



South Shore Community Assistance and Referral Centre Calendar: May 2019



<http://www.arc-hss.ca/>

ARC invites you to join us for Longueuil Seniors Week Monday May 13th

The Arena (Greenfield Park) 195 Empire 2nd..Floor//All are welcome

Starting at 12:30 pm it's a Free Give it a Try session of **Qi Gong**. Classes followed by **Gentle Yoga** (for all ages)

At 2 :30 pm Its Jog your Mind " How to Excise the Brain" with Christian Lapointe (ARC D-G)

RECHARGE: Workshops for Caregivers – Wednesdays from May 29 to July 3



ReCharge is a six workshops series that responds to the needs of English-speaking caregivers throughout the Montérégie region by providing a variety of technical and practical health care topics to take care for their loved ones, as well as mindfulness activities that serve for the caregivers to recharge their own energy.

The health care technical part of the workshops covers:

- Basic First Aid Knowledge techniques
- Mechanics of the body
- Medical Emergencies (Strokes & falls)
- Alzheimer disease Support (resources)
- How to prevent Infection and contamination

The mindfulness part of the training is addressed to improve:

Caregiver Self-Care, Stress Management, Importance of personal care and relaxation techniques through mindfulness activities like: Chair Yoga, Meditation, Music Therapy, Art Therapy and more

Next session at Brossard

From May 29th to July 3rd 6.00pm - 9.00pm

Place: Sani Sport [7777 Boul. Marie-Victorin, Brossard](#)

To Register: 514-608-9600 - [arc.projectcoord@gmail](mailto:arc.projectcoord@gmail.com)



Take the Community Better Challenge

Monday May 27 and June 3rd

The Arena (Greenfield Park)

195 Empire 2nd..Floor//All are welcome

Starting at 1 pm it's a Free Give it a Try session of **Qi Gong**.

Classes followed by **Gentle Yoga** (for all ages)

Assistance and Referral Centre Annual General Meeting

Wednesday June 5th at 5 pm

Afterwards ARC will be presenting the results of our on-line survey and profile of the South Shore English-speaking community. This will be a great way to learn more about your community. So, do plan to attend,

Arena (Greenfield Park) 195 Empire 2nd Floor

Refreshments provided- Please let know in advance if you are planning to attend

ARC contact info is arc.communityoutreach@gmail.com call: 514-605-9500

Our Community Office is located at 106 Churchill Blvd., Greenfield Park (Upstairs)

Update of Events & Services Calendar: May 2019

Wednesday May 22 Monday 13th -27	Activities at Saint Hubert Legion Branch 159 Looking for a place to head to for various activities and meeting new people? Then come by the St. Hubert Legion , 4040 Montée St. Hubert. RUMMOLI May 8-22– beginning at 2:00 pm and every 2 nd Wednesday thereafter BINGO on May 13 th 27 th , starting at 7 pm always on Monday every 2-week and on June 1st is our Pool Tournament
Thursday May 9th	Thurs, May 9 from 6-8pm at Greenfield Park Int'l School.776 Campbell Greenfield Park Part art exposition and silent auction: artwork from professional artists, including renown Canadian artists David Sorensen, Stanley Lewis, Gilles Poisson, Christian Thibault, and more! Artwork made by the students will also be available at auction.
Friday May 10 to Saturday May 11th	MARK YOUR CALENDARS The 52nd Annual Antiques, Arts and Crafts Sale at St. Lambert United Church is on Friday, May 10th from 10am to 7pm and Saturday, May 11 from 10am to 3 pm. Tickets \$2.00. children under 10 free. St Lambert United Church is on 415A Mercille ave. (Village Area) There is also a BBQ supper at 5pm. antiques.arts.crafts52@gmail.com .
Friday May 10 to Saturday May 11	ST. LAMBERT LAWN BOWLING CLUB 662 Oak, L'Espérance Park, St. Lambert J4P 3R6 Join us at the Open House on Friday 10th May from 6 pm to 9 pm; and on Saturday 11th May from 9 am to 12 noon, and 1 pm to 4 pm. In case of rain, Saturday May 18th from 9 am to 12 noon, and 1 pm to 4 pm. Try your hand at rolling bowls that have a bias. It's a new challenge. All new members are coached by certified trainers. The Lawn Bowling Club is nestled behind the curling club in a beautifully calm green space. This is a friendly, sociable and competitive game. For Information call: 450 923-6612 and leave a message.
Saturday May 11 Comedy Night	It's Going to be a Comedy Tonight...bring along Mom Comedy Night featuring four highly rated, Funny and award-winning Comedians that will bring a smile and a good laugh to all Tickets \$30 + Cash Bar Details at https://www.facebook.com/events/2069050700059919/?ti=ia Saturday, 11 May 2019 from 8 pm to 9:30 pm (Doors open at 7 pm) Come join us for a drink (Cash Bar) and some preshow giggles . Saint Francis of Assisi Parish host 844 Av Notre Dame, Saint-Lambert, Quebec J4R 1R8 For your tickers Contact: comedyntnight782@gmail.com
Saturday May 11th	St. Paul's- 321 Empire GFP will be hosting their annual English Tea celebrating MOTHERS on May 11th from 2:00-4:00. Tickets are \$12/adult and \$6/children under 10. There will be scrumptious hors d'oeuvres, fancy sandwiches, scones with clotted cream and fantastic desserts There will be games, singing, raffles, door prizes and much more. We will be collecting hygienic items for the women's shelter. For more information or to reserve your ticket, please call 450-678-2460. There is a limited amount of tickets so please reserve early.

