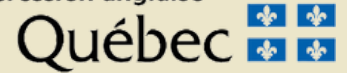




PROGRAM OF ACTIVITIES
JANUARY 2025
PINCOURT

With financial support of
Secrétariat aux relations
avec les Québécois
d'expression anglaise



FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES

Our offices will be closed from Thursday, December 19th to Friday, January 3rd, 2025. Offices reopening on Monday, January 6th, 2025



Bridge Club

If you are an avid Bridge player, please feel free to join our group or contact our office for more information.

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Mondays Jan 6, 13, 20, 27 - from 1:30 to 3:30 pm

For registration:

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



Mexican Train Dominoes

Please join us for our weekly games of Mexican Train Dominoes. (Space is limited)

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Tuesdays Jan 7, 14, 21, 28 - from 1:00 to 3:00 pm

For registration:

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



Art Table Tuesdays

Whether you're knitting, painting, scrapbooking, or any other artistic endeavor, join our weekly art table to connect with others, and share tips and inspiration. Bring your project, enjoy the company, and let your creativity flow!

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Tuesdays January 14, 21, 28 - from 10:00 to 11:30 am

For registration:

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



Canasta

Please join us for our weekly game of Canasta. Everyone is welcome!

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Wednesdays Jan 15, 22, 29 - from 9:00 to 11:00 am

For registration:

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

Activities in person - Pincourt



Cribbage

Please join us for our drop-in game of Cribbage, everyone is welcome!

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Wednesdays Jan 15, 22, 29 - from 1:00 to 3:00 pm

For registration:

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



Electrical Safety for Seniors

Stay safe and informed with this important presentation on electrical safety. Learn about tips and tricks to prevent electrical hazards at home. From proper usage of outlets and appliances to understanding how to handle emergencies.

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Tuesday January 16 - from 12:30 to 1:30 pm

For registration:

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



Employability Support

Job seekers looking for guidance and support in their job search process.

By appointment

For registration: email joanne@mwcnc.ca



ON ZOOM



ON ZOOM



Thinking about your mental health?

SHARP - Community resources for English-speaking seniors. Presentation by Tony Aflonso, Outreach Coordinator, AMI Quebec

The goal of this presentation is to bring forward some resources that exist within Montreal and online to allow for you to be able to better maintain and manage your mental health to focus on the important aspects of life.

Wednesday, January 15, from 10:00 to 11:30 am.

For registration: [Click HERE](#)



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, canvas and 3 primary colours of watercolour paint. Free activity, designed for all skill levels!

**Mondays January 20th & 27th
from 10:00 to 11:30 am.**

For registration:

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

