

April, May, June 2024
www.awcentre.com



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Setting and Achieving your Goals: A goal without a plan is just a wish!

Any time is a good time to define an objective, modify a behavior, or embrace a new habit. Marie-Hélène will help you create a customized approach that will guide you through setting a goal (or two) and reaching it!

This three-part workshop is scheduled for **April 3, 16, and May 1.**

While you'll get optimal results from attending all three sessions, even participating in one or two will provide valuable benefits!!

Does the thought of answering your pre-teen's puberty questions stress you out?

We have two nurses coming to Avante on **Thursday, April 11 at 6:00** to help with that!

They'll give you ways you can talk to your pre-teens about puberty, changes in their body and new sexual feelings. We want to help you talk to your pre-teen about these changes before they happen. Sometimes Grade 5 is too late.

One nurse will talk to your children about these changes, and answer their questions, and the other will be with the moms to help you to talk to your child in an open way without making them feel ashamed about their bodily changes or new feelings.

We know evenings can be rushed for you and your kids; we'll provide supper for you 😊

Literacy Games

In collaboration with the Yamaska Literacy Council, we are hosting three sessions of fun literacy-related activities that also serve as an excellent way to meet new people and make new friends.

Turn the page for the specifics.

The Avante Gazette

We are proud to announce that we are launching a NEW PROJECT! The first edition of the Gazette is coming out in April 2024! It will be released once a quarter (April, July, October and January).

We hope you are all as excited as we are! The Gazette will have something for everyone, from opinion articles to creative content, from a recap of Avante's activities to community announcements. A printed version will be distributed at various locations in Bedford and neighbouring towns including the Bedford Pizzeria, Café Rouge, the CLSC, pharmacies and more. The on-line version can be found on our website: www.awcentre.com

The goal is to let your voices be heard. Who can write in it? Anyone! Contact Sam if you'd like to add your work to the next edition.

Don't have a car? Don't like to drive at night?
Give us a call and we will do our best to get you a ride.

Interactive Anxiety Workshop with OASIS Santé Mentale

The workshop we have planned for you on **Friday, April 26 starting at 3:00** will be an interactive and engaging event, featuring knowledgeable speakers and experienced instructors who specialize in mental health and anxiety management.

You will have the opportunity to participate in informative sessions, interactive exercises, and learn practical breathing practices, self-massage and meditation aimed at alleviating anxiety symptoms.







Additionally, we will provide you with valuable takeaway tools and resources to continue your journey towards managing anxiety effectively.

To ensure a conducive environment for learning and participation, we will have refreshments such as teas and light snacks throughout the duration of the workshop.

We are confident that this workshop will not only provide valuable insights and resources for you, but also foster a supportive and understanding community environment around mental health.






There are 3 ways to register you and your friends to the event: on-line at www.awcentre.com, via email at register@awcentre.com or go old school and call us at 450-248-0530.

April				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED		Set and Achieve your Goals! 6:00 w/Marie-Hélène Identify SMART goals. (Specific, Measurable, Achievable, Relevant, Timely)	Sugar Cookies DIY 6:00  Making and decorating sugar cookies w/Vanessa from Sweet-Ness Sugar Cookies	
8	9	10	11	12
Yarn it Forward 10:00 w/ Josée Join us to knit or crochet or to learn how. 	Pillow DIY 1:30  w/ Gisèle Making heart-shaped pillows to donate to cancer patients	Quilts for Survivors 6:00  Get your creative juices flowing while learning the “quilt as you go” method	Let’s talk Puberty! w/ SIDE P 6:00 For parents and their children. <i>Open to all kids</i>	
15	16	17	18	19
Literacy Games 1:30 Join us for a game of outdoor Scrabble. 270, rue Victoria Lac Brome <i>This activity is open to all</i>	Set and Achieve your Goals! 6:00 w/Marie-Hélène assess your current situation vs. the desired one	<div style="border: 2px solid red; padding: 5px; color: red; font-weight: bold;"> To register for activities, call 450-248-0530 or send an email to register@awcentre.com </div> <div style="border: 1px solid green; padding: 5px; color: green; font-weight: bold; margin-top: 5px;"> All activities are held at the Centre, unless specified! </div>		Nature Walk 10:00 Meet us for a relaxing walk along the Heritage Park trail, 100, rue Alcée-Rocheleau, Bedford <i>This activity is open to all</i>
22	23	24	25	26
Spanish Classes 6:00 Learn conversational Spanish with Sam. 	Chair Yoga 1:30 Simple poses to help relax and decompress. 203, rue Principale, Cowansville	Soup Café NOON Enjoy a bowl of Italian Wedding Soup. Tech & You 1:30 Ask away! Bring all your tech related questions	Grief Support Group 6:00 Open to women in all stages of grief. 	Anxiety Workshop 3:00 See description above for all the details.