<p>Saturday May 11th</p>	<p>Cultural communities on the South Shore have been invited to attend the Grand Centennial Concert at the Cathedral in Longueuil at 8 pm on May 11th, 2019, given by the Longueuil Symphony Orchestra with the St-Lambert Choral Society. Société chorale de Saint-Lambert / St. Lambert Choral Society and ORCHESTRE SYMPHONIQUE DE LONGUEUIL Artistic Director, Xavier Brossard- Ménard Conductor Emeritus, David Christiani SOLOISTS Myriam Leblanc, soprano Nicholas Burns, counter tenor Hugo Laporte, baritone PROGRAMME Leonard Bernstein: <i>Chichester Psalms</i> Ralph Vaughan Williams: <i>Dona Nobis Pacem, Serenade to Music</i> and <i>Antiphon</i>, excerpt from <i>Five Mystical Songs</i> Tickets in presale: 47\$ for adults and 45\$ for Students and 65 + Info & Tickets: 450-878-0200 info.choeur.scsl@gmail.com</p>
<p>Sunday May 12th</p>	<p>Activities at Saint Hubert Legion Branch 159. 4040 Montée St. Hubert. St Hubert On MOTHER’S DAY, Sunday May 12th, from 9 am to 1 pm we are having a full breakfast – adults \$10.00 and children \$4.00. Our Legion is always welcoming, and you can come to see what we are offering. We are located at 4040 Montée St. Hubert in St. Hubert (next to the tracks) and we have lots of parking. For additional information, please contact the branch at 450 676-1141.</p>
<p>Sunday May 12</p>	<p>Bibliothèque de Brossard Georgette-Lepage 7855, avenue San-Francisco Brossard (Québec) J4X 2A4 Canada tel :450 923-6350 bibliotheque@brossard.ca In English - STORY HOUR Sunday, Sunday, May 12 from 11-12 am Age 3 and up *Free. No registration required. Everyone is welcome *</p>
<p>Thursday May 16</p>	<p>South Shore Retired Educators (SSRE) Thursday May 16, welcomes all, Elementary & High School Retired Employees for a year end Potluck luncheon and AGM. At 1:00 pm Mount Bruno United Church, 25 Lakeview Ave., St. Bruno. For information: nhaslam@videotrom.ca</p>
<p>Thursday May 16</p>	<p>As part of Longueuil Seniors week, The Men’s Shuffle Board Club invites you to come give us a try during an Open House Thursday May 16, at 1: 30 pm to 3:30 pm, Greenfield Park Arena 195 Empire 2nd Fl. Elevator Access info 450-465-5783</p>
<p>Thursday May 16</p>	<p>the St. Lambert Horticultural Society would like to invite everyone to their general meeting at 19:30 (7:30 pm) held on Thursday May 16, at the Recreation Centre, 600 Oak Ave., Saint Lambert (entrance via the back). Refreshments will be served at 19:15 (7:15 pm) This time our speaker will be Mrs. Caroline Begg. Her presentation will be about <<Soil, Nutrients & Vegetables>>. A guest fee of \$ 5.00 applies. For more information please contact us at slhorticulture@gmail.com OR 450-671-4535. EVERYONE IS WELCOME.</p>
<p>Friday May 17th</p>	<p>Activities of the Centre de soutien entr’Aidants – Caregivers Support Center CONFERENCE: Healthy body –Healthy Bones By Dr Loraine Mazzella-Maiolo <i>How are our bones? Are fractures inevitable? Learn the evolution of our growing skeleton and how our lifestyle and diet impact our adult bones. Find out about osteoporosis, its risk and treatments.</i> Friday, May 17th, 1:30 to 2:30 Event free, However Registration required 450 465-2520 poste 208 <i>Free in-home supervision and transportation will be offered under certain conditions.</i> 1688, rue Gustave-Désourdy, Saint-Hubert (Québec) J4T 1Y6 www.centredesoutienentraidants.com</p>

