

In Collaboration with **CLUB DES AÎNÉS MELOCHEVILLE**
380, boulevard de Melocheville

REGISTRATION IS REQUIRED

email: info@mwcn.ca or call: 450-691-1444

Activities begin the week of February 10

Visit our website to become a member - www.mwcn.ca

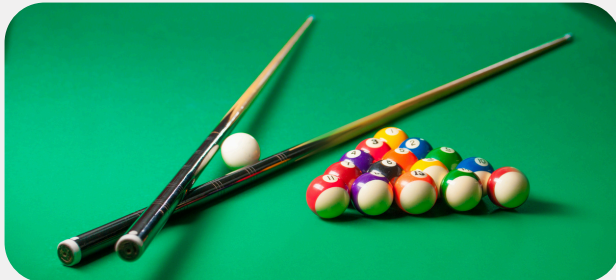


Scrabble

Grab a few friends and come to our community space and play scrabble!

Every Friday

From 9:00 am to 12:00 pm



Pool

Grab a few friends and come to our community space and play pool!

Every Monday & Friday

From 9:00 am to 12:00 pm



Zumba with Rina

Join MWCN for a fun dance-based exercise class!
Join us for a 8 week course for \$40.

Every Monday

From 9:00 to 10:00 am



Art classes

Join us for a bilingual 4 week art class. \$15 a class, all materials included. Limited spaces available.

Every Friday starting Friday, March 14th

From 9:30 to 11:30 am

ON ZOOM



Water Colours with Sarah Murphy

In this 6-week workshop, you will learn the basics of watercolor techniques, from blending and layering to creating beautiful washes and textures. Sarah Murphy, a local artist will guide you step by step, helping you explore your creativity and develop your painting skills. All you need is a paintbrush, watercolour paper and 3 primary colours of watercolour paint. Free activity, designed for all skill levels!

***Mondays February 3, 10, 17, 24
from 10:00 to 11:30 am.***

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Women's Heart Health Presentation

Presented by Canadian Womens Heart Health Alliance, this presentation will go over heart health for women and emphasizing the importance of awareness, prevention and lifestyle changes.

Wednesday February 5th, from 10:00 to 11:00 am.

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Understanding Chronic Pain *with Pain Canada*

This session covers chronic pain, its impacts, risk factors, effective management strategies, Pain Canada, the National Action Plan, and available support resources in Canada.

Wednesday February 12th, from 12:30 to 2:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



SHARP February 2025 session

Post-caregiving grief: resources for supporting caregivers along their journey

Wednesday February 19th, from 10:00 to 11:30 am.

For registration: [Click HERE](#)