

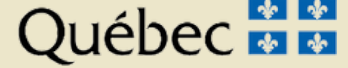


# PROGRAM OF ACTIVITIES

MARCH 2025

## HUNTINGDON

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



### Indoor Pickleball

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

*Location: Ormstown Recreation Centre 87 Roy*

*Every Monday from 9:00 am to 12:00 pm*

*For registration: 450-264-3596 or nora@mwcnc.ca*



### Walk and Talk

Fresh air, exercise, and laughter while exploring the history of Huntingdon.

*Location: Meet at Prince Arthur park*

*Every Tuesday from 1:30 to 2:30pm*

*For registration: 450-264-3596 or nora@mwcnc.ca*



### Busy Brain Group

Join our group as we exercise our brains with activities such as sudoku, crafts, crossword puzzles just to name a few. Space is limited.

*Location: Huntingdon Wellness Center*

*72 Dalhousie, Suite 201*

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

*For registration: 450-264-3596 or nora@mwcnc.ca*



### Indoor Pickleball

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

*Location: Ormstown Recreation Centre, 87 Roy*

*Every Wednesday from 9:00 am to 12:00 pm*

*For registration: 450-264-3596 or nora@mwcnc.ca*



### Conversation Cafe

Enjoy a cup of coffee with friends old and new, with lively discussion.

*Location: Huntingdon Wellness Center*

*72 Dalhousie, Suite 201*

*Every Wednesday from 10:00 to 11:45 am*

For registration: 450-264-3596 or [nora@mwcnc.ca](mailto:nora@mwcnc.ca)



### Creative Cafe

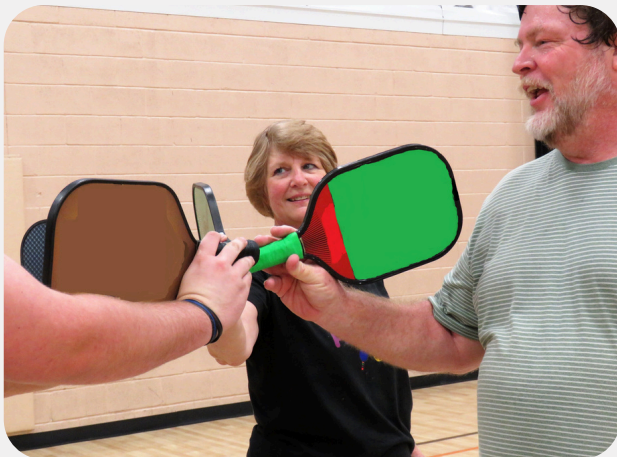
Join our group of crafters, as each person works on their own project, special guest Marie will be sharing her knitting skills with those interested to learn and share.

*Location: Huntingdon Wellness Center*

*72 Dalhousie, Suite 201*

*Every Wednesday from 1:30 to 3:30 pm*

For registration: 450-264-3596 or [nadya@mwcnc.ca](mailto:nadya@mwcnc.ca)



### Indoor pickleball

Pickleball is one of the fastest growing activities, come and try it out and you may discover why everyone is talking about it! Equipment supplied, space for varied levels.

*Location: CVR 1597 rte 138A Ormstown*

*Every Wednesday (except March 5th)*

*from 7:00 to 9:00 pm*

For registration: 450-264-3596 or [nora@mwcnc.ca](mailto:nora@mwcnc.ca)



### Pickleball for beginners and fun

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

*Location: Heritage School, 21 King St. Huntingdon*

*Every Wednesday (except March 5th)*

*from 6:30 to 8:30 pm*

For registration: 450-264-3596 or [nora@mwcnc.ca](mailto:nora@mwcnc.ca)





## Technology help

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

*Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201*

**Tuesday and Wednesday - By appointment**

For registration: 450-264-3596 or [nadya@mwcn.ca](mailto:nadya@mwcn.ca)



## BINGO

Come and play bingo with us. It is a great activity to promote socialization, laughter, and concentration.

*Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201*

**Every Thursday from 1:30 to 3:30 pm**

For registration: 450-264-3596 or [nadya@mwcn.ca](mailto:nadya@mwcn.ca)



## Puzzle Exchange

Do you enjoy puzzles? We have a great selection of puzzles for you to borrow, or exchange.

*Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201*

**Monday-Thursday, From 9:00 am to 4:00 pm**

For information: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)



## Spice of Life **Rob Lutz**

In **The Stories behind the Songs**, Rob Lutes brings participants on a curated, guided tour of the history of American (and Canadian) popular music, from its earliest iterations in patriotic and religious songs of the 18th century, through the flowering of genres like blues, ragtime, jazz, country, and Rock and Roll, among other musical movements.

*Location: Ormstown Legion 33 Prince-Albert*

**Thursday March 13th, From 10:00 am to 12:00 pm**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)

## PROGRAM OF ACTIVITIES - HUNTINGDON



### Saint-Patrick's Pot luck

Bring your favourite dish to share with others, I will supply Irish music and fun!

*Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201*

**Monday March 17th From 11:30 am to 1:30 pm**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)



### MWCN Job Fair

Join us in St-Chrystostome for the 2nd annual job fair

*Location: 400 Rang St-Antoine, Saint-Chrystostome, QC J0S 1R0*

**Tuesdays March 25th - from 1:00 to 7:00 pm**

For more information, please click [HERE](#)



### Spice of Life **Rob Lutz**

In the **Group Songwriting Session**, Rob guides participants through the creative process of crafting a song together. Through collaboration and experimentation, participants explore melody, lyrics, and structure, gaining insights and inspiration to fuel their own songwriting journey.

*Location: Ormstown Legion 33 Prince-Albert*

**Thursday March 27th, From 10:00 am to 12:00 pm**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)



### Employability Support

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

**By appointment**

For registration: email [joanne@mwcn.ca](mailto:joanne@mwcn.ca)

# ON ZOOM



Navigating rent increases, lease renewals, and repossession: insights for tenants with **Richard Goldman, EDUCALOI**

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

Want to better understand rent increases, lease renewals, and repossessions? Learn what to do if your rent increases, how to handle lease renewal negotiations, and what rights older adults have when facing a potential repossession. Whether you're looking for practical advice or peace of mind, this session will provide the tools and information you need to navigate these challenges with confidence.

***Wednesday March 19, from 10:00 to 11:30 am.***

***For registration: [Click HERE](#)***

