

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

REGISTRATION IS REQUIRED

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

Visit our website to become a member - www.mwcnc.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

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](#)

