

## FEATURED THIS MONTH:

- A Lively AGM!
- Art Therapy
- Meditation and Relaxation
- Lunch-Break Yoga
- Journaling
- Make your Own Ointment/Lip Balm
- Forest School
- Playgroup
- Gentle Exercises for 50+
- OWLS Group
- Painting & Bridge

*"I'm so glad I live in a world where there are  
Octobers."*  
- L. M. Montgomery, Anne of Green Gables

## A WONDERFUL EVENING WITH OUR MEMBERS Finally, an AGM!

After having to cancel our AGM in the spring of 2020, we were so delighted to finally hold an AGM on September 16th! What a great way to start the fall! The festive and interactive evening allowed us to feel the pulse of our community and to welcome suggestions from the 30 members who were present. Thank you to all who came, it was great to see you!

### No Membership Fees this Year

Again this year, our Board of Directors has decided to waive the membership fee of our Women's Centre for the coming fall and winter. As the public health guidelines are constantly changing, we cannot predict whether we will have to cancel or move our activities online. Therefore, the LDWC prefers not to charge the \$10 annual fee normally collected each fall. Any new member will still be invited to fill out a membership form.

Make sure also to follow our [Facebook page](#) to be updated on new activities or feel free to phone at **819 564-6626** for info.

### Office Hours for the Fall

Even though our offices are not yet open for drop-in visits, you are welcome to **call us (819-564-6626) Monday to Thursday between 10 am and 3 pm** to make an appointment to discuss any matter in person or to simply chat or inquire about some of our activities and services.

### Some of Our Volunteers Honoured

On September 9th, the community involvement of some of our volunteers was celebrated by the City of Sherbrooke during a Volunteer Award Event. **Lori Shvil, Kat Abdalla, Cheryl Graham and Deborah Noble** all received a present to highlight their contribution to our Women's Centre. Thank you ladies, your help is highly appreciated!

Right: 1st and 2nd photo: our AGM on September 16th 2021 at our Community Garden. 3rd photo: Volunteer Award Night in Lennoxville on Sept 9th. 2021





## NEW THIS FALL AT YOUR WOMEN'S CENTRE!

### ART THERAPY

Here is an invitation to women of all ages! Join our new workshop "Towards New Horizons" offered by Art Therapist Christiane Blais! We will use art materials and the creative process to explore emotions, reduce anxiety, increase self-esteem, and resolve other psychological conflicts. The approach is simple and spontaneous. No artistic skills required! Anyone can draw a line or a curve! The intention is to explore your creativity and learn to know yourself better in order to make wise choices in your life.

Small groups of 4 women. Art material included.  
Respect and confidentiality guaranteed.

Please only sign up if you think you can attend the whole series of 5 workshops.  
Places limited. First come, first served!

**When: Every Tuesday in November (Nov. 2-9-16-23-30)**

**Time: One group from 10 am till noon, another group from 1:30 - 3:30 pm**

**Where: Location to be determined (in Lennoxville)**

**Cost: \$20 for the series of 5 workshops**

**Sign up [HERE](#) or call 819-564-6626**



**Christiane Blais**  
**Certified Art Therapist**



### ZEN ZONE

Want to slow down and learn **mindfulness** and **relaxation** techniques? Here is a good place to start!

Join these 1-hour guided sessions where different tools will be explored and practiced to relax your body as well as to soothe your mind and your emotions: breathing techniques, meditation, guided visualizations, self-massage, sounds and mantras, etc.

**When: Every Monday, starting Oct. 4th**

**Time: 1:30 - 2:30 pm**

**Where: Community Hall (Amédée Beaudoin) in Lennoxville**

**Cost: \$3**

**Sign up [HERE](#) or call 819-564-6626**



**Isabelle Gareau**  
**Yoga and meditation**  
**teacher**



SMILE  
BREATHE  
and go  
SLOWLY  
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### LUNCH-BREAK YOGA

Start your afternoon refreshed!

Loosen and stretch your body, activate your blood circulation and bring the mind back to the present moment. Your energy will be renewed and you'll be ready to attack the afternoon with enthusiasm!

**When: Every Monday, starting Oct. 4th**

**Time: Noon - 1 pm**

**Where: Community Hall (Amédée Beaudoin) in Lennoxville**

**Cost: \$5 per class**

**Sign up [HERE](#) or call 819-564-6626**



## JOURNALING FOR SELF EXPLORATION

Dive into the fall with a journey of self discovery

With a combination of writing and drawing prompts (no worries, no need to be a writer or a visual artist), we will accompany you through an insightful introspection. The series of 4 workshops will begin Monday Oct 25th and will take place **every two weeks**.

