



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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Our office in Greenfield Park, located on the second floor above the Newland Café, is now permanently closed. We moved to 156 Churchill, a building managed by the Ville de Longueuil which is not open to the general public. If you need to reach us, feel free to drop by our Activity Centre, located at 91 Churchill, or call (514) 605-9500, Monday to Thursday, 8:30-4:30.

On November 30 the **Community Dinner Dance** theme is Rock Rewind and is sure to be another sell-out event. Where else can you get a homestyle dinner, dancing to your favourite rock hits from past to present and a chance to mix and mingle with wonderful people in the community for 15 dollars? All ages are welcome - tickets are \$15/adults and \$7.50/children under 8. If you would like to attend, simply [visit our website](#).

We're holding our second **Employment Clinic** for those in the community 40, 50, 60 +. This FREE lunch and learn will take place at our Activity Centre on November 7 at 12:00 p.m. [Register here](#).

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

On **Monday, November 11**, Canadians pause to honour the men and women who have served and continue to serve Canada during times of war, conflict, and peace. Take a moment at 11:00 a.m. to acknowledge the more than 2,300,000 Canadians who have served and more than 118,000 who made the ultimate sacrifice.

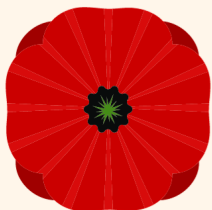
There are two **remembrance ceremonies** locally on Sunday, November 10:

In **Greenfield Park** on Sunday, November 10. Formation begins at 12:30 in front of the Legion (205 Empire St.), followed by a walk to the cenotaph at 12:45. The ceremony begins at 1:00 p.m., followed by a parade around the block. Everyone is welcome to the Legion after the parade.

In **St. Lambert** at Mercille Park from 10:50 a.m.-12:00 p.m. The procession will depart at 10:50 a.m. from the municipal parking lot on Notre-Dame Ave. Click [here](#) for all the information.

## LEST WE FORGET

REMEMBRANCE DAY




Commemorating the sacrifices of members of the armed forces and of civilians in times of war.

11 NOVEMBER

# November Activity Calendar

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

[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> 				1	2
3	<p>4 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p>	<p>5 Computers &amp; Tablets Workshop @ Activity Centre 10:00-11:00 am</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Ilana's In-Person Drawing Class @ Activity Centre 1:00-3:00 pm</p>	<p>6 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</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>Caregiving Community Virtual Workshop via Zoom 7:00-8:30 pm</p>	<p>7 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Employment Clinic @ Activity Centre 12:00 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	8	9
10	<p>11 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 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>12 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Caregivers Support Group via Zoom 7:00-8:30 pm</p> <p>Seniors Wellness Activity Clarenceville 1:30-3:30 pm</p>	<p>13 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p>	<p>14 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	15	16
17	<p>18 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 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>19 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p>	<p>20 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</p> <p>SHARP: via zoom "Thinking About Your Future" 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>21 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>Book Club (St Jean) 7:30-9:00 pm</p>	22	23
24	<p>25 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 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>26 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Seniors Wellness Activity Clarenceville 1:30-3:30 pm</p>	<p>27 Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent &amp; Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly &amp; GPK 1:30-3:00 pm</p>	<p>28 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	29	<p>30 Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm</p> <p>Community Dinner Dance @ GPK (Legion) 5:00-10:00 pm</p>

# 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.

- November 6: What is Movember/Health Jeopardy!
- November 13: Word Kindness Day-Creating Shared Values
- November 20: Holiday Winter Cards
- November 27: Staying Active in Winter facilitated by a licensed trainer

## **Computers & Tablets Workshop**

at our Activity Centre, 91 Churchill Blvd., Greenfield Park on November 5 at 10:00 a.m. Participants are encouraged to bring their devices but are not obligated. May bring tablets as well. There will be a Q&A period at the end of the workshop. 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! [Contact Tania](#).

In addition to the regular Mondays with **Ilana's Virtual Drawing Class** on Zoom from 2:00-3:30 p.m., she will be hosting a **special in-person drawing class on Tuesday, November 5**. This fun and interesting art extravaganza will take place at our Activity Centre from 1:00-3:00 p.m. Registration required by calling (514) 951-9711 or sending an email to [info@arc-hss.ca](mailto:info@arc-hss.ca).