Saturday May 18th	St. Paul's 321 Empire in GFP will be holding a Garden Sale/Vendor's Market on May 18th from 9:00 - 2:00. Come and browse our many plants at very reasonable prices. While there look at our garden supplies and also check out our other vendors, including Avon, Epicure, Misty and Mother, just to name a few. Also enjoy a great lunch from. Our great canteen. If you are a vendor and would like to reserve a space for \$25/table or for any other information, please call 450-678-2460.
Saturday May 18	the St. Lambert Horticultural Society will hold their annual plant Sale at St. Lamberts Village Square (opposite from Taylor) on Saturday May 18 th from 10:00 am to 12:00 pm . At this fundraiser you will find a great variety of mature plants from our members gardens. Our volunteers will be happy to help you with any questions you have about selecting the right plant for your garden. Come early for best plant selection. Please, bring your own plastic bags. See you there, shine or rain. For more information please contact us at: shorticulture@gmail.com OR 450-671-4535
Sunday May 19	Piano Recital Concerts The second in a series of piano recitals at St. Andrew's Church, 496 Birch Street (corner Birch and Green) will take place on Sunday, May 19th Admission is free; donations will be gratefully accepted. Info: www.standrews-stlambert or 450-671-1862. Upcoming recitals in the series in 2019 (always on Sunday afternoons at 3 p.m.): next date May 19th.
Sunday May 19	The classic car exhibition comes to the St -Lambert Village district on Sunday, May 19. From 9 am to 4 pm. Along Victoria Avenue between Desaulniers and Webster streets These is very family large show so expect to spend a few hours visit Classic Fords to late 80 Musicales Cars . Fun for all
Friday May 24	THE GREENFIELD PARK UNITED CHURCH WOMEN will be holding their UCW Spring Luncheon on May 24, 2019. The cost is \$12.00. The doors will be open at 11:30 a.m. Lunch will be served at Noon. The menu will be turkey, stuffing, potato salad and broccoli salad etc., with carrot cake for dessert. Tea and coffee. A table of Jewelry and trinkets will attract your attention and the Book Room will also be open. The address is 335 Springfield, Greenfield Park, (between Churchill and James Davis) Tickets may be bought from Brenda Shaw-Radford at 450-443-2071
Saturday May 25th	The Seniors of St. Paul's 321 Empire in GFP will be holding their year-end Spring Luncheon on May 25th starting at 12:30. Entertainment will be provided by The Montreal City Voices Ladies Barbershop singers. Tickets on sale now, no tickets at the door. For more information or to reserve your tickets please call 450-672-0105 or 450-672-7499
Sunday May 26	BOWLING WITH THE GREENFIELD PARK LIONS CLUB: The Greenfield Park Lions Club will be holding its annual bowl-a-thon on Sunday May 26, 2019 at Champion Lanes starting at 2 in the afternoon. Tickets are \$15 per person, children \$12. Shoe rental & laughter included door prizes; half and half draw. Please support the Lions so they can continue to do good work in the community. For info CONTACT BERNIE CONSTANTINI 450-671- 6010
May 26- 26 Community Yard Sale	Saint-Lambert`s annual community-wide garage sale will take place on Saturday and Sunday, May 25 and 26 from 8 a.m. to 4 p.m. You may donate unsold to Le Support – Fondation de la déficience intellectuelle, which offers financial aid to organizations that assist people with developmental disabilities. call (514) 825-8382 to ask that items be picked up at your home.
Friday May 31st	St. Paul's 321 Empire in GFP will be hosting a movie night on May 31st starting at 7:30. The movie is titled " I Can Only Imagine". This is a true-life story of the lead singer of the Contemporary Christian Band "Mercy Me". A very, very good movie that is so worth taking a few hours of your time to see it. We will supply the Kleenex!!! There will be popcorn, drinks and treats provided. Everyone is welcome. So, come and bring a friend or two...This movie is recommended for 10 years and over. Go to our web page, stpaulsgpk.org for a further write up. For more information, please call 450-678-2460.

