

QUEST CHC NEWSLETTER



OCTOBER 2026

Event Alert



Community Health & Wellbeing Month



October 2026

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Various Dates

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145 Queenston St

Check out the back for details



Community Events

Harvest Festival

Saturday, October 3rd

11:00am-3:00pm

St. Barnabas Anglican Church

TCAG Community Open House

Monday, October 5th

4:00pm-7:00pm

Thorold Community Activities Group

Find free
community
meals here



September Recap

In September we started up our new Fall Walking Group. This is a great opportunity to get outside and explore the neighbourhood with others.



Questions? Contact:

Ailish (she/her)
awestaway@questchc.ca
905-688-2558 x297

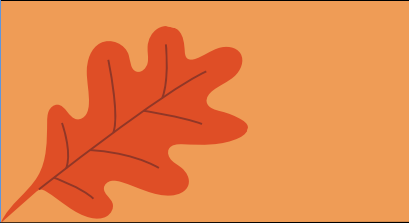
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OPEN TO THE COMMUNITY

COMMUNITY HEALTH & WELLBEING MONTH

	Thurs Oct 8 Free Massage 15-minute massage 9:00 AM - 12:30 PM & 1:00 PM - 4:00 PM East Community Room <i>* times subject to change</i>
	Fri Oct 9 Employment Support Hot Topic Learn about The Busy Group 2:30 PM - 3:30PM East Community Room
	Fri Oct 16 Food Demonstration Cooking with Dietitian Irene 1:30 PM - 3:30PM East Community Room
	Fri Oct 23 CommuniTEA A gathering with community leaders and fellow clients & a light lunch. 10:30 AM - 12:00 PM East Community Room
	Fri Oct 30 Halloween Party Pumpkin painting & games. Costumes encouraged. 1:30 PM - 3:00 PM East Community Room

RAFFLE

Enter to win each time you attend!
Prize raffle will be held at the CommuniTEA

For more details or to register, contact Ailish (she/her)



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