

MESSAGE FROM THE BOARD MEMBERS



Fall has arrived with its wonderful panorama of colours, and treats and this time heralds the arrival of winter with its multiple year-end celebrations. There are so many needs to be met in our community, it's time to lend a helping hand.

MWCN Sponsored Events:

- Tuesdays** **Walking Group** will keep on walking. Meet the group @ Ile St-Bernard at 10:30am and bring a lunch.
- Oct 22** **Scrapbooking for all.** Cost \$30 adults & \$15 students 7-16yo. To be held from 9am to 9pm at Walshaven Senior Complex 35 Hector in Ormstown. Both lunch and dinner are included.
- Sat. Oct 29** **Health Promotion Fair** – 9am to 4:00pm. **Guest Speaker, Albert Nerenberg:** a Canadian independent filmmaker, actor, journalist, hypnotist and laughologist.
- Free Bus** will leave Chateauguay at 9am from behind Maison des Jeunes and return at around 4pm. Bring your lunch. **To reserve your space on the bus call: 450-699-1078**
- Nov 10 **Café-rencontre** – with a notary. More details to follow.
 Nov 24 **Café-rencontre** – with Hébergement conseil. More details to follow

Community Wednesdays: Held from 4 to 7pm. Spaghetti dinner \$2.00

Nov 2 nd	Mary Gardner School
Dec 7	St-Willibrord School
Feb 1	To be determined
April 5	Sainte-Martine School
May 3	Gérin-Lajoie School

Be a member detector

New members are the lifeblood of every organization, including ours.



Membership is \$10 and it allows you a special member rate for all our activities, and our newsletter which is full of information on upcoming events, courses, etc. Don't hesitate to tell everyone you know about us.

CECN Board Elected officers:

President: Pauline Wiedow
 Vice President: Lise Brunette
 Treasurer: Gayle Holdaway
 Secretary: Grace Brasseur

Members:

New member: Georges Bujold
 Chuck Halliday
 New member: Louise Kinney
 Susanna Langevin
 New Member: Emily Lemieux
 New member: Marlene Stacey

Volunteer Coordinator: Lynda Friend

Interest groups

Book Club Chair: Gayle Holdaway
 Membership Chair: Gayle Holdaway
 Newsletter editor: Lise Brunette

e-mail: mwcn2016@gmail.com



Letters to the Editor

Any event, activity, or interesting fact to share?

E-mail lbrunette51@videotron.ca

Le Centre d'action bénévole du grand Châteauguay

More training « **Comment éviter l'épuisement chez les aidants naturels** »

10 separate workshops which will allow you to reflect on your role as caregiver and to put in place certain changes to avoid exhaustion.

Thursday 6 Oct. from 13h30 – 15h30: Pleasing yourself and Choosing
 Wednesday 12 Oct. from 13h30 – 15h30: Protecting your Health
 Thursday 20 Oct. from 13h30 – 15h30: Change

These workshops are held at Centre d'action bénévole du grand Châteauguay, 10 Gilmour Châteauguay. To register: 450 699-6289

Café-rencontre Tricks and tips to manage your stress: we offer suggestions on what to do to modify the stress elements of your life.

13 octobre 2016 de 13h30 à 16h00 à la Bibliothèque de Mercier.

Offered by Centre d'action bénévole du grand Châteauguay. To register: 450 699-6289 or cabgc.jessicaroussy@outlook.com

Centre d'action bénévole du grand Châteauguay offers support for people 50 and over:

- Friendship visits with a volunteer
- PAIR daily security call
- Walking with a volunteer (group or individually)
- Transportation and accompaniment for medical appointments

More information, call Lisa at 450 699-6289

Save the date:

Happening on Mondays:

Book Club meeting – Moderator Gayle Holdaway. Due to the popularity of the book club, there are now 2 different groups:

Dates: **Sept 12, 26 & Oct 17**; **2nd group: Sept 19, Oct 3 and 24.**

September book: Jamie Ford's "Hotel on the Corner of Bitter & Sweet"

Book club will reconvene in **February** and book selected is Louisa May Alcott's "Little Women" Cost \$20. **More info, call Gayle @ 450-699-1078.**

French Conversation Classes – duration 10 weeks

Moderators – Beginners group: Georges Bujold

Intermediate group: Lise Brunette

Dates: **Sept 26 to Dec 5**, from 6:30-8:30pm Nova Career Center

Happening on Tuesdays:

Knitting Group returns to St-Willibrord School. Welcome all knitters. Held at St- Willibrord School. Dates: **Sept 20, Oct 18, Nov 15** from 11am-1pm

Creative Writing – duration 10 weeks held at St- Willibrord School.