How about incorporating yoga into your routine? **Linda's Gentle Yoga class** is a wonderful way to improve flexibility, build strength and find inner peace. Whether you are a be-

ginner 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 2:00-3:00 p.m. via Zoom and is free of charge. To register: [info@arc-hss.ca](mailto:info@arc-hss.ca) or (514) 951-9711.

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. [Contact 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](mailto: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](#).

**SHARP** (Service for Healthy Aging in the Right Place) - *Thinking about your future? Plan now, for aging place on November 20 at 10:00 a.m. on 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*



## Senior Wellness Activities in Chambly

November 6 - Game on! Get ready to raise your heart rate and share some laughs with some balloon volleyball and floor hockey.

November 13 - Get creative with a winter-themed rock painting activity.

November 20 - We are having a trivia game event! Come ready to shine with your quick thinking.

November 27 - We will be starting to prepare some Christmas crafts and teach each other our favourite DIY gifts.



**Senior Wellness Activities in Clarenceville** We're excited to offer a series of enriching activities designed to engage various aspects of well-being: cognitive, creative, physical and therapeutic.

November 12 - Our mental wellbeing coordinator will be joining us for a very special Rock Painting session. Unleash your creativity even if you have never picked up a paint brush!

November 26 - Join us for Laughter Yoga! We will be welcoming Sylvie Dagenais-Douville to lead us in this workshop that combines laughter exercises with yoga breathing techniques, which can bring more oxygen to the body and brain, increasing energy and reducing stress.

With regards to our **Family Wellness Saturday** on November 30, ARC will provide attendees with a copy of the portrait that was taken in October to prepare it for holiday gift giving. We will also have a variety of other holiday crafts for you to learn how to make as gifts for the whole family. We look forward to seeing you all soon at the Royal Military College, located at 15 Jacques-Cartier Street N. For further information please visit [ARC's website](#) or our [Facebook page](#).

**Coffee Talks Parents & Child** in Lacolle: Every Wednesday morning from 10:00 a.m.-12:00 p.m., to bring together parents and children aged 0 to 5 in a friendly, supportive environment. It's a space where parents can meet, share concerns, stories and tips, while children play and interact. Through informal discussions, parents can learn valuable insights about parenting, share experiences and discover practical tips from one another. Sessions are offered in both English and French, no registration needed and transportation is available upon request. This activity is a welcoming and accessible way to build connections and grow as a parent. For more details, [contact Céline by email](#).

**Mommy & Tots Playdate in St-Jean:** Every Monday morning from 10:00-11:30 a.m., where babies and their parents get together to participate in fun activities located at our St-Jean office. For more details, [contact Céline by email](#).



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

# CAREGIVERS CORNER

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

Fall can be the most beautiful time of year with its crisp air, sweater weather and opportunities to enjoy the sunshine and being outdoors. We know winter is just around the corner but something about autumn makes us want to make the most of the little things like a walk among the leaves while we still can.

Despite its colourful splendour, fall can also bring difficulties for caregivers to navigate when caring for older adults. Here are some common challenges that can affect their health and wellbeing:

**Mobility and Fall Risks:** With changing weather, wet leaves, and cooler temperatures, the risk of falls increases. Maintaining mobility and ensuring safe environments are essential to prevent injuries.

**Seasonal Depression:** Shorter days and less sunlight can contribute to seasonal affective disorder (SAD), making it crucial to provide companionship, engagement, and positive interaction for seniors.

**Managing Chronic Conditions:** Cold weather can worsen chronic health conditions such as arthritis, respiratory issues, and cardiovascular diseases, requiring extra attention and proper home health care management.

**Staying Active and Engaged:** As the weather cools, it can be more difficult for seniors to get outside, stay active, and remain socially engaged which can affect their physical and mental health.

If you're a family caregiver then it's more than likely that your own needs aren't being met. Fall is also a great time to set yourselves up with resources and support and our in-person and virtual activities for caregivers.