Saturday June 1st	Chocolate TEA Party , Saturday, June 1 st , from 2:00 – 4:00 pm Something a little different and just as sweet. Everyone Is Welcome! Freewill Offering Make sure you call by May 29 to reserve your spot! St. Joseph of Nazareth Church, 725 Provencher Blvd., Brossard. Call 514-258-7745 email angeldovestar28@hotmail.com / stjofn@gmail.com
Saturday June 1st	St-Mary's Parish Seniors will be hosting an International Night on Saturday, June 1st. (with the Doors opening at 6 pm) this event will include music, a menu from the different countries, (Italian- German- Caribbean style- Chinese- Canadian)—there will be Hawaiian dancing, a mini-fashion show; to enhance the evening . We will also have a cash bar and door prizes too! So Come and join us for an evening of fun Tickets are now available at \$20. per person, at St Mary's Church. Phone (450-671-0416) or 450-656-2480 or Email (events@saintmarysparish.ca)

Information Sessions & Workshops

	The Candiac Wednesday Group meets weekly at L'Antidote, Maison des Jeunes, 125 Ch. Haendel, Candiac The CWG is a friendly community group which provides women from Candiac and surrounding regions with the opportunity to learn and discuss a multitude of different topics in an informal setting. Children are welcome and free babysitting is available to give mothers an opportunity to relax. If you are New to the area contact us for information, Mimi Sakamoto: nigsin@sympatico.ca ; (450) 632-2563. ' Our regular meetings will restart September 11, we wish everyone a great Summer
Celiac Awareness Month	May is international Celiac Awareness Month in Canada: May 16th has been designated Celiac Awareness Day. In honor of the occasion, the Olympic Tower in Montreal will be lit green from dusk on May 16th to dawn on May 17th. Across Canada at least 4 other major cities will have edifices lit up green on May 16th on May 1st, the CN Tower in Toronto will be lit green to help celebrate the beginning of Celiac Awareness Month. Look for people wearing green ribbons for the event. Canadian Celiac Association's web site at: www.celiac.ca
Caregivers Support Coffee Meetings Activities of the Centre de soutien entr'Aidants 1688, rue Gustave-Désourdy, Saint-Hubert (Québec) J4T 1Y6 Télécopieur : 450 465-2290 poste 204	Activities of the Centre de soutien entr'Aidants – Caregivers Support Center 1688, rue Gustave-Désourdy, Saint-Hubert (Québec) J4T 1Y6 Téléphone : 450 465-2520 poste 204 Télécopieur : 450 465-2290 www.centredesoutienentraidants.com <u>COFFEE-MEETINGS:</u> Cost: 2 \$ (3\$ for breakfast) <i>Registration required 450 465-2520 poste 206 or 208</i> MAY: Living Our Emotions Tuesday 7 th , 9 to 11:30 am Friday 3 rd or 10 th , 9 to 11:30 am DE-STRESS-ME (6 meetings Max. 6 participants) This workshop will help caregivers with their stress management. It will offer tips and relaxation techniques. At the same time, participants will learn to enhance their understanding of stress and its impact, identify personal stressors and build a “strategic toolbox” to maintain a balance in their everyday life. <u>Themes discussed:</u> · Knowing myself better · Understanding stress · Reframing · Problem solving · Seeking support · My quest for meaning · My Action Plan Thursday: May 16th to June 27th, 9:00 to noon *No meeting June 6th Cost: 20\$ <i>Registration required 450 465-2520 poste 206</i> <i>Free in-home supervision and transportation will be offered under certain conditions</i>

