



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

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We're happy to be back at work after a wonderful summer, relaxing and enjoying time with family and friends. We hit the ground running in mid-August, planning a variety of fall activities for the English-speaking community of the Monteregie-Centre.

This month, in addition to our regular calendar of activities, we're launching a brand-new activity for children ages 0-4 that encourages healthy habits, rhythm, dance/movement and bonding. It's called **Zumbini GPK!** This is a 10-week program beginning on September 24. Registration begins on September 3 and you can read more about this new initiative on page 5 or [email Christine](#) for more information.

The **Community Dinner Dance** is on September 21 with a special National Seniors Day celebration for the older adults in our community. There will be live entertainment with special musical guests, The Madhatters. All ages are welcome. [Registration is available on our website](#) or by calling (514) 951-9711. First come, first served!

We are expanding our **Senior Wellness** activities to include a third location in Clarenceville! We'll be offering two activities per month, with a variety of creative, cognitive, social and physical activities. See page 4 for details or [contact Ashley](#) for more details.

Activities for caregivers include a weekly café on Wednesday mornings, a monthly online support group and a virtual workshop with nurse Penny Fleming. There is always a place for newcomers at our activities! Read more on page 6 or [email Christine](#) for more information.

Detecting Fraud Café, with a presenter from the Longueuil Agglomeration Police to help seniors and the community protect themselves from fraud and scams, is being offered by The Little Brothers of the Montérégie on Monday, September 9 at 1:30 p.m. More information and a graphic is on page 9 or you may register directly at monteregie@petitsfreres.ca.


For the second year in a row, the Collectif GPK Collective has announced a **Call for Projects** for citizen initiatives and volunteer-based organizations in Greenfield Park. Please read more on page 5 and for the link to for more information beginning on September 1 or email collectifgpkcollective@gmail.com.

Enjoy these last few weeks of summer and we hope to see you at one of our activities soon.

September Activity Calendar

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

info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>These activities are made possible thanks to our funders</p> 						
1	2 ARC OFFICES CLOSED	3	4	5	6	7
8	9 French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm	10 Social Cooking @ Activity Centre 10:00 am-12:00 pm Caregivers Support Group via Zoom from 7:00-8:30 pm	11 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy & Me Walking Club (St-Jean) 10:00-11:00 am Seniors Wellness Activity Chambly / GPK / Clarenceville 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm	12 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm	13	14 Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm
15	16 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 from 2:00-3:30 pm	17 Social Cooking @ Activity Centre 10:00 am-12:00 pm	18 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy & Me Walking Club (St-Jean) 10:00-11:00 am SHARP: via zoom "The role of libraries in supporting digital literacy" from 10:00-11:30 am Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm	19 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm	20	21 Community Dinner Dance @ Legion (GPK) 5:00-10:00 pm
22	23 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 from 2:00-3:30 pm	24 Social Cooking @ Activity Centre 10:00 am-12:00 pm Zumbini @ CGPKC 10:00-11:30 am	25 Caregivers Café @ Activity Centre 10:00-11:30 am Mommy & Me Walking Club (St-Jean) 10:00-11:00 am Seniors Wellness Activity Chambly / GPK / Clarenceville 1:30-3:00 pm Affordable baskets @ Activity Centre 3:00-7:00 pm Caregiving Community Virtual Workshop with Penny Fleming, R.N. via Zoom from 7:00-8:30 pm	26 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom from 2:00-3:00 pm	27	28
29	30 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					

What's new from the

GREENFIELD PARK OFFICE



National Seniors Day is October 1 and we're throwing a rockin' bash to celebrate older adults in our community on **Saturday, September 21** at the Royal Canadian Legion - Branch 94 in Greenfield Park. There will be a great dinner (stuffed pork tenderloin or vegetarian), cash bar and live entertainment with special musical guests, The Madhatters. Get ready for high-energy rock and roll, blues and classic tunes with Mick and the boys at this not-to-be-missed opportunity to pay tribute to our 55+ friends, neighbours, parents, grandparents and colleagues. We wouldn't be here without their contributions to our community and we'll be with you on the dance floor. All ages are welcome - tickets are \$15/adults and \$7.50/children under 8. Early ticket sales for ARC members starts on August 26 and tickets for the general public can be purchased on August 29. Click [here](#) to register.