**When: Mondays, Oct 25th, Nov 8th, Nov 22nd, Dec 6th**

**Time: 6:30 pm - 8 pm**

**Where: Community Hall (Amédée Beaudoin) in Lennoxville**

**Sign up [HERE](#) or at 819-564-6626 / [programs@ldwc.ca](mailto:programs@ldwc.ca) Cost: Free!**

## MAKE YOUR OWN NATURAL OINTMENT AND LIP BALM

Using our harvest from the LDWC Garden flowers as well as wild flowers, we will transform infused oils into a hydrating and nourishing body cream. Come to learn about the benefits of making your own cosmetics using local and natural ingredients!

**When: Thursday Oct 14th - 4:30 pm**

**Where: Tent by the Community Garden**

**Sign up [HERE](#) or call 819-564-6626**

**Cost: FREE \*Places limited\***



## "FOREST SCHOOL" AT THE LDWC

**4 FREE** family activities to enjoy with your kids aged **5 to 10** (younger siblings and dads also welcome!)

- **Saturday October 9 (10:00-12:00) - Johnville Bog - Frogs and Bogs**

Join us as we enter the woods as all the herps (frogs and salamanders) come out to play in this wet fall weather. We will be meeting at the bog to flip over rocks and logs and see what we can find!

- **Friday October 22 (7:00-9:00) - Night Labyrinth**

Join us at Topher farms just before Halloween to try to complete their corn maze in the dark! Bring warm clothes, flashlights and your thinking hat to try to solve all the puzzles!

**Cost: Free (only if you come with our group)**



- **Friday October 29 (7:30-9:00) - Witchy Walk**

At Halloween time the witches, ghouls, bats and rats come out to play. Join us for a spooky walk in the woods past sunset to see what the night has in store for us. Make sure to come dressed in your best witch outfit!

- **Saturday Nov. 6 (10:00-12:00) - Hike at Mt Bellevue**

Come to Mt Bellevue for a lovely hike and picnic at the top!

**To sign up for any of our Forest School workshops: click [HERE](#) or contact us at 819-564-6626 or [programs@ldwc.ca](mailto:programs@ldwc.ca). Places are limited. First come, first served!**





## PLAYGROUP AND STROLLER WALKS

Learn, share, have fun and connect



Join our **Playgroup every Tuesday at 10 am at the D'Arcy Bennett Park in Lennoxville and later on at the Amedee** to meet other English-speaking mothers in the Townships with pre-school aged children aged 0-5.

**Oct. 5** - Outing at the Topher Farm (Labyrinth + Pumpkin picking)

**Oct. 12** - Kid Clothes Swap + Finger Painting and Puzzles

**Oct. 19** - Obstacles and scavenger Hunt

**Oct. 26** - Halloween Party (bring your costume)

**Nov. 2** - Playdough and "gew"!

We will also hold our **"Stroller Walks" every Thursday at 1 pm**

(We meet at the path by the railroad track on Samuel Gratham St. in Lennoxville) Info and registration: **819-564-6626**, or **programs@ldwc.ca**

## GENTLE MORNING EXERCISES

Warm up and stretching for women 50 and over

Here is a little morning tonic to get you started on the right foot. The joints will be specially targeted by the various exercises, which are accessible to all. Your body will be more flexible and more mobile for the rest of the day! If you are interested in participating, please register by clicking [here](#) or call **819-564-6626** or email us at **info@ldwc.ca**.

**When: Thursdays**

**Time: 9:30 am - 10:30 am**

**Where: Outside at the Community Garden and at the Amedee Beaudoin Community Hall when the weather gets cold (10 Samuel Gratham St.)**

**Cost: \$5/class**



## THE "OWLS" ARE BACK!

Weekly meetings with Outstanding wise ladies (OWLS)

We wish to invite all women from our community aged 60 and over to join our **OWLS** group (Outstanding Wise Ladies Sharing), a fun weekly gathering to enjoy a variety of discussions, activities and speakers.

**When: Every Wednesday at 1:30 pm**

**Where: Hope Church (102 Queen St.) (until the elevator is fixed at the Amedee Beaudoin Centre)**

**Info and registration: 819-564-6626 or programs@ldwc.ca**

## "PAINT IT LADIES" & BRIDGE GROUP

Join this social group which invites women to play bridge or work on creative projects while enjoying the company of other women.

**When: Every Friday, 10 am till noon**

**Where: Amedee Beaudoin Community Hall**

**Info and registration: 819-564-6626 or programs@ldwc.ca**

## MORE ACTIVITIES COMING YOUR WAY THIS FALL

- Watercolour Workshop (November)
- Interactive workshop to lighten your mental load (early December)
- More Forest School activities (November and December)