<p>Wednesday May 15-19</p> <p>Ami Quebec</p>	<p><i>Mental illnesses often present many challenges for family members.</i> Periods of remission may be followed by relapses, and hope becomes despair. Family members play a critical role in helping loved ones seek help and embark on a journey of recovery, but it's not easy! AMI Quebec offers a family support group that meets every second Wednesday evening from 6:30 pm to 8:30 pm at the 598 Bellevue N (Greenfield Park Baptist Church) cross Street Park lane. Meetings are May 1-15-29, June 12-26, July 10-24, August 7, 21. Call for info 514-486-1448</p> <p>(For information on various Ami Quebec programs and services (in Montreal) Workshops visit www.amiquebec.org Call 514-486-1448 or if long distance outside Montreal call 1-877-303-0264.</p>
<p>Tuesday May 21</p>	<p>The Women's Circle meets on the South Shore on the Third Tuesday of every month at 7:30 pm 83, Churchill Street in Greenfield Park. The Circle awakens and ancient memory that offers women of all ages and background the opportunity to find their authentic voice and practice using it in a life-affirming way to connect to nature's rhythms, share our stories, heal wounds, and acknowledge the beauty, wisdom and power of the feminine spirit. No previous experience of this type of gathering is necessary. All that is needed is an open heart. A fee is collected in support of local and international women's organizations. The next set of dates will be May 21st and June 18th. For more info or to confirm attendance, please contact Julie at WomensWaysCircleMTL@icloud.com or 819-679-1716.</p>
<p>Wednesday In May</p>	<p>Woman empowering woman. Weekly facilitated round table discussions, covering a multitude of empowering topics, such as: -the key to inner happiness -you "can" overcome anything! -reinforcing new healthy habits -staying committed -a book club without the book -A place that welcomes any life stage experience (menopause, divorce, single parent, empty nest, etc.) -Overcoming personal roadblocks and negative self-talk. -medicine for the soul - developing a self-love, self-care mindset Come and join us for us Wednesday, Time: 6:30pm, 83 Churchill, Greenfield Park \$18.00 walk-in pay as you go. Questions? Email Clubkprivee@gmail.com</p>
<p>Thursday May 23</p>	<p>At a Death Café, people, often strangers, gather for coffee to discuss death. Our objective is <i>to increase awareness of death with a view to helping people make the most of their (finite) lives.</i> A Death Café is a discussion group directed with no agenda, objectives or themes. Although a discussion group rather than a grief support or counselling session, many people find talking about death to be therapeutic. Death Cafés are always offered in an accessible, respectful and confidential space, with no intention of leading people to any conclusion, product or course of action. (Voluntary small donations are accepted to offset the cost of coffee and snacks). More information about Death Cafés can be found here: https://deathcafe.com/what/. Just let us know you're coming, or ask any questions, by sending an email to dcregister@videotron.ca</p>

Upcoming Mark the Date ...



English -Language CPR Training session will be offered **Saturday June 1st** starting at 9 am to about 1 pm. A Certificated trainer will be presented this class. After your training you will also become a certified to provide CPR. The course fee will be \$40 (payable in advance) for added info ADULT ACTIVITY AND RESPITE CENTER 83 Churchill Blvd. Greenfield Park, QC J4V-3L8 (450) 486-4722 – **Class is limited to 14 places so call in early**

SPCA ANNUAL BOOK SALE (FUNDRAISER) Friday June 14th from 1 pm to 8 pm and Saturday, June 15th from 10 am to 5 pm Cynthia Coull Arena, 195 Empire, Greenfield Park. Do you have books to donate? We would love to have them! English or French, paper back or hard Cover. No magazines or text books please. For more information or to volunteer or donate, please contact: cathypl@sympatico.ca

South Shore Rib Fest: May 31 to June 2 Three Days of Great Food and Family Entertainment ...The Festival attracts thousands. Hosted in Greenfield Park near just off Empire /Churchill. During the day and into the evening there are free live shows. Sunday June 2nd is Family Day, lots of games and children's activities Bring your appetite for great Ribs and Bring your lawn chair to watch some fun entertainment. Volunteers are welcome for all your **info: Facebook: rib fest South Shore**

The South Shore University Women's Club is beginning their BOOK DRIVE, for their 45th annual BOOK SALE, on Thursday, June 6th from 10am to 11am and every Thursday thereafter in June and July. Kindly bring your books to The Centre de Loisirs, 325 de l'Espérance, St.Lambert. The profits from the sale provide scholarships for women pursuing higher education.