## Here's what we have lined up for you in November

**Wednesday, November 6:** Collaboration is at the heart of what we do and it's an essential part of supporting our caregiving community. On Wednesday, November 6 from 10:00 to 11:45, we're offering a special event in partnership with **Seniors Respite Montréal** at our popular weekly Caregivers Cafe. Come meet our very special guest, Patrick Rhéaume-Espinoza - ITAVP and Benefits Outreach Officer, Canada Revenue Agency for a presentation on **Tax-Related Benefits for Caregivers & Older Adults**. Everyone is welcome to participate and there will be time to ask questions.

**Wednesday, November 6:** Our Caregiving Community Virtual Workshop with host Penny Fleming, RN presents **An Introduction to Neurocognitive Disorders**. Whether you're looking for a complete practical overview or a refresher, we've got an interactive community-based approach with our in-house caregiving expert that you can access on Zoom from the comfort of your home. Join us on Zoom at 7:00 p.m. - all you need to do is contact us for the link.



**Tuesday, November 12:** Our monthly online support group with social worker Emma Pepall-Schultz meets on Zoom at 7:00 p.m. Join us as we discuss caregiving challenges in a supportive and welcoming format. Contact us for the link.

**Wednesday, November 13:** Caregivers Cafe continues the discussion on **Neurocognitive Disorders** with Penny Fleming, RN from 10:00-11:30 a.m. Join us for a great presentation, wonderful people and cozy refreshments.

**Wednesday, November 20:** Caregivers Cafe meets at our Activity Centre at 91 Churchill Blvd. from 10:00-11:30 a.m. ready to welcome new members with a roundtable discussion on anticipatory grief.

**Wednesday, November 27:** Nurse Penny will be back at Caregivers Cafe to lead the discussion on **Neurocognitive Disorder Behaviours**. Come hear the presentation, ask questions and share your caregiver insights at the Cafe. All activities are open to former caregivers too.

*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).*





# EMPLOYMENT CLINIC

## 40, 50, 60 +

### FREE LUNCH & LEARN




Sandwichs & salads offered (veggie option also)



Tips on how to reintegrate into the workforce



Programs with allowance

## November 7, 12 p.m. @ ARC Activity Centre

Funded by:



Bring your CV!

Employment Counsellor on site from Vision Travail Longueuil.

Register now !  
Places are limited.

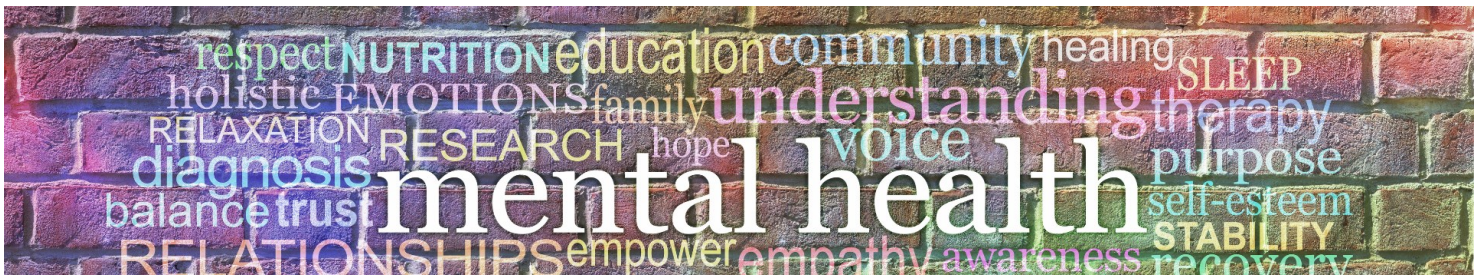
<https://forms.gle/JXiAAp2UmoEPD9xc6>



For more information :

 [gpk2@arc-hss.ca](mailto:gpk2@arc-hss.ca)

 514 712-6575



## Connect for Your Health

Most of us know about the debate in psychology of the impact of our life experiences versus the impact of our genetics on our behaviour—nature v. nurture. The question centers upon whether genetics or personal experiences have a greater impact on our development. Researchers have discovered a new area of science, epigenetics, that shows that our behaviour and psychosocial experiences are the results of both nature and nurture.

