

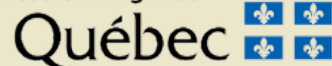


# PROGRAM OF ACTIVITIES

FEBRUARY 2025

CHÂTEAUGUAY

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



## Bowling

Come and join our bowling league! The cost is \$12 per week, with \$3 shoe rental, if needed.

**Every Monday from 9:15 to 10:45am**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 133 Boulevard Maple, Chateauguay**



## Colouring Cafe

A nice and relaxing activity with great conversation!

**Every Monday from 11:30 to 1:00 pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



## Grief Group

Come share with us the past, present, and future realities that you are going through. Everyone is welcome to join our discussion group.

**Every Monday from 1:00 to 3:00pm**

**For registration**

**joanne@mwcnc.ca or call 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



## Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN! If the weather is bad, the group will meet at the Sportsplex.

**Every Wednesday - from 9:30 to 11:00 am**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: Agora or Sportplex**



### Drop-in & Crop

Kathy will be at our community space if you need any help or have any questions for your ongoing projects! Just drop in and say hi!

**Every Wednesday from 1:00 to 3:00 pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### French Conversation

Do you need practice speaking french? Join us for our french conversation group! All levels are welcome!

**Every Wednesday, from 4:30 to 6:30 pm**

**For registration:**

**patricia@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### Cross stitching with Donnelda

Join us to learn the basics of cross-stitching.

**Every Thursday, from 10:00 to 11:30 am**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### Knitting Group

If you are interested in knitting or learning how to knit, this is the group for you! Please reserve your spot in advance.

**Every Friday, from 10:00 to 12:00 pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



## Activities in person - Châteauguay



### Lunch and Learn

**Financial Workshop** Understanding Money & Making every dollar count. **15\$**, for members only.

**Wednesday, February 12th,**  
**from 10:00 am to 12:30 pm**

**For registration**

**patricia@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Card Making with Kathy

Join Kathy & Donnelda as they introduce the Z fold card! A list of required materials will be sent upon registration. We only have space for 8!

**Tuesday, February 18th, from 12:30 to 3:30 pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Coffee & Conversation

Join us for our Coffee & conversation group! Come on down to meet new people and share your travels, your history & have some laughs.

**Tuesday, February 4th, from 10:00 to 11:30 am**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Bingo

Join us for bingo! We will be playing for Cash prizes. \$5.00 a person. Reservation is required!

**Tuesday, February 4th, from 1:00 to 2:30 pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Intro to Card Making with Donnelda & Kathy

Join Kathy & Donnelda as they introduce you to the steps to card making. A short list of supplies will be sent upon registration. We only have space for 8.

**Tuesday, February 25th, from 1:00 to 2:30pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Exercise Class

Join us for an exercise class to do light toning. The exercise will be done using videos in our community space. We have limited spaces of 10.

**Thursday, February 13th & 27th from 1:00-2:30pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Art with Ilana

WINTER'S LONG SHADOWS -Join us for a watercolour workshop that will explore Shadow Painting. Participant will be working with a variety of objects and light as a source for tracing shadows on watercolour paper. All art materials will be supplied along with a brief demonstration of watercolour techniques.

**Friday, February 21st, from 12:30 to 2:30pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Tek Talk with Jacob

Need help with your phone? Tablet? laptop? This is the time for you to come and ask your questions!

**Friday, February 21st, from 4:00 to 6:00 pm**

**For registration**

**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Employability Support

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

**By appointment**

**255 Boulevard D'Anju, Suite 203**

**For registration: joanne@mwcnc.ca**



# 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](mailto: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](mailto: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](mailto: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](#)