BBQ & HANDBELL CONCERT The Village Ringers & Jerome Savoie Thursday, **June 13, 2019 6:00pm** St. Lambert United Church 415 Mercille Ave, St. Lambert \$20 for tickets and information contact ifallon00@gmail.com or 450-671-3808 the cost for the *concert only* \$15 - 7:30 enter at 85 Desaulniers Blvd.

Mark the Dates Great News .. 🎭 Shakespeare in the park will be returning to Brossard Sunday, July 14... with the play **Measure to Measure** ..Details on the Location to follow ... Visit www.repercussiontheatre.com

The MSO outdoor Summer concert will also be returning to Brossard Thursday July 25..at 7 pm info to follow

Arts & Crafts

Ladies Craft nights at the St. Paul's Church. 321 Empire Street, Greenfield Park. **May 14th, 28th, and June 11th** (last until fall) all starting at 7:30 pm. Since February 2018 we have made 254 blankets which we have donated to cancer patients, of these 206 were donated to the oncology department at the Charles Lemoyne hospital and the balance of which some went to dialysis patients and others to people who have requested them. We have also knitted mitts, hats, scarves, slippers, etc. and donated them to 3 different schools for the children, to the women's shelter, to the homeless, families and others. So, you can come and join us and make a difference.... there is no charge and all material are supplied. We also serve tea, coffee and great treats. **For more info call 450-678-2460.**

-Are you interested in **Tole painting**? TOLE painting starting up for beginners and intermediate, two hours every week, great time to learn a new craft and have some great conversations with fellow painters. (Brossard) Please contact Carole at 450 671 6321.

EXPRESSIVE ARTS CLASS A 10-week class based on a co-operative curriculum format. Each student 'runs' a class based on his/her choice of 'expressive art' context. These sessions are Free Examples: Poetry, Photos, Story Telling, Creative Writing, Fashion/Dresswear, Books, Spiritual wakening Humor Hero's/Heroines Dates, time and place 2019 TBA 'running' the Living-Out-Loud sessions. The first class would present an example of one of

these and have participants (6-8 maximum) sign-in for his/her topic choice/experience. Please refer potential students by calling 450 465-3659 or email: marilyn_ajami@yahoo.com

Art Classes are regularly offered with Artist Ingrid Silbermayr at 'Michaels' on Taschereau Blvd. in Greenfield Park every Monday and Wednesday evening between 6:30 and 8:30. Two hours of a creative journey with hands-on lessons in techniques, Watercolour, Acrylic and mixed media! Cost: \$20.00 for two-hour class with a 3-student minimum in attendance. Materials are extra (students are welcome to bring what they have or buy new). List of themes, schedules are available at store, **NEW** registration will occur directly on the Michael's website, Greenfield Park Store (no longer payable at the cash registers as previous).

Fitness & Wellness



https://play.google.com/store/apps/details?id=com.participaction.app&hl=en_US

Did you now know that **regular exercise** is good for the brain? Researchers found that the brain aging process had slowed by 10 years in the more active group, even after taking other factors such as alcohol consumption and high blood pressure into consideration.

TO FIND A FULL LISTING OF LOCAL PROGRAMS <https://www.sscpn.org/stay-fit-in-2019.html>

Gentle Yoga ... Looking to improve your balance. The sessions are on Mondays at 2:30 pm to 3:30 pm led by a Certified Instructor. They are open to all residents and will be held at the Cynthia Coulle Arena **195 Empire Street, GFP** ... 2nd floor elevator. Parking in front of the Canadian Legion. One could bring a mat or use a chair...You can just show up, however if you have questions email arc.communityoutreach@gmail.com

The courses are \$50 for 10 sessions (seniors over 70 can be receipted for the Tax credit).

Put an extra SPRING in your step by taking up **Qi Gong**. Classes in Qi Gong, led by a Certified Instructor. Will be held at the Cynthia Coulle Arena on Mondays from 1 pm to 2 pm. New Session from April 8th, 2019. Possibility of pay-as-you-go, 5-week session and longer. **Part of the proceeds go towards SSCPN's concerns.** Contact Sandra Mitchell 450 466-7200; taichirivesud@gmail.com

Qi Gong [chee-gong] helps to increase energy levels, strength and flexibility, and to improve general well-being. It is also good to help alleviate the pain of arthritis, fibromyalgia and a whole host of other ailments.