Our **Senior Wellness Activities in Greenfield Park** are back every Wednesday from 1:30-3:00 p.m.

- September 11: Welcome back Summer Share & Bingo
- September 19: Ask a Nurse
- September 25: Mixed Media Painting and Collage

SHARP (Service for Healthy Aging in the Right Place)

On September 18 at 10:00 a.m. on zoom, **The Role of Libraries in Supporting Digital Literacy and Aging in Place**. Register with the following link, click [here](#).



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, 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.

Bonjour, come and be a part of our **French Conversation Group** every Monday at 10:30. A great opportunity to practise 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!

How about taking part in **Ilana's Virtual Drawing Class**? It is a fantastic way to unleash your creativity, learn new techniques and have fun from the comfort of your home. Whether you are a beginner or experienced artist, you'll get guidance and meet fellow art enthusiasts. Grab a pencil and let's create amazing art together. Join us on Mondays from 2:00-3:30 p.m. To register, contact info@arc-hss.ca or (514) 951-9711.

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 beginner or seasoned yogi, this class is available for all levels. Take a deep breath and let's embark on a journey of mindfulness and self-discovery through yoga. This activity takes place on Thursdays from 2:00-3:00 p.m. via Zoom and is free of charge. To register: info@arc-hss.ca or (514) 951-9711.

Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 213-3744.

HAUT-RICHELIEU-ROUVILLE

Review



The Senior Wellness in Chambly

September 11 - We will be hosting a **music trivia event**, where participants will have the opportunity to compete against each other in a friendly game, where we will play music from various decades and ask participants to name the song.

September 18 - Will be a day to address **mental health**, our Mental Wellbeing Coordinator, Therese Callahan, will be giving an informal presentation on the importance of one's mental health. This will be an opportunity to learn about the importance of caring for ourselves and how our mindset can impact our quality of life.

September 25 - Will be dedicated to physical exercise as we will have a **gentle yoga class** with modifications, including chair yoga if necessary. It was brought to our attention that more physical exercise was needed, so we decided on a yoga class as it can be easily modified, improve flexibility, strengthen one's joints and muscles, and promote a better sense of well-being.



Military Families

The team from Haut-Richelieu-Rouville recently planned and attended our first-ever activity with our newly formed partners from the Military Family Resource Centre and The Integration Program for Military Families, IGLU. We invited a professional artist to lead a painting activity and a great time was had by all. We are currently organizing additional activities for the near future. Stay tuned! More details are to come.

Our very own **Family Wellness Saturdays**, will be returning on September 14 at the Royal Military College, located at 15 Jacques-Cartier Street N. We look forward to seeing you all there for the carnival-themed event. Some of our action-packed activities will include the following: mini-golf, various bean bag games, musical chairs, bowling, some water gun games, and a game of mini hockey. We look forward to seeing you all soon!

Mommy & Me Club

A new season for our babies and their parents, and what better way to start a new season than by getting together to participate in fun activities. The St-Jean office is ready to welcome our families with playdates organized by our valued volunteer-mom coordinator, Amanda. For more details, contact her on the Facebook group or by email, at stjean.walkinggroup@gmail.com. As per usual, coffee and snacks will be available for parents and there will be some healthy snacks for the babies. We love to offer our office as a place for families to meet, chat, play and have a stress-free space to enjoy themselves.

Senior Wellness Activities in Clarenceville

Exciting news for seniors 55+! We are thrilled to invite you to our brand-new Senior Wellness Centre in Clarenceville, starting September 11 from 1:30-3:30 p.m. Our grand opening will feature a special "Welcome to ARC" activity where you can learn more about our organization and meet fellow members. Call or email Ashley to register at hrr@arc-hss.ca or (514) 980-8900.

Please mark your calendars for September 25, when we'll host a fun-filled music trivia activity. Stay tuned for more exciting events coming up in October and beyond.

We can't wait to see you there and embark on this wellness journey together!

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

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

zumbini GPK

What exactly is Zumbini?
Zumbini is a unique, effective, and fun early childhood education program that uses the power of music and movement to promote cognitive, social, emotional and motor skill development for children aged 0-4, involving singing, dancing and playing with instruments while bonding with their peers and with their parents or caregivers.

