feelings of self-doubt, acknowledge and accept them. This awareness is the first step toward challenging the beliefs behind them.
- **Do not let it hold you back.** Even if you feel like a fraud, continue pursuing your goals. Progress comes from persistence, not perfection.

Impostor syndrome can be overwhelming but it is not permanent. With awareness and consistent effort, it is possible to build confidence and recognize your true worth.

Source: Antanatos, Lydia. 2022. *How to Overcome Impostor Syndrome: 13 Tips from a Therapist*. www.choosingtherapy.com.

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.

Volunteers Needed

We are **looking for volunteers to support older adults with technology**. This involves helping seniors become more comfortable navigating and using different digital tools in their daily lives. No experience is required — just patience, clear communication, and a willingness to help! Volunteers will be required to attend two mentor training sessions on **June 8 and 9** from 10:00 a.m. to 12:00 p.m.

The training will cover:

- Basic techniques for supporting older adults with technology
- Key cyber safety knowledge and how to share it with learners
- How to provide effective one-on-one support

After completing the training, volunteers will be able to offer practical one-on-one support to seniors in our community during our future workshops. If you are interested, please contact Tania at gpk@arc-hss.ca or (514) 213-3744.



Do you want to help older adults with tech?

Assistance and Referral Centre (ARC) is seeking passionate volunteers to help seniors in our community

- Learn basic techniques for helping older adult with technology
- Build essential cyber safety knowledge and learn how to share it with new learners
- Attend online training modules and 1:1 practical support

WHY VOLUNTEER?

- Stay active, engaged, and connected
- Help older adults build digital confidence at workshops
- Contribute to your community

For more information, contact Tania Blood at:
Email: gpk@arc-hss.ca
Phone: (514) 213-3744



Community Activities

Hope & Cope - Men's Club in-person: May 5 at 4:00 p.m. (bilingual activity). This group offers a safe, supportive space where men coping with a cancer diagnosis can confide in each other, learn and connect. The group meets every first Tuesday of the month. Click [here](#) for more info.

Oenophilia or the art of the most beautiful wine labels: May 5 from 6:30 to 8:00 p.m. at the Saint-Lambert Library, 490 Mercille Ave. The association of art and wine is the hallmark of several major wine houses that pay particular attention to the labels adorning their finest vintages. Numerous renowned artists, such as Chagall, Balthus, Picasso, and Braque, have used their brushes to embellish bottles with magnificent designs. Click [here](#) for more info.

Open House of the **Saint-Lambert Lawn Bowling Club:** May 9 and 10 from 10:00 a.m. to 4:00 p.m. located at 662 Oak Ave. Come and try out this little-known sport. It is easy to learn and a great way to make new friendships. All equipment is supplied, just wear flat-soled shoes.

Spring Craft Market: May 9 from 10:00 a.m. to 3:00 p.m. at the Saint-Lambert United Church, 415 Mercille Ave.

Exhibition by Danielle Desharnais at the Multifunctional Centre (81 Hooper Street, Saint-Lambert) May 21 to July 18 -Thursday: 5:00 p.m. to 8 p.m. Saturday: 10:00 a.m. to 1:00 p.m. Danielle Desharnais's work is deeply inspired by nature, and more specifically by trees, symbols of strength and resilience. Her use of intense colours and organic forms reflects her desire to capture and translate all the beauty and depth of our environment.

Saint-Lambert Horticultural Society: Plant and Seed Sale, May 30 from 9:00 a.m. to 12:00 p.m. at the Lawn Bowling Club. Click [here](#) to register.

Old Saint-Lambert's Farmers Market at the multi-purpose centre (81 Hooper Street). May 7 to October 15 from 3:00 to 9:00 p.m. Come and fill up on fresh and processed products from the best agri-food producers in the Montérégie and surrounding areas. Click [here](#) for all the info.

Qigong with Sandra Mondays at 330 Gladstone St., Greenfield Park, 1:00 to 2:15 p.m. For information, contact Sandra Mitchell at (450) 466-7200 or email taichirivesud@gmail.com.

Tai Chi/Qigong Classes: Movement disciplines for the body, mind and soul. Saint-Bruno United Church - Mondays at 4:30 and 5:30 p.m. and Wednesdays at 6:30 p.m.; Zoom sessions - Mondays and Fridays 10:30 a.m. and 2:00 p.m. Contact Sandra at taichirivesud@gmail.com for more info and to register. Your first visit is complimentary.

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

May is **Celiac Awareness Month**. Click [here](#) for the link to the May newsletter for the Quebec Support Group for Celiac Canada.

Volunteers needed - Are you looking for meaningful volunteer opportunities within your community? Consider volunteering with **Our Harbour!** Our Harbour is an anglophone non-profit based on the South Shore that provides supportive, long-term housing to adults with mental health conditions. Volunteers perform a range of services: working closely with residents, apartment maintenance, fundraising, board and governance, leading resident activities...the list goes on. They are actively welcoming new volunteers to help support our residents and our programs. If you have a skill or interest you'd like to volunteer with, or you'd simply just like to get involved, click [here](#) to submit an application form or call (438) 373-6897 with any questions.

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

AmiQuebec: Mental Health AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. All free of charge. For more information click on the [calendar](#).

Éducaloi has developed live workshops and e-learning courses to help better understand rights and responsibilities in everyday situations. These workshops and courses can also help build skills to tackle legal situations with confidence. Visit their [website](#) to choose an e-learning course just for you.

A non-profit organization and registered charity La Mère à Boire/**Moms for Milk** is the perfect place to begin parenting journeys, feel empowered and connect with a warm, inclusive community. Click [here](#) for more information.

Golden Jubilee Club – Created by Local Seniors, Powered by Local Seniors! Happening every Wednesday at Jubilee Hall, 195 Empire Street in Greenfield Park - because staying active, socializing, and being part of a vibrant community is pure gold. For more information, contact Beverley at (450) 672-2679 or barmistead@videotron.ca.

The Last Word

Health Awareness Days

May is recognized across Canada as **Vision Health Month**, a time to highlight the importance of eye health, early prevention, and routine eye examinations. The Government of Canada, in collaboration with partners such as Fighting Blindness Canada, works to raise awareness and provide education on preventing vision loss—especially since nearly 75% of sight loss is avoidable or treatable with proper care and timely intervention.

GetEyeWise: Consider eye care as part of a healthy routine. Even if you think your eyes are fine, it is important to still get them checked regularly. Save your sight. **To help you find a doctor**, click [here](#).

Eye Health Library: Click [here](#) for a **comprehensive library** that provides information to help maintain optimal eye health and vision care.



**Vision
Health
Canada**

**Santé
Vision
Canada**



Helpful resources in English from the [CISSS](#) whose mission is to contribute to promoting, maintaining, improving and restoring the health and well-being of the population in its territory by making a range of quality health and social services accessible.

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