Seniors Line Dancing Course every Tuesday - from 11:00 am to 12:00pm The Greenfield Park Baptist Church 598 Bellevue N. The class will consist of ultra-beginner for beginner dances, so no dance experience needed. Line dance is an excellent way to help with health, mind, and of course the benefits of keeping Alzheimer's at bay. Cost \$5 per class. For more information 450-671-1799.

Come join **Mommy Baby Fitness** Monday and Thursday mornings from 9:30 to 10:30 am. \$50 a month \$30 a month once a week or \$10 drop hosted at Greenfield Park Baptist Church 598 Bellevue N. (lower level) lots of parking for more info chrystalscott88@gmail.com or visit us on Facebook at: [core fitness](#)

LOW IMPACT AEROBIC EXERCISE PROGRAM with Ron. Morning exercise program aimed towards persons 55 plus. Sessions are one hour from 10 am-11 am: Small fee (\$3) all are welcome Monday Wednesday and Friday at 10 am only at St-Paul's Anglican Church, 321 Empire GFP contact Ron at 514-294-3030

Community Services

South Shore University Women's Club meets on the last Tuesday of every month at 7:30 pm, Champlain College, Room A114, 900 Riverside Drive, St Lambert ... **Free lectures.** Visit www.ssuwc.ca

South Shore Travel Group: Looking for friendly group of South Shore folks to take a **getaway day trip** *that picks you and drops you off right here on the South Shore...* (with pick up and drop off in the Greenfield Park area) The Vicki has planned a **whole list of trips** that you can take either with friends or as a way to meet new people. For Booking and information then contact Vicki at vzatylny@gmail.com or call 450—550-3628.

The South Shore Ukulele Club gets together first and third Tuesday of the month at the St. Hubert Legion at 7pm. We are Bilingual Club open to all! The classes are free and we do offer low cost lessons. email Bob at Madison2004rj@yahoo.ca

-Low Cost Legal information service on the Greater South Shore Montérégie Community Justice Centre English-language Services are offered 6300 Auteuil Street, Suite 503, Brossard 579-723-3700 or toll free: 1-844-723-3700 [www.justicedeproximite.qc.ca /en/centres/Montérégie/](http://www.justicedeproximite.qc.ca/en/centres/Montérégie/)

Maison Internationale de la Rive-Sud (MIRS) Accompanying and offering **support to new comers.** Location(s): 2152, boul. Lapinière, bureau 220 Brossard (Québec) J4W 1L9 Phone Number: 450-445-8777 info@mirs.qc.ca <http://www.mirs.qc.ca>

Our Harbour offers English-Language support and housing services for persons living with a mental illness on the South Shore **Currently we have 8 apartments** and if you know of persons who may make for a good resident contact them. Volunteers and supporters welcome. Call 450-671-9160 email info@ourharbour.org or go to www.ourharbour.org

Adult activity AND RESPITE Centre Seniors attending our respite Centre are keeping very Active, 9:30 am to 4:30 pm a focus on memory and wellness *Each day your love one is provided care, a good lunch, activities and surrounded by caring staff and volunteers.* Ask us about arranging RTL adapted transport. Looking for a place to volunteer (In English)? Then contact; ADULT ACTIVITY AND RESPITE CENTER 83 Churchill Blvd. Greenfield Park, QC J4V 3L8 (450) 486-4722 -Hospital Services Our specialists or companions commit to follow the participants they care for should they be hospitalized. This lessens the stress they feel by being moved out of their usual environment. EMAIL: info@adulthoodcare.ca WEBSITE: www.adulthoodcare.ca

Talking about Suicide Saves Lives The Association Québécoise de prévention du suicide (AQPS) has a *new Suicide awareness program.* The AQPS call number 1-866 APPELLE (277-3553) is available in English and French and is available to all Quebecers across the Province regardless where you live. <https://howtotalkaboutsucide.com/>