Who is this activity for?
Children/families in GPK from birth to age 4. It's a great way to introduce healthy lifestyle habits as early as possible. It's the children's version of Zumba! It's a dynamic activity that promotes well-being by introducing physical movement in a fun and stimulating way. What else do we love about it? It's offered FREE, it's bilingual, and accessible and adaptable for children or caregivers with physical limitations.

Weekly 10-week sessions FALL AND WINTER
Greenfield Park Community Centre
330 Rue Clidstone
Greenfield Park-QC

TUESDAY MORNINGS 10:00-11:30

Early Childhood Educator & Certified Zumbini Instructor
SYLVIA MIGNACCA

SCHEDULE
60 minutes Music, rhythms, dancing, bonding
30 minutes Healthy snack, social time, clean up & goodbyes

Let's talk about some of the benefits!

- EMOTIONAL DEVELOPMENT:** The various rhythms create shifts in the child's mood—some boosting their energy while others helping them relax. Learning about emotions can begin very early in life and this is a great way to do it!
- COGNITIVE AND MOTOR SKILLS DEVELOPMENT:** Music, movement, and instrument play enhance a child's language, memory, and literacy development. Dance moves and instrument play throughout the class activate both small and large muscle groups.
- SOCIALIZATION AND FAMILY BONDING:** Babies and toddlers learn to develop social skills and perhaps equally important, parents/caregivers gain the ability to make connections with one another.
- COMMUNITY ENGAGEMENT:** What better way to grow a stronger Greenfield Park community than by offering stimulating, educational activities that promote a healthier way of living? Good habits are formed in the early years!

**LIMITED SPOTS AVAILABLE!
FALL SESSION STARTS SEPTEMBER 24**

**CAREGIVERS@ARC-HSS.CA
(514) 608-9600**

ARC Centre Communautaire Greenfield Park Community Center
Québec **PK** Greenfield Park

New Early Childhood Activity - Zumbini GPK! You've probably heard all about Zumba, but have you heard of Zumbini? We're launching a brand-new activity for children ages 0-4 that encourages healthy habits, rhythm, dance, movement and caregiver/child bonding. We're offering Zumbini in proud collaboration with **Collectif GPK Collective** and **Les saines habitudes de vie**. Healthy habits start early, plus it's a great way to meet other families and feel connected to the community around you. Registration for our fall session starts September 3 and the 10-week program begins on September 24. Spaces are limited, contact Christine at cargivers@arc-hss.ca or call (514)608-9600.

New Tool for Parents: 10 Essential Steps to take after your child receives a diagnosis of Autism Spectrum Disorder - If you have a child who has recently been diagnosed with autism, then you're dealing with a long list of things to do. We work with some amazing partners within the [CHSSN Community Health and Social Services Network](#). Our friends at [Case-MCQ](#), in consultation with [Agape Laval](#), have developed this checklist to help parents navigate a new autism diagnosis - and they invited their partners to add their logos so that it can be shared widely. You can consult the tool [here](#).

Appel à Projets / Call for Projects

Pour une deuxième année, le Collectif GPK Collective met à la disposition de la communauté, à travers le Fonds Les Éclaireurs, un appel à projet d'initiatives rassembleuses pour les citoyennes, citoyens et organismes-bénévoles de Greenfield Park.

For a second year, the Collectif GPK Collective is making available to the community, through Les Éclaireurs fund, a Call for Projects for citizen initiatives and volunteer based organizations in Greenfield Park.

Ouvert du 1er au 30 septembre 2024 / Open from September 1 to 30, 2024

Montants disponibles: / Funding available:

- 2 X 1000\$;
- 1 X 750\$;
- 1 X 500\$;
- 1 X 250\$.

Vous avez un événement rassembleur qui a un impact dans le quartier et vous aimeriez recevoir un financement?

Do you have a unifying event that has an impact in the neighbourhood and you would like to receive funding?

