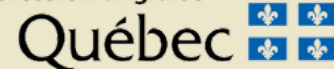




# PROGRAM OF ACTIVITIES ON ZOOM - JANUARY 2024

MONTÉRÉGIE WEST COMMUNITY NETWORK (MWCN)  
IN PARTNERSHIP WITH COMMUNITY ORGANIZATIONS

With financial support of  
Secrétariat aux relations  
avec les Québécois  
d'expression anglaise



FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST

**Our offices will be closed from Friday, December 22nd, 2023, and will reopen  
on Monday, January 8th, 2024.**



## SHARP - How Healthcare can Bridge Loneliness

Presented by Bette Watson-Borg, Project Manager of  
Social Isolation and Loneliness Project CCSMH

**Wednesday, January 17  
from 10:00 to 11:30 am**

For registration:

Call (514) 425-0399 or email [lorie@mwcn.ca](mailto:lorie@mwcn.ca)



## Watercolors

Learn the ease of watercolor painting techniques  
with Sarah Murphy, local artist You will need a canvas  
and 3 primary colors of watercolors.

**Wednesday, January 17, 24, 30  
from 10:00 to 11:30 am**

For registration:

Call (514) 425-0399 or email [lorie@mwcn.ca](mailto:lorie@mwcn.ca)



## Diabetes II

Presented by Chloe Desormeaux - CISSMO.  
This presentation will touch on an overview of Type 2  
Diabetes and current Dietary Recommendations

**Tuesday, January 23  
from 10:00 to 11:30 am**

For registration:

Call (514) 425-0399 or email [lorie@mwcn.ca](mailto:lorie@mwcn.ca)

## ACTIVITIES ON ZOOM



### Celiac Disease & Gluten-free Diets

Presented by Margaret Duthie.  
This session seeks to explain what Celiac Disease is and what is meant by Gluten Free

**Tuesday, January 30**  
**from 10:00 to 11:30 am**

For registration:

Call (514) 425-0399 or email [lorie@mwcnc.ca](mailto:lorie@mwcnc.ca)



### Financial Workshop By Todd Côté

*"Investment Advisor at Assante Capital Management Ltd"*

**Topic: Do you know how to manage your Budgeting, Income Sources, and Tax Minimization in retirement?**

- Government pensions; OAS, QPP, GIS, Allowance, Allowance for survivor, Survivors pension.
- Work plans and personal savings.
- My Investments, RRSPs, TFSA, Non Registered:
  - Will I outlive it?
  - What's in it and why?
- Am I paying too much in taxes?
- Dying without a will – where does my estate go?
- Preparing a Budget and Plan

**Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8**  
**Monday January 29, from 10:00 - 11:30 am**

For registration:

Call (514) 425-0399 or email [lorie@mwcnc.ca](mailto:lorie@mwcnc.ca)

## HYBRID Activities *On ZOOM and In-Person*



### Alzheimer's Disease & Its Differences

Alzheimer's Disease & its Differences - By Shalisa Capaday Infirmière, Premier Lien - Société Alzheimer du Suroît

*This activity is on Zoom, but you're welcome to join us at our office in Huntingdon for a live screening.*

**On ZOOM and at Huntingdon Wellness Center**  
**72 Dalhousie, Suite 201, Huntingdon**

**Tuesday January 30th 2023, from 10:00 to 11:30 am.**

For registration: 450-264-3596 or [nora@mwcnc.ca](mailto:nora@mwcnc.ca)