*Epigenetics* studies how events such as neglect, trauma, substance use, diet, social support, etc., can modify gene expression without altering the DNA sequence itself.

One of the most easily understood examples of epigenetic changes was noticed in women who were pregnant during what was known as the Dutch Hunger Winter. During a six-month period in 1944-1945, the Nazis occupied the Netherlands and restricted food to the country, bringing about a famine. The individual daily caloric intake estimate varied between 400 and 1800 calories at the climax of the famine. Women who gave birth during this time experienced the impact of low maternal caloric intake which in turn impacted their child and the child's health outcomes into adulthood. One discovery was that male children had a higher risk of adulthood obesity if their famine exposure occurred early in gestation versus a male fetus who experienced famine in late gestation. (Champagne, 2010; Mansuy, 2011). If the mother was pregnant with a female fetus, the epigenetic changes were passed onto the daughter's children as the future eggs are already present in the fetus during development. Another example is that fetuses who were exposed to the 1918 flu virus had a 23% greater chance of experiencing heart disease in their later adulthood (CBC, 2009).

It is estimated that roughly 40% of the risk of developing a

depressed mood is related to factors that you can inherit from your parents, and the remaining 60% of risk has to do with *nongenetic* factors, some of which may be mediated by epigenetic effects of chronic stress, diet preferences and other environmental factors (Lake, 2019).

Prenatal stress—including acute stress resulting from physical abuse during pregnancy—may result in epigenetic changes that have negative consequences on the

developing brain and increase the risk of developing a depressed mood.

Drugs of abuse, such as cocaine, can trigger epigenetic changes in certain brain regions, affecting hundreds of genes at a time. Some of these changes remain long after the drug has been cleared from the system (Lake, 2019).

The good news is that the lifestyle changes you make including going to therapy, practising mindfulness, maintaining a balanced diet, and increasing your physical exercise, can also change gene expression. When seeking mental

health care, let your health care provider know about your living conditions and things that are causing you stress. If you are pregnant or know someone who is, become knowledgeable about perinatal mental health and speak with your health care provider about your mental health during pregnancy and after delivery. You can also forgive yourself for factors that influence your health that are out of your control.

### Sources:

CBC News. 2009. "1918 flu contact in the womb tied to heart disease."

Jagoo, Krystal. 2023. "How Awareness of Epigenetics and Generational Trauma Can Inform Therapy." Click [here to read more](#).

Jones, David et al. 2021. *Mental Health Epigenetics: A Primer with Implications for Counselors*. *The Professional Counselor Journal*. Volume 11 issue 1. Mansuy, Isabelle. Mohanna, Safa. 2011. "Epigenetics and the human brain: Where nature meets nurture". *Cerebrum* May 2011-June 2011. 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).





# discover **community** activities for all

**Soirée néon (neon night)** for teens only! At the St. Lambert Library, Nov 8 from 6:30-9:30 p.m. Laser tag, creative workshops, snacks and more. Fluorescent clothing and accessories are required, as well as a reusable bottle for slush. For young people in grade 5 and up. Registration required by clicking [here](#).

**Christmas Market and Bake Sale** on November 9 from 9:00 a.m.-2:00 p.m. at Greenfield Park United Church, 335 Springfield. For more information, email [Joanne](#) or call (450) 670-7837/email [Brenda](#) or call (450) 443-2071.

Seniors Respite Montérégie is hosting a **photography vernissage** for their 55+ Community Photography Contest on Saturday, November 9 at 1:00 p.m. at Maison Desaulniers in St. Lambert. [Click for more info](#).

**Celiac Quebec Chat Hour:** 8:00 p.m. on Zoom, Wednesday, November 13. The theme extra space is *Managing more than one diet* such as the gluten-free diet and the diabetic diet. For more info click [here](#).

**The South Shore Retired Educators** will be meeting on Thursday, November 14. Guest speaker TBD. For more information [send an email](#).