Dates: **Sept 27 to Nov 29** from 1:30-3:30pm

Happening on Wednesdays:

English Conversation Classes – 10 weeks

Dates: **Oct 13 to Dec 14** from 6:30-8:30pm at Nova Career Center

Moderators: Georges Bujold & Susanna Langevin

English Conversation Classes – 10 weeks

Dates: **Sept 28 to Nov 30** from 6:30-8:30pm at Gault Institute – held in Valleyfield. Moderators: Pauline Wiedow &

Word, Excel & PowerPoint course - 4 weeks at Nova Career Center

Nov 9 – Nov 30 from 6:30-8:30pm. Moderator: Nicole Johnson

Happening on Thursdays:

Café-Rencontres from 10-12pm at the Legion

From Sept 22 to Nov 10. Topics discussed: Macular degeneration; public transportation; Parkinson's; memory jogger; Alzheimer; Diabetes & nutrition; Blood pressure; nutrition & exercise.

Happening on Fridays:

Volunteer Appreciation & Training – St-Willibrord School – from 1:30 to 2:30pm

Date **Oct 14**

Happening on Saturdays:

Health Promotion Fair – 9am to 4:00pm Held in Brossard,

Event and bus are free, bus will leave Maison des Jeunes parking at 9am and return to Chateauguay around 4pm. Bring your lunch

Date: **Oct 29**

Mind Calm returns in November:

Mondays: Nov 14, 21, 28 and Dec 5

Held at St-Willibrord from 10 to 12

Free for MWCN members, \$10 for non-members.



Partners Corner Upcoming & ongoing events

Civitan Upcoming Activities:

Oct 8: **Bread donation Fundraiser** for Chateauguay Food Bank held in front of Canadian Tire. Donations appreciated

Oct 15: **Blue Grass supper & evening** this event is held at the Civitan Club you can come enjoy the sounds of bluegrass for \$5.00.; Members \$2.00

Oct 30: **Family Halloween Bingo Party** @ Civitan Club 3 Hallé

1-3pm Fee per family: \$10. Prize for best costume. Snacks available for donation. Info: Louise Kinney 450-699-1255.

Nov 5: **Entrepreneurs Fair** – Civitan 10am-4pm
Renting table- cost \$20, call Louise at 450-699-1255 – General admission Free
Featuring Avon Younique Tupperware; Baby Books & Children Books Jeu A to Z; Epicure Scentsy Massage Therapy just to name a few

Nov 19: **Blue Grass supper & evening** this event is held at the Civitan Club you can come enjoy the sounds of bluegrass for \$5.00.; Members \$2.00

Nov 26 **Scrapbooking day** – held at Civitan Club 9:30am - 8:30pm. Lunch and Dinner included. Cost \$30
More info, call Pauline Wiedow 450-617-0513

Dec 3: **Fun Family Bingo with Santa.** Held at Civitan Club from 1 – 3:30pm. Cost \$10 per family. Snacks available for donation

OLPH Upcoming Events :

- Catholic Women's League Craft Fair – Nov 4-5
- Launching of Tree of Dreams – Nov. 26-27
- Dashing Through the Snow-Theater Even – Saturday Nov 26 at the OLPH Church Hall – Cost \$10. Refreshments available.
- Fair Trade Fair – Sunday Dec. 4 –OLPH Hall

November is Financial Literacy Month

We will be offering workshops throughout the month of November. More detail to follow

Armistice Day: **Sunday, November 6th** Remembrance Service

Start time: 1pm in front of St-Andrews Church 46 Dupont East Laying of wreath at the Cenotaph starting at 1:30pm

“Never depend upon institutions or government to solve any problem. All social movements are founded by, guided by, motivated and seen through by the passion of individuals.” ~ Margaret Mead