Information:
<https://forms.gle/Qp1Lfc2Spm2Jj1DYA>

collectifgpkcollective@gmail.com Centre intégré de santé et de services sociaux de la Montérégie-Centre
514 712-6575 Québec

ARC

Call for Projects for funding for your citizen initiative and volunteer-based organization in Greenfield Park:
<https://forms.gle/Kyto0KLexX6SYr5MA>
Please note that the form is only available beginning on September 1

MARCHÉ SAISONNIER DE LONGUEUIL • ÉTÉ 2024 •

PROGRAMMATION DES SPECTACLES ET ACTIVITÉS

VIEUX-LONGUEUIL

- 6 juillet** Spectacle Sarah Vanderzon
Activité d'animation Amélie Montplaisir
- 13 juillet** Spectacle Lauriane Morel
Activité d'animation Ludopolis
- 20 juillet** Spectacle Marjolaine Morasse
Activité d'animation Amélie Montplaisir
- 27 juillet** Spectacle Audrey Charles
Activité d'animation Brimbalante

SAINT-HUBERT

- 3 août** Spectacle musique de DJ Will
Activité d'animation Amélie Montplaisir
- 10 août** Spectacle Marjolaine Morasse
Activité d'animation Ludopolis
- 17 août** Spectacle Lauriane Morel
Activité d'animation Amélie Montplaisir
- 24 août** Spectacle Audrey Charles
Activité d'animation Brimbalante

GREENFIELD PARK

- 7 septembre** Spectacle musique de DJ Will
Activité d'animation Amélie Montplaisir
- 14 septembre** Spectacle Audrey Charles
Activité d'animation Ludopolis
- 21 septembre** Spectacle Marjolaine Morasse
Activité d'animation Amélie Montplaisir
- 28 septembre** Spectacle Lauriane Morel
Activité d'animation Brimbalante

ACTIVITÉS D'ANIMATION

AMÉLIE MONTPLAISIR
Animation gourmande
Heure du conte animée et très dynamique !
Les 6 juillet, 3 août et 7 septembre.
Animation découverte fantastique
Heure du conte animée dans l'univers des Vavalooays.
Les 20 juillet, 17 août et 21 septembre

LUDOPOLIS
Installation ludique de jeux de logique et d'habileté

BRIMBALANTE
Photomaton animé
maquillage, déguisements, photos

ARTISTES

- 1 Sarah Vanderzon** trio, chanson populaire
- 2 Lauriane Morel** trio, aux styles et textures sonores variés
- 3 Marjolaine Morasse** trio, un univers pétillant de pop et de folk
- 4 Audrey Charles** trio, aux sonorités de rock, pop-punk et de folk
- 5 DJ Will** musique latino-américaine

longueuil.quebec/marchesaisonnier

longueuil

CAREGIVERS CORNER

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

Our **Caregiving Community Programs** are back in full swing in September with wonderful opportunities for informal/family caregivers to meet one another, socialize, and learn about important topics and resources from professionals, both in person and in our virtual community. There is always a place for newcomers at our **Caregivers Cafe** and our online support group and workshops. Fall can mean fresh starts and new learning opportunities - this might be the right time to surround yourself with people who understand the daily realities of family caregivers. Our team is ready to help you get started.

Caregivers Cafe is a great place to connect with fellow caregivers over refreshments on Wednesdays from 10:00-11:30 a.m. at 91 Churchill Blvd. No registration is required - just drop by and join the discussion.

- **September 11:** What caregiver topics are important to you? Nurse Penny will be there with a Welcome Back! edition. Have your caregiver pulse checked and join the focus group with a game of Kahoot! and have your topics featured in upcoming workshops.
- **September 18:** Refreshments and roundtable discussion. Our best resource is our Caregiving Community - hear what strategies work and don't work and discover how to navigate the system with a supportive group.
- **September 25:** Uncomfortable situations are part of the caregiving reality. Nurse Penny gives a frank and interactive workshop on a subject that isn't exactly fresh and delicate: **Let's Get Awkward - Caregiver Tips on Incontinence, Constipation (and Flatulence too).**

Caregiving Community Monthly Online Support Group takes place on Tuesday, September 10 at 7:00 p.m. There's a supportive community around you and it's happening on Zoom. Join our virtual community from the comfort of your home and meet our social work consultant Emma Pepall-Schultz. This is the perfect place to get the support you need, especially if you work or need to care for your loved one during the day.

Caregiving Community Virtual Workshop with Penny Fleming, R.N. - Wednesday, September 25 at 7:00 p.m. Interactive, engaging and always supportive - Nurse Penny draws from her 30+ year career as a nursing professional and teacher along with 4 years as a special consultant to ARC's Caregiving Community Programs. With over 100 hours of content development on the latest caregiver topics, she's prepared for the unexpected. Your questions are what count, so get them ready and we'll be ready to delve into what matters most to you. New participants are encouraged to join us on Zoom - all you need to do is reach out to our Program Coordinator for the link.