May				
Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
<p style="color: red; text-align: center;">To register for activities, call 450-248-0530 or send an email to register@awcentre.com</p> <p style="color: green; text-align: center;">All activities are held at the Centre, unless specified!</p>		<p>Set and Achieve your Goals 6:00 w/Marie-Hélène Address potential roadblocks and explore various tools designed to overcome them.</p>	<p>Book Club via Zoom 6:00 w/Susan The book will be chosen by the group on March 21.</p>	
6	7	8	9	10
<p>Yarn it Forward 10:00  w/Josée Join us to knit or crochet. Don't know how, we'll learn ya.</p>		<p>Literacy Games 1:00   Share some laughs while enjoying an afternoon playing board games. <i>505, rue du Sud, Cowansville</i> <i>This activity is open to all</i></p>	<p>Zumba Gold 6:00 w/Brenda Join us for an introduction to Zumba Gold. This is a low-intensity workout class that combines cardio and dance.</p>	
13	14	15	16	17
<p>Perspective Palette 1:30 w/ Marie-Hélène Ever wonder why you react the way you do in different situations? Learn the art of understanding your reactions. <i>270, rue Victoria Lac Brome</i></p>	<p>Quilts for Survivors 6:00 It's time to turn all the lovely blocks that were made into quilt tops!</p>		<p>Liz, the Kitchen Whiz 10:00 In this interactive cooking class, Liz is teaching us how to make Bacon Jack Daniel's Mac & Cheese followed by a delicious Lemon and Blueberry cake.</p>	<p>Homesteading 10:00 Josée & Dietmar invite you to visit their auto-sustainable farm and learn all about how they do it. 1400, chemin Dutch St-Armand 10 people maximum</p>
20	21	22	23	24
<p style="font-size: 2em; font-weight: bold; text-align: center;">CLOSED</p>	<p>User Rights in the Health Care System 1:30 w/ Barbara & Pam What are they? Let's find out together! <i>203, rue Principale, Cowansville</i></p>		<p>Grief Support Group 6:00 Open to women in all stages of grief. </p>	<p> Nature Walk 1:30 Enjoy a beautiful walk along the trail at Lac Boivin. Meet us at 700, rue Drummond in Granby. <i>This activity is open to all</i></p>
27	28	29	30	31
<p>Spanish Classes 6:00 Learn conversational Spanish with Sam. </p>		<p>Soup Café NOON Enjoy a bowl of Pork & Veggie Soup Tech & You 1:30 We're here to answer your tech related questions</p>		

Bring a Friend Challenge

We double dog dare you to bring a friend (*who isn't a member*) to any of our workshops. If that friend becomes a member, both your names will be entered for a chance to win a fabulous prize at our Summer Salad Potluck Supper on June 25.

June				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Yarn it Forward 10:00  w/Josée Join us to knit or crochet or to learn how.	Quilts for Survivors 6:00 We're almost there! Help us get the last of the tops made before summer!	Community Matters 6:00 Caroline, from our local Alzheimer's Society, will be talking about this disease and their activities and services.	Book Club via Zoom 6:00 w/Susan The book will be chosen by the group on May 2. 	
10	11	12	13	14
	Cooking Mexican with Sam 6:00 On the menu are two authentic Mexican dishes: Rajas con crema y agua fresca <i>(Poblano peppers and fruit water)</i>		Literacy Games Trivia Night 6:00 Enjoy a fun night packed with different trivia games!	Nature Walk  1:30 Enjoy a relaxing walk along the Coldbrook Path. Meet me at the municipal parking lot on Lakeside Street in Knowlton. <i>This activity is open to all</i>
17	18	19	20	21
Spanish Classes 6:00  Learn conversational Spanish with Sam.		Annual General Meeting 6:00 Make your vote count!		
24	25	26	27	28
CLOSED	Summer Salad Potluck Supper 5:00 Bring your favourite dish to share with everyone! <i>203, rue Principale, Cowansville</i>		Grief Support Group 6:00 Open to women in all stages of grief. 	

Summer Salad Potluck Supper

This was a very popular annual event (before you-know-what hit the fan), celebrating the beginning of the summer season and offering an opportunity to get some new menu options.

We invite all women to bring a bowl of their favorite salad to share for supper on Wednesday, **June 25 at 5:00**, followed by some local entertainment for dessert.

This event will be held at the Emmanuel Church Hall
located at 203, rue Principale in Cowansville.

To register for activities, call 450-248-0530 or send an email to register@awcentre.com

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