**The benefits of good sleep** related to arthritis. November 18 from 1:30-3:00 p.m. at the Brossard Library. Animated by Sheryl Guloy, leading a team of sleep experts whose mission is to promote sleep health and well-being. Click [here](#) to register.

**English Book Club** invites participants to share their love of reading. This month's book is: *Hateship, Friendship, Courtship, Loveship, Marriage* at the St. Lambert Library, November 21 at 7:00 p.m. Registration required online by clicking [here](#).

**Cynthia Grow Festive Florals:** Scandinavian Style on November 21 at the Maison Desaulniers, 574 Notre Dame, St. Lambert at 7:30 p.m. with a social starting at 7:00 p.m. Click [here](#) for more info.

Come and join **Celiac Quebec** for a gluten-free meal at Scores Restaurant, 444 Dorval Ave., Dorval, on November 22. The manager at this Scores establishment is very celiac aware and has several gluten-free options. Call to reserve (514) 636 6060. Click [here](#) for more info.

This autumn, **Théâtre St-Bruno Players** are proud to announce the production of *Outside Mullingar* directed by Christopher Brookes. A touching and humorous story about close neighbours, longing love and realizing dreams. Three performances: November 22 at 8:00 p.m., November 23 at 2:00 and 8:00 p.m. Tickets are \$20.00 for students/seniors and \$23.00 for general admission. Tickets are available through the website by clicking [TSBP](#) or by calling (450) 653-4149.

**St. Paul's Church Country Christmas Sale** is taking place on November 23 at 10:00 a.m.-2:00 p.m. Crafts, baked goods, raffles, surprises and more! 321 Empire Street in Greenfield Park. For more information or to book a table call (450) 678-2460.

St. Gabriel's is holding its annual **Craft Fair & Christmas Sale** on November 23 from 9:30 a.m.-3:00 p.m. Christmas gifts, used books, baked goods, raffles and more! 5070 Gilbert St. in St. Hubert (off Payer Blvd.). For more info, call Tammy at (450) 676-1694.

**Park Players of Greenfield Park** is proud to present *Savannah Sipping Society* on November 28, 29 and 30. Shows at 8:00 p.m. with November 30 matinee at 2:00 p.m. In this delightful, laugh-a-minute comedy, join these four unique Southern women along their fierce embrace of life and raise your glass and say, "Cheers!" to this joyful and surprisingly touching Jones, Hope, Wooten comedy. Show is presented at 1050 Parklane (Centre René-Veillet) in Greenfield Park. Tickets available by clicking [here](#).

**Art Sale** on Saturday, November 30 from 1:00-4:00 p.m. at St. Lambert United Church, 415 Mercille. Including art from local & Quebec artists. Sponsored by the South Shore University Women's Club to raise funds for scholarships. Cash or e-transfer accepted.

### **Chambly**

**Christmas Craft Fair** with over 30 artisans and vendors offering crochet and knitted items, soaps, jewellery and much more. November 2 from 9:00 a.m. to 3:00 p.m. at Randell Hall, 2000 Bourgogne Avenue, Chambly.

**Annual Christmas Bake Sale:** Come and enjoy lots of holiday favourites on November 30 from 10:00 a.m. to 2:00 p.m. at Randell Hall, 2000 Bourgogne Avenue, Chambly.



# The Last Word

**The Moustache is Calling.** Movember is a time to unite and to take on mental health, suicide, prostate cancer and testicular cancer to help men live happier, healthier, longer lives. Click [here](#) for more info.

**Prostate cancer**, a cancer that occurs in the prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is one of the most common types of cancer that grows slowly and is confined to the prostate gland. While some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly. Prostate cancer that's detected early when it's still confined to the prostate gland has the best chance for successful treatment. For more info, click [here](#).

**Bonhomme à Lunettes:** Whether on social assistance, parents of kids under 18, or for immigrants, this is an option to save on glasses in Montreal and southern Quebec. With an innovative business model, inexpensive and quality eye-wear is offered. For all the info, click [here](#).

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

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

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

**Word of the Day:** *Celestial equator* is the great circle around the celestial sphere that is halfway between the celestial poles. It can be thought of as the plane of Earth's equator projected out onto the sphere. 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.

## Activity Centre

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