ARC CAREGIVERS CAFE

We're back! September 11

Fill your cup... Take some time for yourself and come chat, share, learn and laugh with people who understand what it means to be a caregiver. Former caregivers are welcome too.

Wednesdays 10:00-11:30
ARC Activity Centre
91 Churchill Blvd., QPK

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

LAPIN

ARC Caregiving Community Online SUPPORT GROUP

Join our virtual community as we discuss caregiving, anticipatory grief, and navigating challenges in caring for those we love while trying to care for ourselves.

Tuesday, September 10 @ 7:00 pm

facilitated by
Emma Pepall-Schultz
Social Worker

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

Appui
proches aidants

ONLINE WORKSHOP

Ask a Nurse! Caregivers Q&A

Wednesday, September 25 @ 7:00 p.m.

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

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

Appui
proches aidants

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

Did you know that ARC can help you in your search for employment?

And we can refer you to many of our partner organizations, like YES below. Contact Karine Parent for help to get you started on the right foot in your job search. gpk2@arc-hss.ca or (514) 712-6575.



CONSULT SESSIONS FOR JOB SEEKERS

FREE | Monday–Thursday | 20-minute sessions

Whether you're searching for your first job, looking to change careers, or need help polishing your resume, we're here to assist you. Our friendly Employment Counsellors will provide tailored advice to help you succeed in today's job market.

EMPLOYMENT COUNSELLING

FREE | Online or In-person

NEW! REACH: RESOURCES EMPLOYMENT AND CAREER HELP

FREE | Online or In-person

Our team is here to provide you with professional advice, essential tools and resources for success. In just ten hours, we'll help you transform your job search, helping you confidently navigate challenges, and significantly improve your prospects.

NEW! YOUTH ON THE RISE: INFORMATION SESSION

FREE | Tuesday, September 3 | 10:00AM–11:00PM

SET YOURSELF APART: TACTICS AND TIPS FOR RESUMES AND LINKEDIN

FREE | Tuesdays, September 3 & 24 | 10:00AM–12:00PM

WHERE THE JOBS ARE: UNLOCKING STRATEGIES FOR GETTING HIRED

FREE | Thursdays, September 5 & 26 | 10:00AM–12:00PM

CAREER DECISION MAKING AND SELF ASSESSMENT

FREE | Tuesday, September 10 | 10:00AM–12:00PM

HOW TO APPLY FOR JOBS IN THE PUBLIC SERVICE COMMISSION OF CANADA

FREE | Monday, September 16 | 2:00PM–4:00PM

NEW! AI IN ACTION: TOOLS AND STRATEGIES FOR SUCCESS

FREE | Tuesday, September 17 | 10:00AM–12:00PM

FRENCH FOR THE WORKFORCE: HIGH BEGINNERS LEVEL

Wednesdays & Fridays, September 18–October 11
9:30AM–12:30PM

BREAKING BARRIERS: BUILDING YOUR NETWORK TO LAST

FREE | Thursday, September 19 | 12:00PM–1:30PM

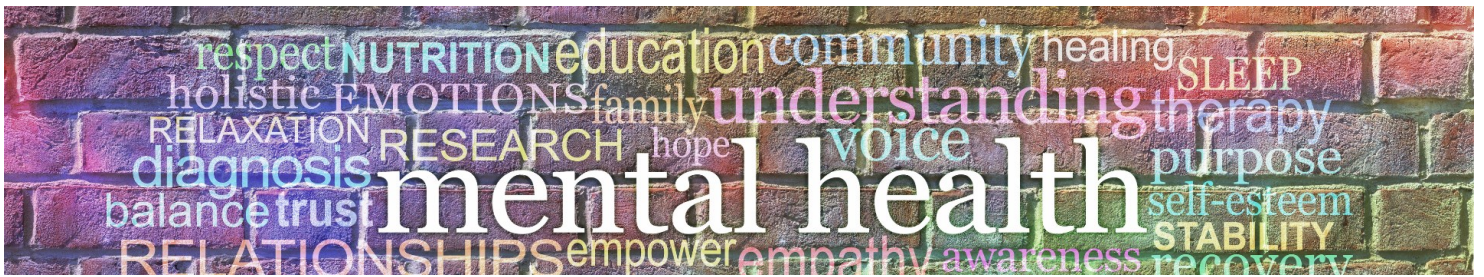
Register now at yesmontreal.ca or call **514-878-9788**.
Workshops are available online only. Pre-registration is required.

