



Serving the Community since 1978

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[www.multiservicecentre.com](http://www.multiservicecentre.com)

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February is Heart & Stroke Month. Learn more about "heart matters" at [www.heartandstroke.com](http://www.heartandstroke.com). The site contains a lot of valuable information on prevention of disease, risk factors and signs that "something may not be right." Experts continue to learn new things – especially about the differences in presenting symptoms for men and women.

## What's Happening

- Feb. 8: *Mix & Mingle* (Adult Literacy). Woodstock site: 40 Metcalf.
- Feb 9: *Presentation to Norwich Council*.
- Feb 13: *Presentation to Tillsonburg Council*.
- Feb. 14: *Valentine's Social* (staff event, Social Comm.); 2-3:30, Liv. Cen.
- Feb. 29: *Inside Edition* (MOWs' Megan Rennie will guest).
- March: *Nutrition Month*
- March 3 & 10: *Tutor Training* (Adult Literacy program). Ext. 266.
- March 6: *Presentation to SWO Council*.
- March 8: *International Women's Day*.
- March 21: *Mayors for Meals Day*. Mayor Lessif will help deliver MOWs.
- April 3: *MSC Job Developers' Talk*. Otter Valley Chamber of Commerce, Pt. Burwell.
- April 15 – 21: *Volunteer Week*
- Oct. 4: *Community Services & Career Fair*
- Ongoing: MSC Employment Services offer *Strategies for Succeeding in Today's Job Market & Employment Strategies for Mature Workers*. *Lunch & Learn* sessions also planned. Check MSC website for details.

## Program News & Info

### Adult Literacy & Essential Skills:

- Congrats to tutor Phil Brown on publication of "Love That Mrs. Wicks"

### Employment Services:

- Employers – start planning for Summer Jobs Service (contact Emp. Ser.)

### Home Support

- Master Aging Plan feedback: <http://www.surveymonkey.com/s/OMAP2012>

## News & Thanks

- Congrats to Tom McHugh, TDMH, as he moves on to Lakeridge Health
- Check out the new AODA feature on the MSC website (upper right corner)

## Giving & Volunteering

- NEEDED: Meals on Wheels helpers! Call Home Support to volunteer!
- 50/50 sales continue. Connect with Marg, ext. 222 for tickets

## Our Team (likes this site) – Happy Valentine's Day!

- [http://www.youtube.com/watch?v=JGxrE6Mf\\_6Y&feature=fvst](http://www.youtube.com/watch?v=JGxrE6Mf_6Y&feature=fvst)

*MSC has been accredited through Accreditation Canada since 2003*



In The Livingston Centre, 96 Tillson Ave., Tillsonburg ON N4G 3A1

"Someone You Know May Need Us"