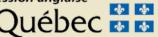


## PROGRAM OF ACTIVITIES APRIL 2025 BEAUHARNOIS

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



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

#### **REGISTRATION IS REQUIRED**

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

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 9:30 to 10:30 am



#### Art classes

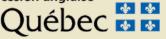
Join us for a bilingual 4 week art class. \$15 a class, all materials included. Limited spaces available.

Starting Friday, March 14th From 9:30 to 11:30 am



# PROGRAM OF ACTIVITIES APRIL 2025 BEAUHARNOIS

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### ON ZOOM



Ensuring Safety and Independence as You Age With Home Care Support

Services for Healthy Aging in the Right Place (SHARP) by CHSSN

This session will explore how home care services can help individuals age in place and promote independence, addressing common stigma and questions about qualification.

Wednesday April 16, from 10:00 to 11:30 am.

**For registration: Click HERE** 

