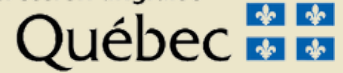




PROGRAM OF ACTIVITIES  
FEBRUARY 2025  
HEMMINGFORD

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

*Location: 476 Frontière, Hemmingford J0L1H0*

**REGISTRATION IS REQUIRED**

call: 514-249-5539 or email: [tina@mwcn.ca](mailto: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**



**Tech Café for seniors**

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

**Wednesday, February 5**

**From 10:00 to 11:00 am**



### Senior craft morning

Craft morning for adults, coffee and material is included

**Tuesday, February 11 and 25**

**From 10:00 am till noon**



### Butterflyway workshop

Winter sowing workshop

**Wednesday, February 12**

**From 10:00 am till noon**



### Crafts with Carolyn for kids 5 to 12

Kid's afterschool crafts with teacher Carolyn Kyle

**Monday, February 17**

**From 3:00 to 4:15 pm**



### Art and coffee

Artists bring your art, let's create together

**Thursday, February 27**

**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](mailto: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](#)