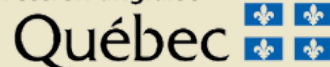




PROGRAM OF ACTIVITIES
JANUARY 2025
HEMMINGFORD

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

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

Location: 476 Frontière, Hemmingford J0L1H0

REGISTRATION IS REQUIRED

call: 514-249-5539 or email: tina@mwcn.ca



Puzzles and Exchange

If you like puzzles, why not drop by our office to either work on one that is on-going in the office, or just exchange one.

(Take a puzzle, leave a puzzle)

Monday to Thursday

From 9:00 am to 3:00 pm



Walking with Johanne

Start the day with a nice walk and enjoy nature on our walking trail!

Every Tuesday at 1:30 pm

The walkers will meet in the parking lot of the Hemmingford Recreation Centre



Craft morning

Craft morning for adults, coffee and material is included

Tuesdays January 14 & 28

From 10:00 am till noon



Tech Café for seniors

Bring your electronic devices and your questions ! **Coffee included!**

Wednesday, January 15

From 10:00 to 11:00 am



Crafts with Carolyn for kids 5 to 12

Kid's afterschool crafts

Monday, January 20

From 3:00 to 4:15 pm



Art and coffee

Artists bring your art, let's create together

Thursday, January 23

From 10:00 to 11:30 am



Employability Support

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

By appointment

For registration: joanne@mwcnc.ca

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