Employment services including career coaching and workshops are free of charge and based on eligibility.

Funded by:

YES is a non-profit organization





Connect for your health

Social connection and good friendships are an important factor to your health and longevity. Research from the Mayo Clinic has shown that people with strong social connections live longer lives, recover from illness faster, have improved mental health and can preserve each member of the relationship's cognitive abilities. Social connection has several defining characteristics that can help you examine your relationships and determine your level of social connectedness.



We have all lived through the Covid pandemic where isolation became a daily vocabulary term and it has become increasingly difficult to create and maintain relationships because of the additional stress that Covid has created in society. Here are a few ways to invest in your network of family and friends:

- **Start with yourself:** Becoming aware of why you act and react in certain ways may be helpful for developing healthier ways of interacting with others.
- **Watch for your thoughts:** Decreasing negative self-talk will help you to have a brighter outlook for life and attract people you want to interact with.
- **Say “yes” more often:** Participate in social events (even the online ones) or activities that interest you.
- **Get outside of your house and your head:** Go for a walk or run at a local park. Start talking to people - you’ll make an acquaintance and possibly a new friend.
- **Be proactive:** Even if you are an introvert, make a list of people you care about and reach out, don’t wait for others to initiate contact.
- **Be present:** Whenever possible, shut your computer down and meet a friend or an acquaintance for coffee or drink. Face-to-face communication, eye contact, smiles, and closeness have amazing benefits.
- **Stay close to your inner circle:** Having a group of close friends promotes mental health and a quicker recovery from physical illness. It could also enhance your quality of life with good conversations and feeling supported and understood
- **Prioritize social connections in your schedule:** Set a time each week on your calendar to connect with people you care about whether personally or electronically.
- **Remember the “little things”:** Sending a quick birthday note, a congratulation for a happy event, or a condolence for a loss make people know that you care about them
- **Re-establish past social connections:** Reliving experiences and events is a great tool to be more resilient and emotionally healthy.
- **Maintain present social connections:** Relationships go through periods of ups and downs; however, you can keep them alive by being more patient, less judgmental, and giving people a temporary space they need.
- **Join a formal group:** Consider enrolling in a new class, join a book club, volunteer, chat with or help a neighbour.

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.

discover **community** activities **for all**

Public Market in Brossard- Solar Uniquartier on Sunday, September 1 at 11:00 a.m. For more info, click [here](#).

Outdoor Yoga at Empire Park (195 Empire Street, GPK) on September 2 at 6:00 p.m. For more info click [here](#).

Outdoor Zumba in Longueuil (300 de Longueuil Street, Longueuil) on September 6 at 10:30 a.m. For more info click [here](#).

Circus and music workshops, storytelling hours, crafts and play areas whether young or old! September 7 and 14 from 9:30 a.m. - 12:30 p.m. at the [Village Square](#).

The Little Brothers of the Montérégie (Les Petits Frères)

would like to invite their seniors along with the citizens of Greenfield Park who care about the well-being of seniors to a “Coffee & Dessert” on Sept. 9 at 1:30 p.m. at The Royal Canadian Legion- Branch 94, 205 Empire Street, GPK.

The topic “How to detect frauds and how to recognize

schemes to better protect yourself” will be discussed along with the Longueuil Agglomeration Police, who will explain how to protect ourselves against scammer traps and to adopt safe behaviours. To register, send an email to monteregie@petitsfreres.ca. This presentation is in French only, followed by a bilingual Q&A.

Modern Square Dance Open House at the Cynthia Coull Arena, 195 Empire Street, GPK on September 10 and 17 from 1:45 - 4:00 p.m. For more info call Mike Malone (514) 947-8973 or Denis Lemay (514) 833-1257. Click [here](#) for more info.