Quebec Arthritis Society national health charity, fueled by donors and volunteers, with a vision to live in a world where people can be free from the devastating effects that arthritis has on lives. =For information and support Visit the Arthritis Society <https://arthritis.ca/about-us/about-the-arthritis-society/>

The Canadian Celiac Association The Canadian Celiac Association is the national voice for anyone adversely affected by gluten and is dedicated to improving diagnosis and quality of life. For information go to: www.celiac.ca or info@celiac.ca

CHIP (Communicaid for Hearing Impaired Person) -Offers assistance and workshops in English for persons who experience hearing lost. They provide resources and communication tools and training. While based in Montreal they will reach out to the South Shore English-speaking community Call: 514-488-5522 Visit www.hearhear.org Email info@hearhear.org

For Help from HOPE (Food Bank support) GFP-Brossard-St Hubert call 450-693-0262

The Mission Nouvelle Génération The Community Food Bank is Brossard (near the Mall Champlain) 1423 Provencher Brossard New Telephone Number 450-486-7667 is open from 1 pm to 5 pm and 6:30 pm to 8:30 p.m. If you have gently used items, I suggest you donate them to their thrift shop. The items may be sold but

at very low cost, the store is run by volunteers and special needs and the funds go right back into the community. You can drop off items from 10 am to 4 pm Tuesday and Thursday ..volunteers are welcome, Very Bilingual www.missionnouvellegeneration.org

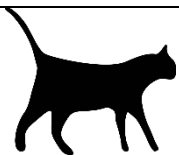
In Need of Temporary Financial Assistance (donation)? If you are having real temporary financial problems (could be a student, single mother/father, old, sick, poor, abused or anyone else in real temporary need) and require financial aid to put your life in order, call Vinesh Saxena family foundation at 450-468-7539 or visit website: www.vsffoundation.ca

Le CIJAD - CJE de Laporte Bilingual Job Search Assistance Looking for a job that lives up to your ambitions? We can help you through services that meet your needs! JOB SEARCH ORIENTATION ENTREPRENEURSHIP 1800, Saint-Pierre Lemoyne Street (Québec) J4P 3K2 Phone: 450.671.8949 <http://cijad-cjelaporte.org/home.php> info@cijad-cjelaporte.org

Looking to some good reading (in English)? Visit these two local libraries for a wide collection of books, DVDs, and other reading material. While you need to be a member to take out books etc. However, you can make use of their reading room for free... **Greenfield Park Library** 225 Empire Greenfield Park (all residents of Longueuil can join)

Bibliothèque de Brossard Georgette-Lepage 7855, avenue San-Francisco Brossard (Québec) J4X 2A4 Canada tel :450 923-6350 bibliotheque@brossard.ca

- Looking for a wide selection of English Language Magazines visit The Pharmprix on Taschereau GFP



Brossard has no kill program were under the CSRM were stray cats are capture, sterilization, release. However, some are maintained in the community with volunteers looking to be adopted. Because of added demand on volunteers they are looking for donations of Dry or canned Cat food. If you can help, then please email: catlovers.gat@gmail.com

211 Grand Montréal

To find resources!
Food or material assistance,
employment, help for seniors...
and any other social needs.

211qc.ca 2-1-1

211 is easy number to remember so call (2-1-1) 211 Telephone referral for community services available for Residents of the Greater Montreal area, including the South Shore. By calling the **211-telephone line for information on community and social resources such as home support and housing for seniors, support associations for people with intellectual or physical disabilities, psychosocial support for victims of domestic violence and sexual assault, treatment for addiction, and mental health advocacy groups.** The service is free and multilingual and is available seven days a week from 8 a.m. to 6 p.m. Residents can also visit the 211qc.ca and the web <https://www.211qc.ca/en/about>

Visit our ARC Facebook and or website for added updates and information and be sure to give us a LIKE 🍷
We invite you to share our newsletter with family and friends. To have a contact added just email us with the address, name and if possible, the city. To have an address removed please ...hit reply to this email.

We do not share our email contact list with 3rd parties. All emails sent are saved for one year.

Note: To post your events, please advise us no later than the 25th of every month and for clarity, please always use a subject line followed by your pertinent information



This initiative is funded by **ARC** with financial contribution from The **Community Health and Social Network (CHSSN)** through **Québec English secretariat.**



**forward any added information for the June Issue by
May 25**