South Shore Retired Educators next meeting is Thursday, September 12. Guest presentation by Anne Chenard, Bachelor of Nursing MBA, who works at McGill University

Health Centre in the Emergency Intensive Care as an Educator and Manager. Essor Santé is a Vaccination Clinic that offers a complete range of available vaccines for a clientele of all ages, and who specialize in Travel Health since 2009. Presentation topics:

- How to prepare for an unforgettable trip
- Trip Insurance consultation for travel with complete peace of mind
- New Vaccine recommendations for 50 and over.

For more information, contact southshoreretirededucators@gmail.com.

Ami Quebec's South Shore Family and Friends In Person Support Group at 91 Churchill Blvd., Greenfield Park. September 16 from 6:30-8:00 p.m. Click [calendar](#).

Plant Exchange and Dessert Social September 19 at Maison Desaulniers located at 600 Oak Ave., St. Lambert. Click [here](#) for more info.

The South Shore Barbershop Singers Spaghetti Supper on September 28. All you can eat salad bar, meat or vegetarian sauce, spaghetti, dessert and coffee. The event starts at 6:00 p.m., and at the end of the evening some members of the choir will perform along with visitors from a Montreal choir. St. Paul's Church Hall, 321 Empire, GPK. There will be a raffle for bottles of wine. Tickets are \$20 each, click [here](#) for more info.

Clothing Community Market at St. Lambert's multipurpose centre - Saturday, September 21 at 10:00 a.m. For more info click [here](#).

Free Basic Computer Classes: A series of five classes for beginners to help with the use of a computer, to navigate webpages, search online and explore online government services. Tuesdays from 9:00 a.m.- 12:00 p.m. September 24 and October 1, 8, 15, 22 at the Brossard Library: 7855 San Francisco. For more info and to register, contact Michèle Tibblin at michele.tibblin@brossard.ca.

Old St. Lambert Farmers' Market: Thursdays, May 9 to October 17 from 3:00-7:00 p.m. For more info click [here](#).

Les Petits Frères Montérégie Pour un grand âge bien entouré

INVITATION
BILINGUAL ACTIVITY
CAFÉ-DESSERT

Little Brothers of the Montérégie invite their seniors and citizens of Greenfield Park who care about the well-being of seniors.

DETECTING FRAUD
How to recognize schemes to better protect yourself

MONDAY
SEPTEMBER 9, 2024
1:30 PM
Royal Canadian Legion
- Branch 94
205 Empire Street,
Greenfield Park,
J4V 1T9

• The Longueuil Agglomeration Police will inform us on this topic and will explain how to protect ourselves against scammers' traps and how to adopt safe practices.

• The conference will be held in French, followed by a bilingual question-answer session

ARC GPK POLICE

RSVP :
monteregie@petitsfreres.ca

The Last Word

St. Lambert Council for Seniors was founded in the fall of 1973 by a group of individuals representing various organizations in the community. Their goal was to develop services specifically for seniors. Click [here](#) for all the info about some of the services being offered.

La Maison Internationale de la Rive-Sud is an independent community organization whose mission is to support newcomers and public refugees with settlement and socio-economic integration. Referrals to partner service organizations helps foster intercultural understanding and promotes cultural diversity on the territory. For more info, click [here](#).

Educaloi: Free workshops given by legal experts in your classroom. Interactive and fun legal education run by volunteer legal experts all over Quebec, prompting youth to reflect, challenge ideas and take a stance on legal questions that are part of daily life. Click [here](#) for all the info.

At **Espace Pivot**, free support is provided to French and English-speaking clients in a personalized manner adapted to individual reality in order to develop full professional potential and quality of life. Services are mainly focused on job search, academic and professional orientation, project or business creation, and independence development. To learn more, click [here](#).

The **self-serve windshield washer fluid filling station** is available in the parking lot at [City Hall](#). Simply insert the nozzle directly into the car's windshield washer fluid reservoir and fill it up. Users are billed \$1.14 a litre for the quantity of product dispensed. Payment can be made with a credit card directly at the station. All profits go directly to the municipality's green fund. For more info, click [here](#).

Word of the Day: *Tomfoolery* - is a word with an old-fashioned sound to it that refers to playful or silly behaviour.

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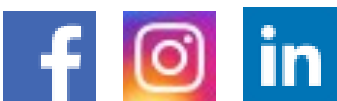
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